MEET DATE: Saturday, October 9, 2004

**AM Session:** 

Warm-ups: 7:15 am - 8:15 am

First Event: 8:30 am

**PM Session:** Will begin immediately after the AM session, but not

before 11:00 am

Warm-ups: One Hour

First Event: After the end of PM warm-ups

LOCATION: DeForest High School

815 Jefferson St.

DeForest, Wisconsin 53532

FACILITY: Indoor 25 yard pool with six 7' lanes, non-turbulent lane markers, backstroke

flags, 30" Paragon quick start slanted starting blocks, guttered pool. Pool depth is

10' at the starting block end and  $3\frac{1}{2}$ ' at the opposite end.

TIMING: Colorado Timing System with Strobe/Horn Start, Touch pads and manual

backup timing buttons. Each lane will have 2 timers with electronic stop watches.

All events will be timed finals.

OFFICIAL RULES: 2004 USS and Wisconsin Swimming Rules shall govern this meet. Relays: First

and last names of competing swimmers and order of swimming must be listed on

relay card along with age, prior to swimming the relay. No Recall Starts.

WARM-UPS: The first 30 minutes of each warm-up session is circle swimming only, no diving

from the starting blocks. The next 30 minutes: Lanes 2, 3, 4, and 5 sprints (one directional swimming from starting end only, diving from the blocks permitted). Lanes 1 and 6 circle swimming. Meet Marshals will be on deck during the entire warm-up, with authority to recommend disqualification from individual events.

ENTRIES: Completed entry forms, signed waiver, and fees must be received by **Friday**,

October 1, 2004. Preferred method of entry is by diskette in HY-TEK

COMMLINK format. Diskettes MUST be accompanied by a hard-copy listing. Current USS ID number MUST be include on the entry form. All deck entries must be able to prove USS membership. Out of state swimmers must show their

current USS card prior to swimming.

MEET DIRECTOR: Margaret Powers

1741 Sapphire Way Sun Prairie, WI 53590 Home (608) 825-7482 tmpow@charter.net

DISABLED ATHLETES: Please indicate on the entry form any special needs by a swimmer.

ENTRY LIMIT: Only the first 1200 individual entries will be accepted. Entries not accepted will

be notified by phone as soon as possible. SWIMMERS ARE LIMITED TO

FOUR (4) INDIVIDUAL EVENTS PLUS TWO (2) RELAYS.

AGE GROUPS: 8&U, 10&U, 11-12, 13-14, Senior (Age as of 10/9/04)

ENTRY FEE: Individual Events: \$3.00

Relays: \$8.00 Splash Fee \$2.00

AWARDS: Awards for relay events will consists of ribbons for 1<sup>st</sup>-6<sup>th</sup> places. Awards for

individual events will consist of medals for 1<sup>st</sup>-3<sup>rd</sup> places and ribbons for 4<sup>th</sup>-12<sup>th</sup> places. Heat winners for 8&U and 10&U events will receive ribbons. Individual swimmers must claim their own awards. Group distribution of awards to coaches

will be permitted. Awards will not be mailed.

FINAL RESULTS: One copy of the Meet's final results will be sent to each teams designated

recipient. Additional copies may be ordered at \$5.00 per copy.

SEEDING: This is a PRE-SEEDED meet. IT IS THE SWIMMER'S RESPONSIBILITY TO

BE AT THE BLOCKS AT THE START OF HIS/HER EVENT(S). Staging

assistance will be provided for 8&U events.

DECK SEEDING: Deck seeding will be allowed only to the limit of filling partially filled heats. A

\$5.00 charge per event will be assessed for deck seeding. Deck seeding will close

at 8:15 am for the am Session and 15 minutes before the PM Session starts. Swimmers unable to prove USA Swimming membership will be charged a deck-

registration fee of \$47.

Coaches' packets will be available at the data entry table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA

Swimming membership at all times.

ADMISSION: Heat Sheets - \$3.00 each; Admission - \$2.00 for 18 and older.

CONCESSIONS: A large selection of food will be available at reasonable prices throughout the day.

MEET CONDUCT: All teams are responsible for the conduct of their swimmers. The meet

Director/Marshall, at his/her discretion, shall remove nay swimmers or spectators

who behave in a disruptive or disorderly manner.

OFFICIALS: Starter/Referees T.B.A.

Stroke & Turn T.B.A.

# LIST OF EVENTS

(Warm-ups 7:15-8:15 am. Meet starts at 8:30 am)

Girls	Age	Event	Boys	
1	10 <b>&amp;</b> U	200 Medley Relay	2	
3	8 <b>&amp;</b> U	100 Medley Relay	4	
5	10&U	50 Backstroke	6	
7	8 <b>&amp;</b> U	25 Backstroke	8	
9	10 <b>&amp;</b> U	50 Butterfly	10	
11	8 <b>&amp;</b> U	25 Butterfly	12	
13	10&U	50 Free	14	
15	8 <b>&amp;</b> U	25 Free	16	
17	10 <b>&amp;</b> U	50 Breaststroke	18	
19	8 <b>&amp;</b> U	25 Breaststroke	20	
21	10 <b>&amp;</b> U	100 Butterfly	22	
23	8 <b>&amp;</b> U	100 IM	24	
25	10 <b>&amp;</b> U	100 IM	26	
27	8 <b>&amp;</b> U	100 Freestyle Relay	28	
29	10&U	200 Freestyle Relay	30	

# **BREAK/WARMSUP**

(Warm-ups not before 11:00 am)

Girls	Age	Event	Boys
31	11-12	200 Medley Relay	32
33	13-14	200 Medley Relay	34
35	Senior	200 Medley Relay	36
37	11-12	50 Backstroke	38
39	13-14	100 Backstroke	40
41	Senior	100 Backstroke	42
43	11-12	50 Butterfly	44
45	13-14	100 Butterfly	46
47	Senior	100 Butterfly	48
49	11-12	100 Free	50
51	13-14	50 Free	52
53	Senior	50 Free	54
55	11-12	50 Breaststroke	56
57	13-14	100 Breaststroke	58
59	Senior	100 Breaststroke	60
61	11-12	200 Butterfly	62
63	13-14	200 Butterfly	64
65	Senior	200 Butterfly	66
67	11-12	100 IM	68
69	13-14	200 IM	70
71	Senior	200 IM	72
73	11-12	200 Freestyle Relay	74
75	13-14	200 Freestyle Relay	76
77	Senior	200 Freestyle Relay	78

#### Waiver

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with their heirs, representatives and assigns, waive all claims against United States Swimming and the Wisconsin Swimming Committee, DeForest Aquatic Club, and the DeForest Area School District, and any other agents of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet.

Signature of Tea	am Official							_
Team Name								_
Team Abbreviat	tion							_
Coach(es)								-
Address for Fina	al Results							-
		City:		Sta	ite:	_ Zip: _		_
Contact:	Name							_
	Phone	()						
	Email							
		SUMN	MARY OF	ENTRY F	EES			
Number of Individual Swims				x \$3.00 =		\$		
Number of Swir	ns Reserved			Reservation				
Balance Due for additional swims (enter zero is less)								
EXCESS 1	RESERVATIO	ON MAY N	OT BE API	PLIED TOV	WARD 1	RELAY &	SPLASH FE	ES
Number of Swir	nmers		x \$2.00 =			\$		
Number of Relay Swims				x \$8.00 =		\$		
		Total Entry Fee Due\$_						
Make Checks I	Payable to: D	eForest Aq	uatic Club					
Mail Entries ar			Margare 1741 Sa <sub>l</sub>	t Powers ophire Way				

ENTRIES MUST BE RECEIVED BY FRIDAY, OCTOBER 1, 2004

(608) 825-7482