

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:	<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: [j\\_hawkswim@charter.net](mailto:j_hawkswim@charter.net)  
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.



# 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 \$3.50 = \$ \_\_\_\_\_  
\_\_\_\_\_ Relay Teams x \$12.00 = \$ \_\_\_\_\_

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 \$3 = B: \$ \_\_\_\_\_

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

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

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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	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
	<i>**Optional 5 minute break**</i>	
25	Senior Mixed 1650 Yd Freestyle*!	25
	<i>May be limited to 5 Heats ! Awards will be separated for Girls and Boys and by age group</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	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
	<i>**Optional 5 minute break**</i>	
48	12&Under Mixed 400 Yd IM*	48
	<i>May be limited to 5 Heats ! Awards will be separated for Girls and Boys and by age group</i>	

# J-HAWK WINTER THAW

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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	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
	<i>May be limited to 5 Heats ! Awards will be separated for Girls and Boys.</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	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
	<i>**Optional 5 minute break**</i>	
93	12&Under Mixed 500 Yd Free*	93
	<i>May be limited to 5 Heats ! Awards will be separated for Girls and Boys and by age group.</i>	

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Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

LAST NAME	USA-S	AGE	EVENT TIME	EVENT TIME	EVENT TIME	EVENT TIME	EVENT TIME	EVENT TIME	EVENT TIME	EVENT TIME
FIRST NAME		F/M								
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. 13 & Over 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. 13 & Over 200 Yd F.R.	A	B	C	72. 12&U 200 F.R.	A	B	C

