

THE J-HAWK AQUATIC CLUB PRESENTS THE  
**J-HAWK WINTER THAW**

January 8-9, 2005

A-BB+B-C

25 Yards

- Sanction:** 2005-003
- Location:** UW-Whitewater, Williams 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 2005 Short Course USS Rules shall prevail for this meet. Swimmers must be registered swimmers. Age as of January 8, 2005.
- 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:	<b><u>First 30 minutes</u></b>	<b><u>Last 30 minutes</u></b>
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:	<b><u>First 30 minutes</u></b>	<b><u>Last 15 minutes</u></b>
Lanes 2-4	Circle swim	Sprints
Lanes 1	Circle swim	Circle swim
Lane 6	Circle swim	Pace

- Entry Chair/  
Meet Director:** Cheri Zimdars E-Mail: [info@j-hawks.org](mailto:info@j-hawks.org)  
N569 Fremont 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 \$3 per event and \$8.00 per relay. \$2 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, December 29, 2004* 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 7, 2005.

**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 <sup>st</sup> – 12 <sup>th</sup>	Ribbons
10&U and 11-12 individual event:	1 <sup>st</sup> – 6 <sup>th</sup>	Ribbons
All relay events:	1 <sup>st</sup> -3 <sup>rd</sup>	Rosette Ribbons

All 6&Under swimmers will receive a fun participation award (above and beyond the one given out to all swimmers). \*6&Unders will compete with the 8&Unders, but receive separate awards.

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 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 = \$ \_\_\_\_\_  
\_\_\_\_\_ Relay Teams x \$10.00 = \$ \_\_\_\_\_

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 \$2 = B: \$ \_\_\_\_\_

**TOTAL OF LINES A & B = \$ \_\_\_\_\_**

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

Mail entries to: J-Hawk Aquatic Club  
N569 Fremont Rd.  
Whitewater, WI 53190

Questions: 262-473-1800 or [info@j-hawks.org](mailto:info@j-hawks.org)

# J-HAWK WINTER THAW

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25 Yards

Women's Event #	SATURDAY AM ORDER OF EVENTS	Men's Event #
1	8 & Under 100 Yd Mixed Medley Relay	1
2	Senior 200 Yd Mixed Medley Relay	2
	<i>**Optional 5 minute break**</i>	
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 Butterfly	20
21	8&Under 100 Yd IM	22
23	Senior 200 Yd IM	24
	<i>**Optional 5 minute break**</i>	
25	Senior Mixed 1650 Yd Freestyle*	25
	<i>*May be limited to 5 Heats</i>	

Women's Event #	SATURDAY PM ORDER OF EVENTS	Men's Event #
26	10 & Under 200 Yd Mixed Medley Relay	26
27	12 & Under 200 Yd Mixed Medley Relay	27
	<i>**Optional 5 minute break**</i>	
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
	<i>**Optional 5 minute break**</i>	
48	12&Under Mixed 400 Yd IM*	48
	<i>*May be limited to 5 Heats</i>	

# J-HAWK WINTER THAW

January 8-9, 2005

A-BB+B-C

25 Yards

Women's Event #	SUNDAY AM ORDER OF EVENTS	Men's Event #
49	8 & Under 100 Yd Mixed Free Relay	49
50	Senior 200 Yd Mixed Free Relay	50
	<i>**Optional 5 minute break**</i>	
51	Senior Mixed 400 Yd IM*	51
52	8&Under 50 Yd Backstroke	53
54	Senior 100 Yd Backstroke	55
56	8&U 100 Yd Freestyle	57
58	Senior 200 Yd Breaststroke	59
60	8&Under 50 Yd Breaststroke	61
62	Senior 100 Yd Freestyle	63
64	8&Under 25 Yd Butterfly	65
66	Senior 200 Yd Butterfly	67
68	8&Under 25 Yd Free	69
70	Senior Mixed 500 Yd Freestyle*	70
	<i>*May be limited to 5 Heats</i>	

Women's Event #	SUNDAY PM ORDER OF EVENTS	Men's Event #
71	10 & Under 200 Yd Mixed Free Relay	71
72	12 & Under 200 Yd Mixed Free Relay	72
	<i>**Optional 5 minute break**</i>	
73	10&Under 100 Yd Backstroke	74
75	11-12 50 Yd Backstroke	76
77	10&Under 50 Yd Freestyle	78
79	11-12 100 Yd Freestyle	80
81	10&Under 100 Yd Breaststroke	82
83	11-12 50 Yd Breaststroke	84
85	10&Under 50 Yd Butterfly	86
87	11-12 200 Yd Butterfly	88
89	10&Under 100 Yd IM	90
91	11-12 100 Yd IM	92
	<i>**Optional 5 minute break**</i>	
93	12&Under Mixed 500 Yd Free*	93
	<i>*May be limited to 5 Heats</i>	

# J-HAWK WINTER THAW

A-BB+B-C

January 8-9, 2005

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.										
8.										
9.										
10.										

1. 8&U 100 Yd. M.R.	A	B	C	26. 10&U 200 M.R.	A	B	C
2. Senior 200 Yd M.R.	A	B	C	27. 12&U 200 M.R.	A	B	C
49. 8&U 100 Yd. F.R.	A	B	C	71. 10&U 200 F.R.	A	B	C
50. Senior 200 Yd F.R.	A	B	C	72. 12&U 200 F.R.	A	B	C