THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK WINTER THAW

January 3-4, 2009 Single Age High Point Meet 25 Yards

Sanction: 2009 - 030 WI

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 and 4 feet deep on the shallow end. The

Competition course has not been certified in accordance with 104.2.2(C).

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

all lanes.

Head Official: Joe Domitrz

Official Rules: Official 2009 Short Course USA-S Rules shall prevail for this meet. Swimmers must be

registered swimmers. Age as of January 3, 2009.

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.

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced

for all sanctioned/approved competition. 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 2&5 Circle swim Circle s Lanes 3-4 Circle swim Sprints Lanes 6 Circle swim Pace

PM Session: <u>First 30 minutes</u> <u>Last 15 minutes</u>

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

Lane 6 Circle swim Pace

Entry Chair/ Cheri Zimdars E-Mail: j hawkswim@charter.net

Meet Director: 430 Assembly Court

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 \$3.50 per event and \$12.00 per relay. \$3 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 Saturday,

December 27, 2008 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.

Disabled Swimmers: If you have any disabled swimmers, please notify the Meet Director by e-mail or phone no later

than Friday, January 2, 2009.

Video Use: Use of cell phones or any other device that has video recording capabilities is NOT PERMITTED

in the locker room or bathroom areas.

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.

Camera and

Cell Phone Use: No cameras or camera phones are allowed in the locker rooms.

Awards: 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.

Individual events: $1^{st} - 6^{th}$ Ribbons in each age division

(6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older)

All relay events: 1st-3rd Rosette Ribbons

All 6&Under swimmers will receive a fun participation award.

Single-Age Highpoint Awards

6&U, 7, 8, 9, 10, 11, 12, 13, 14&Older

Deck entry results will not count toward highpoint.

Highpoint Medals 1^{st} - 3^{rd} in each age group

Place	1st	2nd	3rd	4th	5th	6th
Points	7	5	4	3	2	1

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 On	fficial, Parent or Guardian (final results will be mailed to	o this add	lress)	
Name: Address: City, State, Zip:			Pho E-N	one: 1ail:	
Name of coach(es) o	or team representative(s) at	meet:			
Entry Fee Recap:	Individ	dual Events x \$3.50 Teams x \$12.00 =	= \$	\$	
		TOTAL EVENT FEES = LESS RESERVATION =			
		A: ADDITIONAL OWED) A:	\$	*
		*If reservation amount is mo	re than th	e event fees, wr	ite zero (0) on line A.
	LSC S	urcharge x \$3 =	B:	\$	
		TOTAL OF LINES A &	B =	\$	
Make checks payabl	e to: <i>J-HAWK AQUATIC</i>	CLUB			
Mail entries to:	J-Hawk Aquatic Club 430 Assembly Court Whitewater, WI 53190)			
Questions:	262-473-1800 or	j hawkswim@charter.net			

J-HAWK WINTER THAW

January 3-4, 2009 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	13 & Over 200 Yd Backstroke	4
5	8&Under 25 Yd Backstroke	6
7	13 & Over 50 Yd Freestyle	8
9	8&U 50 Yd Freestyle	10
11	13 & Over 100 Yd Breaststroke	12
13	8&Under 25 Yd Breaststroke	14
15	13 & Over 200 Yd Freestyle	16
17	8&Under 50 Yd Butterfly	18
19	13 & Over 100 Yd Butterfly	20
21	8&Under 100 Yd IM	22
23	13 & Over 200 Yd IM	24
	Optional 5 minute break	
25	Senior Mixed 1650 Yd Freestyle*!	25
	May be limited to 5 Heats ! Awards will be separated for Girls and Boys and by age group	

Women's Event #	SATURDAY	Men's Event #
	PM ORDER OF EVENTS	
26	10 & Under 200 Yd Mixed Medley Relay	26
27	12 & Under 200 Yd Mixed Medley Relay	27
	Optional 5 minute break	
28	9-10 50 Yd Backstroke	29
30	11-12 100 Yd Backstroke	31
32	9-10 100 Yd Freestyle	33
34	11-12 50 Yd Freestyle	35
36	9-10 50 Yd Breaststroke	37
38	11-12 200 Yd Breaststroke	39
40	9-10 100 Yd Butterfly	41
42	11-12 50 Yd Butterfly	43
44	9-10 200 Yd Freestyle	45
46	11-12 200 Yd Freestyle	47
	Optional 5 minute break	
48	12&Under Mixed 400 Yd IM*	48
	May be limited to 5 Heats! Awards will be separated for Girls and Boys and by age group	

J-HAWK WINTER THAW

January 3-4, 2009 25 Yards

Women's Event #	SUNDAY	Men's Event #
	AM ORDER OF EVENTS	
49	8 & Under 100 Yd Mixed Free Relay	49
50	Senior 200 Yd Mixed Free Relay	50
	Optional 5 minute break	
51	13 & Over Mixed 400 Yd IM*	51
52	8&Under 50 Yd Backstroke	53
54	13 & Over 100 Yd Backstroke	55
56	8&U 25 Yd Freestyle	57
58	13 & Over 200 Yd Breaststroke	59
60	8&Under 50 Yd Breaststroke	61
62	13 & Over 100 Yd Freestyle	63
64	8&Under 25 Yd Butterfly	65
66	13 & Over 200 Yd Butterfly	67
68	8&Under 100 Yd Free	69
70	13 & Over Mixed 500 Yd Freestyle*	70
	May be limited to 5 Heats! Awards will be separated for Girls and Boys.	

Women's Event #	SUNDAY	Men's Event #
	PM ORDER OF EVENTS	
71	10 & Under 200 Yd Mixed Free Relay	71
72	12 & Under 200 Yd Mixed Free Relay	72
	Optional 5 minute break	
73	9-10 100 Yd Backstroke	74
75	11-12 50 Yd Backstroke	76
77	9-10 50 Yd Freestyle	78
79	11-12 100 Yd Freestyle	80
81	9-10 100 Yd Breaststroke	82
83	11-12 50 Yd Breaststroke	84
85	9-10 50 Yd Butterfly	86
87	11-12 200 Yd Butterfly	88
89	9-10 100 Yd IM	90
91	11-12 100 Yd IM	92
	Optional 5 minute break	
93	12&Under Mixed 500 Yd Free*	93
	May be limited to 5 Heats!	
	Awards will be separated for Girls and Boys and by age group.	

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Team Code: Team Name:

FIRST NAME		AGE	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
	USA-S	F/M	TIME	TIME	TIME	TIME	TIME		TIME	TIME
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3.										
4.										
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	A	В	C	C 72. 12&U 200 F.R.	A	В	C