THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK WINTER THAW

January 4-5, 2003 A-BB+B-C 25 Yards

Sanction: 2003-003

Location: UW-Whitewater, Willliams Center Pool

Facility: Six lanes, 25 yards flush deck, non-turbulence lane markers and backstroke flags, with 30" height

starting blocks. Pool is 7 feet deep at starting blocks.

Timing: Colorado System with backup watches. All events are timed final. Computerized scoreboard for

all lanes.

Officials: TBA

Official Rules: Official 2003 Short Course USS Rules shall prevail for this meet. Swimmers must be registered

swimmers. Age as of January 4, 2003.

Warm-up: Morning warm-ups will begin at 7am, with competition starting at 8:05am. The warm-ups for the

afternoon session will begin immediately following the morning session, but not before 11:00am.

The afternoon warm-up session is 45 minutes long. Warm-up procedures are as follows:

AM Session: First 30 minutes

Lanes 1 (8&U only) Circle swim Sprints/Starts

Lanes 2&5 Circle swim Circle swim

Lanes 3-4 Circle swim Sprints
Lanes 6 Circle swim Pace

PM Session: First 30 minutes Last 15 minutes

Lanes 2-4 Circle swim Sprints
Lanes 1 Circle swim Circle swim

Lane 6 Circle swim Pace

Entry Chair/ Cheri Zimdars E-Mail: info@j-hawks.org

Meet Director: 1644 W. Wildwood Rd.

Whitewater, WI 53190 Phone: 262-473-1800

Entry Limit: Swimmers may swim four (4) individual events per day, plus one (1) relay. The 1650 free, 400

IM, and 500 free are check-in events and may be limited to the top 30 swimmers (combined total for event). Any swimmer unable to compete due to the limitation, will be refunded the entry fee

for this event.

Fees: Individual events \$2.50 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 Friday,

December 27, 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.

Adaptive Swimmers: If you have any swimmers with special needs, please notify the Meet Director by e-mail or

phone no later than Friday, January 3, 2003.

Admissions: Spectators over 13 years old are \$3. Heat sheets are \$2.

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: All swimmers will receive a participation award. The participation awards will be given to the

coaches.

Please pick up your awards in a timely manner. No Saturday awards or Sunday morning

awards will be given out once the **Sunday afternoon** session has begun.

8 & Under and Senior individual events: $1^{st} - 12^{th}$ Ribbons

10&U and 11-12 individual event: $1^{st} - 6^{th}$ Ribbons

All relay events: 1st-3rd Rosette Ribbons

All 6&Under swimmers will receive a fun participation award (above and beyond the one given

out to all swimmers)

All swimmers achieving A-BB times, that were entered at B-C times, will receive an achiever ribbon. A-BB and B-C swimmers will compete together and be awarded separately. Swimmers

are placed in the A-BB or B-C division based upon their entry times.

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 J-Hawk Aquatic Club, the Swim Parents Association, the University of Wisconsin-Whitewater 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 O	Official, Parent or Guardian (final results will be mailed to	this ad	ldress)			
Name:		Ph	none:			
Address:		E-	-Mail:			
Name of coach(es)	or team representative(s) at meet:					
Entry Fee Recap:	Individual Events x \$2.50 = Relay Teams x \$8.00 =	\$ _ \$ _				
	TOTAL EVENT FEES = LESS RESERVATION =	\$ <u>-</u> - \$ <u>-</u>		_		
	A: ADDITIONAL OWED	A:	: \$	*		
	*If reservation amount is mor	re than t	the event fees, w	rite zero (0) on line A.		
	LSC Surcharge x \$1.25 =	B:	\$			
	TOTAL OF LINES A & 1	B =	\$			
Make checks payab	ele to: J-HAWK AQUATIC CLUB					
Mail entries to:	J-Hawk Aquatic Club 1644 W. Wildwood Rd Whitewater, WI, 53190					

info@j-hawks.org

Ouestions:

262-473-1800 or

J-HAWK WINTER THAW

January 4-5, 2003 A-BB+B-*C* 25 Yards

Women's Event #	SATURDAY	Men's Event #		
	AM ORDER OF EVENTS			
1	8 & Under 100 Yd Mixed Medley Relay	1		
2	Senior 200 Yd Mixed Medley Relay	2		
	Optional 5 minute break			
3	Senior 200 Yd Backstroke	4		
5	8&Under 25 Yd Backstroke	6		
7	Senior 50 Yd Freestyle	8		
9	8&U 50 Yd Freestyle	10		
11	Senior 100 Yd Breaststroke	12		
13	8&Under 25 Yd Breaststroke	14		
15	Senior 200 Yd Freestyle	16		
17	8&Under 50 Yd Butterfly	18		
19	Senior 100 Yd Butterly	20		
21	8&Under 100 Yd IM	22		
23	Senior 200 Yd IM	24		
	Optional 5 minute break			
25	Senior Mixed 1650 Yd Freestyle*	25		
	*May be limited to 5 Heats			

Women's Event #	SATURDAY	Men's Event #		
	PM ORDER OF EVENTS			
26	10 & Under 200 Yd Mixed Medley Relay	26		
27	11-12 200 Yd Mixed Medley Relay	27		
	Optional 5 minute break			
28	10&Under 50 Yd Backstroke	29		
30	11-12 100 Yd Backstroke	31		
32	10&Under 100 Yd Freestyle	33		
34	11-12 50 Yd Freestyle	35		
36	10&Under 50 Yd Breaststroke	37		
38	11-12 200 Yd Breaststroke	39		
40	10&Under 100 Yd Butterfly	41		
42	11-12 50 Yd Butterfly	43		
44	10&Under 200 Yd Freestyle	45		
46	11-12 200 Yd Freestyle	47		
	Optional 5 minute break			
51	12&Under Mixed 400 Yd IM*	51		
	*May be limited to 5 Heats			

J-HAWK WINTER THAW

January 4-5, 2003 A-BB+B-C 25 Yards

Women's Event #	SUNDAY	Men's Event #		
	AM ORDER OF EVENTS			
52	8 & Under 100 Yd Mixed Free Relay	52		
53	Senior 200 Yd Mixed Free Relay	53		
	Optional 5 minute break			
54	Senior Mixed 400 Yd IM*			
56	8&Under 50 Yd Backstroke	57		
58	Senior 100 Yd Backstroke	59		
60	8&U 100 Yd Freestyle	61		
62	Senior 200 Yd Breaststroke	63		
64	8&Under 50 Yd Breaststroke	65		
66	Senior 100 Yd Freestyle	67		
68	8&Under 25 Yd Butterfly	69		
70	Senior 200 Yd Butterly	71		
72	8&Under 25 Yd Free	73		
74	Senior Mixed 500 Yd Freestyle*	74		
	*May be limited to 5 Heats			

Women's Event #	SUNDAY	Men's Event #		
	PM ORDER OF EVENTS			
75	10 & Under 200 Yd Mixed Free Relay	75		
76	11-12 200 Yd Mixed Free Relay	76		
	Optional 5 minute break			
77	10&Under 100 Yd Backstroke	78		
79	11-12 50 Yd Backstroke	80		
81	10&Under 50 Yd Freestyle	82		
83	11-12 100 Yd Freestyle	84		
85	10&Under 100 Yd Breaststroke	86		
87	11-12 50 Yd Breaststroke	88		
89	10&Under 50 Yd Butterfly	90		
91	11-12 200 Yd Butterfly	92		
93	10&Under 100 Yd IM	94		
95	11-12 100 Yd IM	96		
	Optional 5 minute break			
97	12&Under Mixed 500 Yd Free*	97		
	*May be limited to 5 Heats			

J-HAWK WINTER THAW

A-BB+B-C

January 4-5, **2003** 25 Yards

Team Name:	Team Code:	

LAST NAME		AGE	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
FIRST NAME	USS	F/M	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME
1.										
2.										
3.										
4.										
5.										
6.										
7.										
0										
8.										
9.										
10.										
10.										

1. 8&U 100 Yd. M.R.	A	В	С	26. 10&U 200 M.R.	A	В	С
2. Senior 200 Yd M.R.	A	В	С	27. 12&U 200 M.R.	A	В	С
52. 8&U 100 Yd. F.R.	A	В	С	75. 10&U 200 F.R.	A	В	С
53. Senior 200 Yd F.R.	A	В	С	76. 12&U 200 F.R.	A	В	C