

**FRST FROZEN FUN MEET
FOND DU LAC COMMUNITY AQUATIC CENTER
25 YARD POOL**

SUNDAY, JANUARY 15, 2006

SANCTION#: 2006-019WI
HOSTS: FOND DU LAC RECREATION SWIM TEAM (FRST)
LOCATION: Fond du Lac Community Aquatic Center
100 W. 9th St.
Fond du Lac, WI 54935

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

MEET ENTRY
CHAIRMAN: Jamie Maleck
100 W. 9th St.
Fond du Lac, WI 54935
jmaleck@hotmail.com

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 people.

TIMING: Colorado electric timing system with touch pads and manual back-up buttons and horn start. Each lane has 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 15, 2006.

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 7:30-8am 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 11am, the same procedure will be use from the morning session and the meet will start 10min. after the end of afternoon warm ups.

OFFICIALS: TBD

CLASSES &
SEEDING: Seniors, 13 & 14, and 8& Unders in Morning session. 9 & 10, 11 & 12 in the 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. 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 events. All swimmers must be registered USA. Ages are as of January 15, 2006. Swimmers with special needs should be noted on your entry form. Your coach is responsible for notifying the head official during warm-ups of any special needs of you swimmers. Deck registrations will be accepted until a half hour into warm-ups. To deck register, the swimmer must pay the annual USA registration fee of \$47 plus a 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 9, 2006 to jmaleck@hotmail.com. Signed waivers and paperwork and money due by January 10, 2006. 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 Team Manager event #'s associate with the Meet manager event #'s and a Hard copy of the Team manager entry is included. Name the meet in Team manager FRST JAN 2006. 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, \$10.00 per relay, splash fee of \$2.00 per individuals.

ADMISSIONS:

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

AWARDS:

Relays	Ribbons 1 st – 6 th Place
Individuals	Medals 1 st – 3 rd Place
	Ribbons 4 th – 12 th 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 swimmers from the competition for disruptive or disorderly behavior.

MORNING SESSION

GIRLS

1	Senior 200 Medley Relay	2
3	13 & 14 200 Medley Relay	4
5	8 & U 100 Medley Relay	6
7	Senior 50 Free	8
9	13 & 14 50 Free	10
11	8 & U 50 Free	12
13	Senior 400 IM	14
15	13 & 14 400 IM	16
17	8 & U 100 IM	18
19	Senior 100 Fly	20
21	13 & 14 100 Fly	22
23	8 & U 25 Fly	24
25	Senior 100 Back	26
27	13 & 14 100 Back	28
29	8 & U 50 Back	30
31	Senior 100 Breast	32
33	13 & 14 100 Breast	34
35	8 & U 25 Breast	36
37	Senior 200 Free Relay	38
39	13 & 14 200 Free Relay	40
41	8 & U 100 Free Relay	42
43	Senior 500 Free	44
45	13 & 14 500 Free	46

BOYS

AFTERNOON SESSION

47	9 & 10 200 Medley Relay	48
49	11 & 12 200 Medley Relay	50
51	9 & 10 50 Free	52
53	11 & 12 50 Free	54
55	9 & 10 200 IM	56
57	11 & 12 400 IM	58
59	9 & 10 100 Fly	60
61	11 & 12 100 Fly	62
63	9 & 10 50 Back	64
65	11 & 12 50 Back	66
67	9 & 10 100 Breast	68
69	11 & 12 100 Breast	70
71	9 & 10 200 Free Relay	72
73	11 & 12 200 Free Relay	74
75	9 & 10 500 Free	76
77	11 & 12 500 Free	78

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	Boys 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	Boys 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 (USS), Wisconsin Swimming Inc., Fond du Lac Community Aquatic Center, Fond du Lac Recreation Swim Team and the West Bend Swim Club and their staffs for injuries incurred by me/us at the meet or while traveling to and from the meet. I/we are bona-fide eligible USS 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 USS Registered Coaches representing your team at the meet:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name, Phone number and E-mail of person to contact regarding this entry form:

Name: _____ Phone: _____

E-mail: _____

ENTRY RECAP:

Number of Total Individual Events: _____ X \$3.00 ea. = \$ _____

Number of Relay Entries: _____ X \$10.00 ea. = \$ _____

Number of Individual Swimmers entered: _____ X \$2.00 ea. = \$ _____

Total Entry Fee: Check # _____

Make checks payable to Fond du Lac Recreation Swim Team and mail with waiver & entry form to:

Jamie Maleck
100 W. 9th st.
Fond du Lac, WI 54935

ENTRIES DUE: Jan. 9, 2006