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 7 am , with competition starting at $8: 05 \mathrm{am}$. 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 | Last 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 |  |
| 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. |  |  |

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: $\quad$ 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 Sundav afternoon session has begun.

Individual events: $\quad 1^{\text {st }}-6^{\text {th }} \quad$ Ribbons in each age division ( $6 \& \mathrm{U}, 7,8,9,10,11,12,13$, and $14 \&$ Older)

All relay events: $\quad 1^{\text {st }}-33^{\text {rd }} \quad$ 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 $1^{\text {st }}-3^{\text {rd }}$ 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 $\mathrm{Me} / \mathrm{Us}$ 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: $\qquad$ Initials: $\qquad$
Signature of Club Official, Parent or Guardian (final results will be mailed to this address)

Name: $\qquad$
Address:
:
City, State, Zip:
Name of coach(es) or team representative(s) at meet:
$\qquad$ Individual Events x $\$ 3.50$
Relay Teams x $\$ 12.00$

Phone:
E-Mail: $\qquad$

TOTAL EVENT FEES = LESS RESERVATION =
\$ $\qquad$
\$ $\qquad$
A: ADDITIONAL OWED
A: $\quad \$$ $\qquad$ *
*If reservation amount is more than the event fees, write zero (0) on line $A$.
$\qquad$ LSC Surcharge x \$3=
B:
B: \$ $\qquad$
TOTAL OF LINES A \& B $=$ \$ $\qquad$
Make checks payable to: J-HAWK AQUATIC 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 <br> 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 |
|  | **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 <br> AM ORDER OF EVENTS | Men's Event \# |
| :---: | :---: | :---: |
| 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 <br> 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 |
|  | **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. |  |

January 3-4, 2009
25 Yards
(2)
Team Code:
EVENT
TIME
EVENT
TIME

| EVENT | EVENT |
| :---: | :---: |
| TIME | TIME |

EVENT
TIME

| AGE | EVENT |
| :---: | :---: |
| F/M | TIME |

J-HAWK WINTER THAW


