

FRST FROZEN FUN MEET  
FOND DU LAC COMMUNITY AQUATIC CENTER  
25 YARD POOL  
SUNDAY, JANUARY 16, 2005

SANCTION # 2005-016WI

HOSTS: FOND DU LAC RECREATION SWIM TEAM (FRST)

LOCATION: Fond du Lac Community Aquatic Center  
100 W. 9<sup>th</sup> St.  
Fond du Lac, WI 54935 (920) 929-3536

MEET DIRECTOR: Jamie Maleck  
100 W. 9<sup>th</sup> St.  
Fond du Lac, WI 54935

MEET ENTRY CHAIRMAN: Jamie Maleck  
100 W. 9<sup>th</sup> St.  
Fond du Lac, WI 54935  
[maleckj@fonddulac.k12.wi.us](mailto:maleckj@fonddulac.k12.wi.us)

FACILITY: Eight 7-foot lanes, 25-yard pool with non-turbulence lane markers  
And backstroke flags, recessed deck, 30-inch high fixed starting  
Blocks, 4'9" to 5'0" pool depth at starting end. Balcony seating  
For 320.

TIMING: Colorado electronic timing system with touch pads and manual  
Back-up buttons and horn start. Each lane have two timers with  
Electronic stopwatches.

RULES: Official Short Course USA Rules shall prevail for this meet.  
Swimmers must be registered USA Swimmer. Age as of January,  
16, 2005.

SCHEDULE: General warm up 7:00 to 8:00 am as follows: 7:00-7:30 circle  
Swim all lanes with NO DIVING (lanes 1 & 2 are for 8 &U  
Swimmers only). From 7:30-8:00 one way sprints with dive  
In lanes 4-6, circle swim in all other lanes. Meet starts at 8:10am.  
Afternoon session Warm-ups will not begin before 11:00 am with the  
meet not Beginning before Noon.

OFFICIALS: Al Brink, Melissa Kotarek, and Doug Schalla

CLASSES & SEEDING: Seniors, 13&14, & 8&unders in morning session. 9 &10, 11 & 12  
In afternoon session.A-B-C combined classification will be used for  
8&u, 9&10,11&12, 13&14, and Senior age groups. All events will be  
preseeded. All swimmers should report to their starting blocks  
for their scheduled event and heat. (no staging). All classes will  
swim together according to age and sex. All relays will be A-B-C  
combined.

ENTRIES &  
ELIGIBILITY:

- Individuals may enter 4 individual events per day plus relays
- A team may enter an unlimited number of relays in any relay event.
- All swimmers must be registered USA. Ages are as of January, 17, 2005.
- Swimmers with special needs should be noted on your entry form. Your coach is also responsible for notifying the head official During warm-ups of any special needs of your swimmers.
- Deck registrations will be accepted. To deck register, the swimmer must pay the annual USA registration fee of \$45 plus surcharge of \$15. Deck entries may be accepted to fill open lanes in existing heats only.

ENTRY  
DEADLINE:

- The Meet Entry Chairman SHOULD receive e-mail entries by January 8, 2005 to [maleckj@fonddulac.k12.wi.us](mailto:maleckj@fonddulac.k12.wi.us). TM entry Paperwork and check are due by January, 12, 2005.
- No phone entries will be accepted.
- All entries must be accompanied with a check covering all team entries.
- Entries MUST be prepared on the enclosed entry form or generated from Hy-Tek Team Manager provided that the TM event #'s associate with the MM event #'s and a Hard copy of the TM entry is included. Name the meet in TM: FRST JAN 2005 Please check that all swimmers have USA memberships and are Submitted to the LSC registration chair before the entry deadline.

ENTRY FEES:

\$3.00 per individual Events, \$8.00 per Relay, Splash fee of \$2.00 Per individuals.

ADMISSIONS:

\$2.00 per spectator over 12. Heat sheets \$3.00.

AWARDS:

Relays	Ribbons 1 <sup>st</sup> – 6 <sup>th</sup> Place
Individuals	Medals 1 <sup>st</sup> – 3 <sup>rd</sup> Place
	Ribbons 4 <sup>th</sup> – 12 <sup>th</sup> Place

FINAL  
RESULTS:

One copy of the meets results will be sent to each team. Individuals may Purchase results for \$5.00 at the admissions table.

FOOD:

A variety of food items and drinks will be available in the east entry of the Riverside School gym(next door).

CONDUCT:

Each team is responsible for the behavior of their swimmers. The meet Director or Meet Marshal may remove any swimmer from competition For disruptive or disorderly behavior.

## Morning Session

1	Women		200 Medley Relay
2	Men		200 Medley Relay
3	Women	13-14	200 Medley Relay
4	Men	13-14	200 Medley Relay
5	Women	8 & U	100 Medley Relay
6	Men	8 & U	100 Medley Relay
7	Women		50 Free
8	Men		50 Free
9	Women	13-14	50 Free
10	Men	13-14	50 Free
11	Women	8 & U	50 Free
12	Men	8 & U	50 Free
13	Women		200 IM
14	Men		200 IM
15	Women	13-14	200 IM
16	Men	13-14	200 IM
17	Women	8 & U	100 IM
18	Men	8 & U	100 IM
19	Women		100 Fly
20	Men		100 Fly
21	Women	13-14	100 Fly
22	Men	13-14	100 Fly
23	Women	8 & U	25 Fly
24	Men	8 & U	25 Fly
25	Women		100 Back
26	Men		100 Back
27	Women	13-14	100 Back
28	Men	13-14	100 Back
29	Women	8 & U	50 Back
30	Men	8 & U	50 Back
31	Women		100 Breast
32	Men		100 Breast
33	Women	13-14	100 Breast
34	Men	13-14	100 Breast
35	Women	8 & U	25 Breast
36	Men	8 & U	25 Breast
37	Women		200 Free Relay
38	Men		200 Free Relay
39	Women	13-14	200 Free Relay
40	Men	13-14	200 Free Relay
41	Women	8 & U	100 Free Relay
42	Men	8 & U	100 Free Relay
43	Women		500 Free
44	Men		500 Free
45	Women	13-14	500 Free
46	Men	13-14	500 Free

## Afternoon Session

47	Women	9-10	200 Medley Relay
48	Men	9-10	200 Medley Relay
49	Women	11-12	200 Medley Relay
50	Men	11-12	200 Medley Relay
51	Women	9-10	50 Free
52	Men	9-10	50 Free
53	Women	11-12	50 Free
54	Men	11-12	50 Free
55	Women	9-10	100 IM
56	Men	9-10	100 IM
57	Women	11-12	100 IM
58	Men	11-12	100 IM
59	Women	9-10	100 Fly
60	Men	9-10	100 Fly
61	Women	11-12	100 Fly
62	Men	11-12	100 Fly
63	Women	9-10	100 Back
64	Men	9-10	100 Back
65	Women	11-12	100 Back
66	Men	11-12	100 Back
67	Women	9-10	50 Breast
68	Men	9-10	50 Breast
69	Women	11-12	50 Breast
70	Men	11-12	50 Breast
71	Women	9-10	200 Free Relay
72	Men	9-10	200 Free Relay
73	Women	11-12	200 Free Relay
74	Men	11-12	200 Free Relay
75	Women	9-10	500 Free
76	Men	9-10	500 Free
77	Women	11-12	500 Free
78	Men	11-12	500 Free



**FRST FROZEN FUN MEET JAN. 16, 2005**  
**RELAY ENTRY FORM**

TEAM \_\_\_\_\_  
 ENTRY CONTACT PERSON \_\_\_\_\_ PHONE \_\_\_\_\_

AGE GROUP	EVENT	EVENT NO.	TEAM A	TEAM B	TEAM C
SENIOR	GIRLS 200 MEDLEY RELAY	1			
SENIOR	GIRLS 200 FREE RELAY	37			
SENIOR	BOYS 200 MEDLEY RELAY	2			
SENIOR	BOYS 200 FREE RELAY	38			
13 & 14	GIRLS 200 MEDLEY RELAY	3			
13 & 14	GIRLS 200 FREE RELAY	39			
13 & 14	BOYS 200 MEDLEY RELAY	4			
13 & 14	BOYS 200 FREE RELAY	40			
11 & 12	GIRLS 200 MEDLEY RELAY	49			
11 & 12	GIRLS 200 FREE RELAY	77			
11 & 12	BOYS 200 MEDLEY RELAY	50			
11 & 12	BOYS 200 FREE RELAY	78			
9 & 10	GIRLS 200 MEDLEY RELAY	47			
9 & 10	GIRLS 200 FREE RELAY	75			
9 & 10	BOSY 200 MEDLEY RELAY	48			
9 & 10	BOYS 200 FREE RELAY	76			
8 & U	GIRLS 100 MEDLEY RELAY	5			
8 & U	GIRLS 100 FREE RELAY	41			
8 & U	BOSY 100 MEDLEY RELAY	6			
8 & U	BOYS 100 FREE RELAY	42			

## WAIVER AND ENTRY FORM

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 United States Swimming (USA), Wisconsin Swimming Inc., Fond du Lac Community Aquatic Center, Fond du Lac Recreation Swim Team and their staff for injuries incurred by Me/Us at the meet or while traveling to and from the meet. I/We are bona-fide eligible USA swimmers and eligible to compete in all events I/we have entered.

**CLUB NAME:** \_\_\_\_\_ **CLUB ALPHA CODE:** \_\_\_\_\_

Signature of club official, parent/guardian, coach: \_\_\_\_\_

Mailing address for final results:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Zip Code: \_\_\_\_\_

Name of USA Registered Coaches representing your team at the meet:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name and Phone number of person to contact regarding this entry form:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**ENTRY RECAP:**

Number of Total Individual Events:	_____	x\$3.00ea.=	_____
Number of Relay Entries:	_____	x\$8.00ea.=	_____
Number of Individual Swimmers:	_____	x\$2.00ea.=	_____

Total =\$ \_\_\_\_\_

Reservation Money Sent in(subtract from total): \_\_\_\_\_ -\$ \_\_\_\_\_

Total(If total above is less than reservation enter 0): \_\_\_\_\_ \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total on check:\$ \_\_\_\_\_

Make checks payable to **FRST** and mail with waiver and entry form to :

Jamie Maleck Etnries Due: 1/8/05  
100 W. 9<sup>th</sup> St.  
Fond du Lac, WI 54935  
Email entries to : maleckj@fonddulac.k12.wi.us