

**DeForest Aquatic Club – Norski Open**  
**Sanction # 2009-003WI**  
**Saturday, January 10, 2009**  
**A-BB-B-C**

- MEET DATE: Saturday, January 10, 2009  
**AM Session:**  
Warm-ups: 7:00-8:00 am  
First Event: 8:15 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.  
**Note: All 25 yard events will start off blocks, but for 100 yard relays 2<sup>nd</sup> and 4<sup>th</sup> swimmers will start in water.**
- TIMING: All events (with the exception of 25-yard races) will be timed using a Daktronics Timing System with Strobe/Horn Start, Touch pads, one button, and 2 watches as backup. All 25-yard races will be timed with 2 electronic stop watches. All events will be timed finals.
- OFFICIAL RULES: 2009 USA and Wisconsin Swimming Rules shall govern this meet. **All swimmers must hold current 2009 USA Swimming registration.** 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: **Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.**  
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. Meet management reserves the right to assign warm-up lanes.
- ENTRIES: Completed entry forms, signed waiver, and fees must be received by Friday, **January 2, 2009.** Preferred method of entry is by diskette in HY-TEK COMMLINK format. You can download a meet setup file (zipped) from the WI web site. Current USA Swimming ID number MUST be included on the entry form. All deck entries must be able to prove USA Swimming membership. Out of state swimmers must show their current USA Swimming card prior to swimming.

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MEET DIRECTOR: Patrick Killian  
709 Brook Street  
De Forest, WI 53532  
Home (608) 846-2952  
Pat.killian@gmail.com

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 1/10/09)

ENTRY FEE: Individual Events: \$3.00  
Relays: \$12.00  
Splash Fee \$3.00

AWARDS: Awards for relay events will consist of ribbons for 1<sup>st</sup>-6<sup>th</sup> place. Awards for individual events will consist of ribbons for 1st-12<sup>th</sup> place. Awards will be given for 8 & U, and 9-10 in the AM session, and 12 and under, 13-14, and Open in the PM session. Individual swimmers must claim their own awards. Heat winners for 8&U and 10&U events will receive a reward. 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 - \$3.00 for 18 and older.

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

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**MEET CONDUCT:** In accordance with USA Swimming rules, **NO SPECTATORS ARE ALLOWED ON THE POOL DECK.** In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

**OFFICIALS:**

Starter/Referees	Rick Potter
Stroke & Turn	Rodrigo Tarte

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**LIST OF EVENTS**

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

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
1	8&U	100 Individual Medley	2
3	10&U	200 Individual Medley	4
<b>Five Minute Optional Break</b>			
5	8&U	100 Medley Relay	6
7	10&U	200 Medley Relay	8
<b>Five Minute Optional Break</b>			
9	8&U	25 Free	10
11	10&U	50 Free	12
13	10&U	100 Free	14
15	8&U	25 Breast	16
17	10 &U	50 Breast	18
19	10 &U	100 Breast	20
21	8&U	25 Back	22
23	10&U	50 Back	24
25	10&U	100 Back	26
27	8&U	25 Fly	28
29	10&U	50 Fly	30
31	10&U	100 Fly	32
<b>Five Minute Optional Break</b>			
33	8&U	100 Freestyle Relay	34
35	10&U	200 Freestyle Relay	36

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**BREAK/WARM-UPS**

(Warm-ups not before 11:00 am)

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
37	11-12	200 Medley Relay	38
39	Open	200 Medley Relay	40
<b>Five Minute Optional Break</b>			
41	11-12	50 Free	42
43	Open	100 Free	44
45	Open	200 Free	46
47	11-12	50 Breaststroke	48
49	Open	100 Breaststroke	50
51	Open	200 Breaststroke	52
53	12&U	100 Individual Medley	54
55	Open	200 Individual Medley	56
57	Open	400 Individual Medley	58
59	11-12	50 Back	60
61	Open	100 Back	62
63	Open	200 Back	64
65	11-12	50 Fly	66
67	Open	100 Fly	68
69	Open	200 Fly	70
<b>Five Minute Optional Break</b>			
71	11-12	200 Free Relay	72
73	Open	200 Free Relay	74

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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 \_\_\_\_\_

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**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 \$3.00 = \$ \_\_\_\_\_

Number of Relay Swims \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_

Total Entry Fee Due \$ \_\_\_\_\_

**Make Checks Payable to: DeForest Aquatic Club**

**Mail Entries and Waiver to:** Patrick Killian  
709 Brook Street  
De Forest, WI 53532  
(608) 846-2952

**ENTRIES MUST BE RECEIVED BY FRIDAY, JANUARY 2, 2009**