

DeForest Aquatic Club – NORSKI Open
Sanction # 2006-013WI
Saturday, January 14, 2006
A-BB-B-C

- MEET DATE: Saturday, January 14, 2005
- 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 ½' 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: 2005 USA 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, January 6, 2006**. 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 included 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
1925 Barrington Circle
Sun Prairie, WI 53590
Home (608) 825-7482
tmpow@charter.net

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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 1/14/06)

ENTRY FEE: Individual Events: \$3.00
Relays: \$10.00
Splash Fee \$2.00

AWARDS: Awards for relay events will consists of ribbons for 1st-6th places. Awards for individual events will consist of medals for 1st-3rd places and ribbons for 4th-12th places. Heat winners for 8&U and 10&U events will receive a reward. 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 8:00 am for the AM Session and 30 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.

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LIST OF EVENTS

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

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

BREAK/WARM-UPS

(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

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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 Team Official _____
Team Name _____
Team Abbreviation _____
Coach(es) _____
Address for Final Results _____
City: _____ State: _____ Zip: _____
Contact: Name _____
Phone (_____) _____
Email _____

SUMMARY OF ENTRY FEES

Number of Individual Swims _____ x \$3.00 = \$ _____
Number of Swims Reserved _____ Reservation \$ _____
Balance Due for additional swims (enter zero is less) \$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers _____ x \$2.00 = \$ _____
Number of Relay Swims _____ x \$10.00 = \$ _____
Total Entry Fee Due \$ _____

Make Checks Payable to: DeForest Aquatic Club

Mail Entries and Waiver to: Margaret Powers
1925 Barrington Circle
Sun Prairie, WI 53590
(608) 825-7482

ENTRIES MUST BE RECEIVED BY FRIDAY, JANUARY 6, 2006