

SUMMER SIZZLER

SATURDAY, JULY 6, 2002

A-BB-B-C

50 Meters

- Sanction:** 2002-75
- Location:** Rockport Pool
Janesville, WI
- Facility:** Eight lanes, 50 meters, non-turbulence lane markers and backstroke flags, with 30" height starting blocks. Pool is 5 feet deep at starting blocks.
- Timing:** Three (3) stopwatches on each lane. All events are timed final.
- Officials:** TBA
- Official Rules:** Official 2002 Long Course USS Rules shall prevail for this meet. Swimmers must be registered swimmers. Age as of July 6, 2002.
- Warm-up:** Morning warm-ups will begin at 8:00 am, with competition starting at 9:05 am. The warm-ups for the afternoon session will begin immediately following the morning session, but not before 12:00pm. The afternoon warm-up session is 45 minutes long. Warm-up procedures are as follows:

AM Session:	<u>First 30 minutes</u>	<u>Last 30 minutes</u>
Lanes 1 (8&U only)	Circle swim	Sprints/Starts
Lanes 2&6	Circle swim	Circle swim
Lanes 3-5	Circle swim	Sprints
Lanes 7&8	Circle swim	Pace
PM Session:	<u>First 30 minutes</u>	<u>Last 15 minutes</u>
Lanes 1-5	Circle swim	Sprints
Lanes 6-7	Circle swim	Circle swim
Lane 8	Circle swim	Pace

- Entry Chair/** Cheri Zimdars E-Mail: j_hawk_aquatic_club@hotmail.com
- Meet Director:** 1644 W. Wildwood Rd.
Whitewater, WI 53190 Phone: 262-473-1800

- Entry Limit:** Swimmers may swim four (4) individual events, plus two (2) relays. The 800 free and 400 free is a check-in event and may be limited to the top 24 swimmers. Any swimmer unable to compete due to this limitation, will be refunded the entry fee for this event.

- Fees:** Individual events \$3.00 per event and \$8.00 per relay. \$1.25 LSC surcharge per swimmer swimming in at least one individual event. Entry fees must accompany the official entry forms and are not refundable.

Entry Deadline: Completed entry form, waiver, and fees must be received no later than Wednesday, June 26, 2002 by the entry chair. No phone entries will be accepted. This meet is being run with Hy-Tek swim software. Teams wishing to submit their entries via disk are encouraged to do so. No seed times will be changed once the entry chair has seeded the meet. Deck entries will be accepted in open lanes only.

Admissions: Spectators over 13 years old are \$5. Heat sheets are included.

Final Results: One copy of final results will be sent to each team represented. Teams will be responsible to pick up their commlinked disk following the completion of the meet. No awards or disks will be mailed with the final results.

Concessions: A concession stand with a wide and delicious variety of food and beverages will be available.

Conduct: Each team is responsible for the conduct of its' swimmers.

Awards:	Individual events:	1 st -16 th	Ribbons
	All relay events:	1 st -3 rd	Rosette Ribbons

6&Under and 8&Under swimmers will compete together and be awarded separately.

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 United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the Beloit Aquatic Team, the Fort Atkinson Swim Team, the J-Hawk Aquatic Club, the Swim Parents Association, the City of Janesville, and their staffs for the injuries and/or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes currently registered with United States Swimming and in good standing with Wisconsin Swimming, Inc. and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We also are aware that it is our responsibility to ensure that every athlete and coach participating in the meet are registered United States members. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials: _____

Signature of Club Official, Parent or Guardian (final results will be mailed to this address)

Name: _____ Phone: _____
Address: _____ E-Mail: _____
City, State, Zip: _____

Name of coach(es) or team representative(s) at meet: _____

Entry Fee Recap: _____ Individual Events x \$3.00 = \$ _____
_____ Relay Teams x \$8.00 = \$ _____

TOTAL EVENT FEES = \$ _____
LESS RESERVATION = - \$ _____

A: ADDITIONAL OWED A: \$ _____*

**If reservation amount is more than the event fees, write zero (0) on line A.*

_____ LSC Surcharge x \$1.25 = B: \$ _____

TOTAL OF LINES A & B = \$ _____

Make checks payable to: **J-HAWK AQUATIC CLUB**

Mail entries to: J-Hawk Aquatic Club
1644 W. Wildwood Rd
Whitewater, WI 53190

Questions: 262-473-1800 or j_hawk_aquatic_club@hotmail.com

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AM Order of Events

Warm-ups 7:15am, Meet Starts 8:20am

<u>Women's Event Number</u>	<u>Event Description</u>	<u>Men's Event Number</u>
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1	Senior 400 Mtr Mixed Medley Relay	
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**** Optional 5 minute break ****

2	Senior 100 Mtr Free	3
4	8&U 50 Mtr Free	5
6	Senior 200 Mtr Back	7
8	8&Under 50 Mtr Back	9
10	Senior 100 Mtr Breast	11
12	8&U 50 Mtr Breast	13
14	Senior 200 Mtr Fly	15
16	8&U 50 Mtr Fly	17
18	Senior 200 Mtr IM	19
20	8&U 200 Mtr IM	21

22	Senior 400 Mtr Mixed Free Relay	
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**** Optional 5 minute break ****

23	Senior 800 Mtr Free*	24
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**May be limited to 24 swimmers*

PM Order of Events

25	12 & Under 400 Mtr Mixed Medley Relay	
26	10& Under 400 Mtr Mixed Medley Relay	

**** Optional 5 minute break ****

27	10&U 100 Mtr Free	28
29	11-12 100 Mtr Free	30
31	10&U 50 Mtr Breast	32
33	11-12 50 Mtr Breast	34
35	10&U 100 Mtr Back	36
37	11-12 200 Mtr Back	38
39	10&U 50 Mtr Fly	40
41	11-12 50 Mtr Fly	42
43	10&U 100 Mtr Breast	44
45	11-12 200 Mtr Breast	46
47	10&U 200 Mtr IM	48
49	11-12 200 Mtr IM	50

51	12&U 400 Mtr Mixed Free Relay	
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52	10&U 400 Mtr Mixed Free Relay	
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**** Optional 5 minute break ****

53	12&U 400 Mtr Free*	54
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**May be limited to 24 swimmers*