

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # 2008-242WI

**LOCATION:** The Fort Atkinson High School Pool  
925 Lexington Blvd.  
Fort Atkinson, WI 53538

**WARMUP AND STARTING TIMES:** Meet will start at 9:00 am. Nov. 15<sup>th</sup>, 2008  
**WARM-UPS FOR THE AM SESSION WILL BE FROM 8:00 – 8:55 AM.**

- First ½ hour Circle swims all lanes.
- Second ½ hour Circle swim lanes 1,2 &8
- Push/Pace 50's lanes 3&7
- One-way sprints lanes 4,5&6

**Warm-ups for the afternoon session will begin after the conclusion of the morning session.**

- A coach from your team must be on deck during warm-ups.
- Sit & Slide Entry is mandatory.

**POOL SPECIFICATIONS:**

- Eight lanes,
- 25 yards flush deck,
- 8" Non-turbulent Lane markers
- Backstroke flags
- 30" Height starting blocks.
- 9 foot depth at starting blocks.
- 4' foot depth at opposite end

**MEET DIRECTOR:** Vincent M. Kent  
331 Lucile Street  
Fort Atkinson, WI 53538  
[vlkent@compufort.com](mailto:vlkent@compufort.com) or [vince@abendrothwater.com](mailto:vince@abendrothwater.com)  
920-563-7623 or 920-222-9289

**TIMING:** Colorado timing System 5 with 2 manual  
Stop watches/lane as timed finals.

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

- ENTRIES:** Meet Waiver and Entries due by Nov. 8<sup>th</sup>, 2008.
- **ENTRIES VIA HY-TEK EN-COURAGED.**
  - Use of e-mail is encouraged to [vlkent@compufort.com](mailto:vlkent@compufort.com).
  - **Swimmers** may “swim up” in age to senior/open events only.
- ENRTY LIMITS:** The first 1200 swimmers will be accepted. Entries not accepted will be notified as soon as possible once the meet is filled.
- INDIVIDUAL LIMITS:** Each swimmer is allowed to enter 4 individual events and 2 relays.
- SEEDING:** Regular event seeding. **All deck seeding will stop at 8:15 am.** Host Team FAST will charge a \$5.00 deck seed charge per entry. Deck seed charge must be paid at the time of Installation.
- OFFICAL RULES:** Official USA Short Course Rules shall prevail for this meet.
- ELIGIBILITY:** Age as of Nov. 15, 2008, swimmer must be registered with USS and Wisconsin swimmers must be registered with the Wisconsin LSC of the USS. Non- Wisconsin swimmers must present their USS card.
- AWARDS:** Ribbons for individual events, places 1-16 and relay events places 1-3. Top three swimmers per team per event will score team points. Only the top relay per team per event will score team points.
- **Team trophies will be presented to the top 6 teams.**
  - Team points: (16 places) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1,
  - Relays and the “Mixed Open 200 Fly” (event 42) & “10 & U Mixed 100 Fly” (event 73) will score double points.

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

**ADAPTIVE SWIMMERS:** If you are entering an adaptive swimmer, please make a note on the entry form and have the coach on deck for your team notify meet officials of the swimmer's needs.

**AGE GROUPS:** 6&U, 7-8, 9-10, 11-12, 13-14, Senior.

- 6&U swimmers will swim with the 8&U group but will be scored separately. There will be no 6&U relays).
- The “**Mixed Open 400 IM**” will be scored separately by gender and age group (10&U, 11-12, 13-14, Senior)
- **10 and U Mixed 100 Fly**” will be scored separately by gender and age group (6&U, 7-8, 9-10).

**OFFICIALS:** Kim Hollman, TBA, TBA (min. 3, 2 stroke/turn)

**FINAL RESULTS:** One copy of meet results will be sent electronically to each team represented.

**MEET CONDUCT:** It is expected that each club will be responsible for the conduct of their swimmers. If, in the opinion of the Meet Director or Marshall, a swimmer or spectator's conduct is harmful or disruptive, he/she will be asked to leave. **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.**

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

**ADMISSION:** Admission for persons over 10 will be \$3.00 and heat sheets will be \$4.00 while available.

**FOOD:** A healthy variety of hot and cold food and beverages will be available for purchase in the school cafeteria. Please no carry-ins.

**ENTRY FEE:** \$3.00 Per individual event plus \$2 splash fee per swimmer. \$10.00 per relay event. Entry fees are not refundable unless the meet is full.

**COACHES:**

- **Seed cards will be at the blocks with the exception of relay cards.**
- **Relay cards will be in a coach's envelope along with a heat sheet and team roster.**
- **Please fill out the relay cards with the swimmers' names and ages.**
- **Please have the swimmers present their card to the timers at the block.**
- **Team Trophy Presentation will be at the conclusion of the P.M. Session.**

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

**AM EVENTS**

<u>GIRLS</u>		<u>BOYS</u>
1	11 & 12 200 Medley Relay	2
3	13 & 14 200 Medley Relay	4
5	Senior/Open 200 Medley Relay	6
7	11 & 12 50 Free	8
9	13 & 14 50 Free	10
11	Senior/Open 50 Free	12
13	11 & 12 100 Fly	14
15	13 & 14 100 Fly	16
17	Senior/Open 100 Fly	18
	Optional 5 minute Break	
19	11 & 12 100 IM	20
21	13 & 14 200 IM	22
23	Senior/Open 200 IM	24
25	11 & 12 100 Breast	26
27	13 & 14 200 Breast	28
29	Senior/Open 200 Breast	30
	Optional 5 Minute Break	
31	11 & 12 100 Back	32
33	13 & 14 100 Back	34
35	Senior/Open 100 Back	36
37	11 & 12 200 Free Relay	38
39	13 & 14 200 Free Relay	40
41	Senior/Open 200 Free Relay	42
	Optional 5 min Break	
43	Mixed Open 200 Fly	44

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

**P.M. EVENTS**

45	8 & U 100 Medley Relay	46
47	10 & U 200 Medley Relay	48
	--Optional 5 min. Break--	
49	8 & U 25 Free	50
51	10&U 50 Free	52
53	8&U 25 Fly	54
55	10&U 50 Fly	56
	--Optional 5 min Break--	
57	8&U 100 IM	58
59	10&U 100 IM	60
61	8 & U 50 Breast	62
63	10 & U 100 Breast	64
65	8 & U 25 Back	66
67	10 & U 100 Back	68
	--Optional 5 min Break	
69	8 & U 100 Free Relay	70
71	10 & U 200 Free Relay	72
	--Optional 5 min Break	
73	10 & U Mixed 100 Fly	73

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against the USS, Fort Atkinson High School, Fort Atkinson School District, Fort Atkinson Swim Team (FAST), FAST Board members, and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to/from this meet. I/we have entered.

**Signature of the Club Official, Parent or Guardian:** \_\_\_\_\_

**Position:** \_\_\_\_\_

**Phone Number:** (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ **E- mail:** \_\_\_\_\_

**Contact Person if different from above:** \_\_\_\_\_

**Phone Number:** (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

**Team Name and Abbreviation:** \_\_\_\_\_

**Coach's Name:** \_\_\_\_\_ **Coach's E-mail:** \_\_\_\_\_

**Coach's Phone Number** (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

**Name and Address for sending Final Results:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

Fort Atkinson Swim Team (FAST)  
A-B-C Fall Frenzy. Saturday November 15<sup>th</sup>, 2008  
Fort Atkinson High School Pool  
Sanction # **2008-242WI**