

# Lake Country "Phoenix" Swim Team

Winter Single Age High Point Trophy Challenge

Sanction #2005-015

- DATE:** Saturday, January 22, 2005
- PLACE:** HARTFORD HIGH SCHOOL - (805 Cedar Street) Hartford, Wisconsin
- WARMUP:** Warm-up: 8-9 AM as follows: 8-8:30 circle swim all lanes NO diving. 8:30-8:55 one way sprints with dive lanes 3&4, push 50's 1&6, circle lanes 2&5. Failure to follow warm-up guide-lines may result in disqualification from the next individual event. Meet starts at 9:05 AM.
- POOL:** Six lane, 25 yard pool, 8.5' starting depth, 30" blocks with non-turbulent lane markers and backstroke flags.
- TIMING:** Colorado System with back-up watches and across the board judging in case of a malfunction. All events are timed finals. Computerized scoreboard for all lanes.
- OFFICIAL RULES:** Current Official Short Course USA and Wisconsin Rules shall prevail for this meet. Swimmers must be registered USA Swimming members. Age as of January 22, 2005.
- MEET DIRECTORS:** Rob Prost E-Mail: [Lakecountryswim@sbcglobal.net](mailto:Lakecountryswim@sbcglobal.net) (Note new email address)  
Lake Country Swim Team  
PO Box 181  
Hartland, WI 53029 - (262) 367-7657
- ENTRY CHAIR:** Darsi Kohnhorst
- ENTRY LIMIT:** Swimmers may compete in Four (4) individual events plus relays.
- FEES:** Individual events \$3.00 per event and \$8.00 per relay. \$2.00 LSC surcharge per swimmer swimming in at least one individual event. Please make checks payable to **LAKE COUNTRY SWIM TEAM**. Entry fees must accompany the official entry forms and are not refundable.
- DECK ENTRIES:** Deck entries will be at the discretion of the meet director depending on the availability of open lanes. No new heats will be created once seeded.
- ENTRY DEADLINES:** Completed entry form, waiver and fees must be received no later than **Tuesday January 11, 2005** by the entry chair. No phone entries will be taken. This meet is being run with **Hy-Tek swim software**. Teams wishing to submit their entries via e-mail or disk are encouraged to do so. No disks will be given to teams who do not enter their team by disk, or provide a disk at the meet. No seed times will be changed once the entry chair has seeded the meet.
- ADMISSIONS:** Admission for spectators over 13 years old is \$3.00. Heat sheets are \$2.00.
- PARKING:** Parking is available in the west lot. Access is readily available to eliminate a long walk. Note: You must park in a designated marked parking space or you will receive a ticket.
- FINAL RESULTS:** One copy of meet results will be sent to each team represented. All others wishing results can order them at the admissions table for \$5.00 per copy. Teams will be responsible for picking up their disk at the conclusion of the meet. No disks will be mailed with final results.
- CONDUCT:** Each team is responsible for the conduct of its swimmers.
- AWARDS:**
- |                               |                                                             |
|-------------------------------|-------------------------------------------------------------|
| 13 & Under Individual Events: | Ribbons 1st through 12 <sup>th</sup>                        |
| Senior Individual events:     | No Ribbons                                                  |
| 12 & Under Relay Events:      | Ribbons 1st through 6 <sup>th</sup>                         |
| Senior Relay Events:          | No Ribbons                                                  |
| High Point Awards:            | 1st through 12th Awards Girls/Boys, each Age Group incl. SR |
- High point awards will be presented to the individual winners at the conclusion of the meet.
- SCORING:** 12-place scoring will be used: 16-13-12-11-10-9-7-5-4-3-2-1
- FOOD:** A superb selection of hot and cold food and beverages will be available in the cafeteria.
- OFFICIALS:** To be announced.

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January 22, 2005

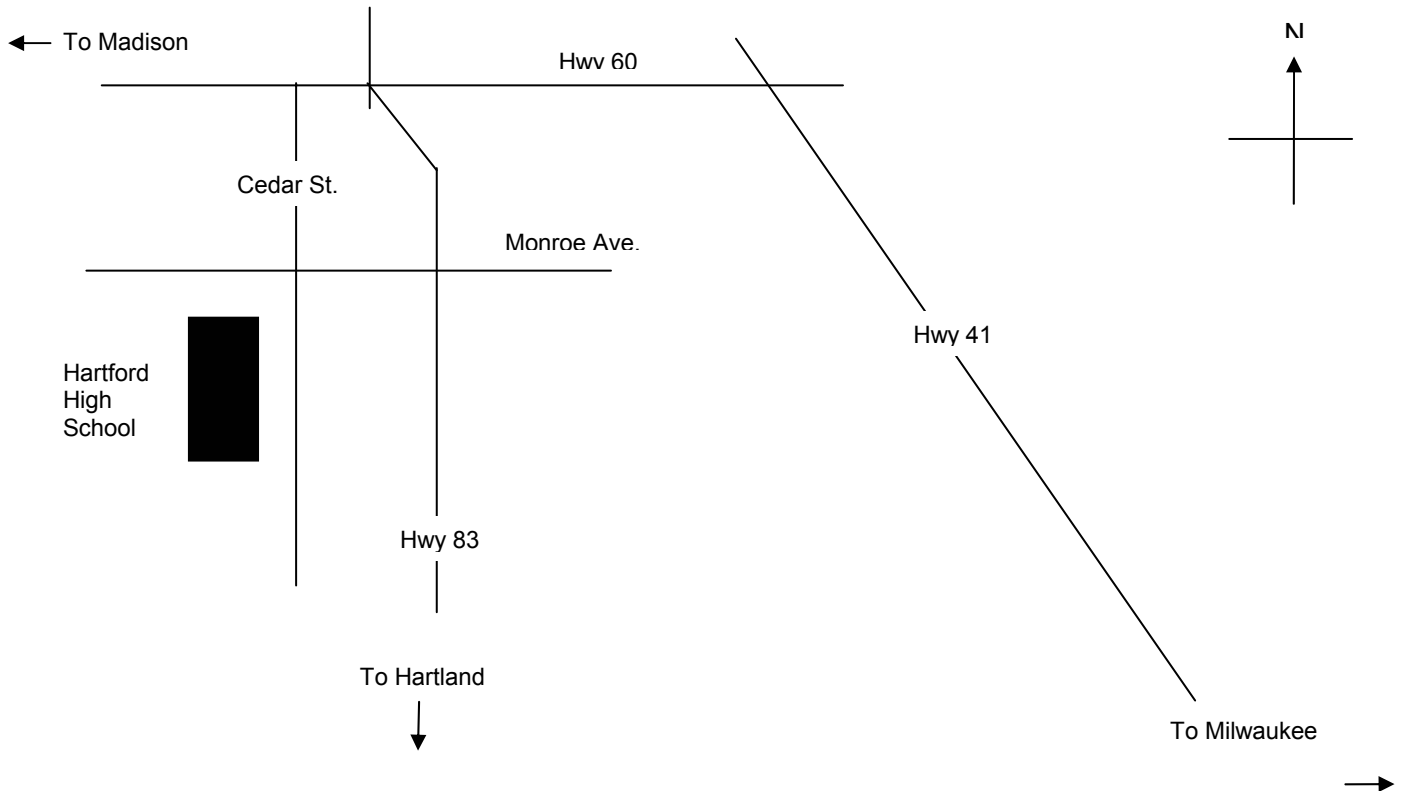
**Girls Ev #    Event Description    Boys Ev #**  
**AM Session: Warm-ups 8:00 am**  
**Meet Begins 9:05 am**

1	Senior 200 Free Relay	2
3	11&12 200 Free Relay	4
5	Senior 100 Butterfly	6
7	13 100 Butterfly	8
9	12 100 Butterfly	10
11	11 100 Butterfly	12
13	Senior 200 Backstroke	14
15	13 200 Backstroke	16
17	12 200 Backstroke	18
19	11 200 Backstroke	20
21	Senior 100 Breaststroke	22
23	13 100 Breaststroke	24
25	12 50 Breaststroke	26
27	11 50 Breaststroke	28
29	Senior 100 Freestyle	30
31	13 100 Freestyle	32
33	12 50 Freestyle	34
35	11 50 Freestyle	36
37	Senior 200 IM	38
39	13 200 IM	40
41	12 100 IM	42
43	11 100 IM	44

**Girls Ev #    Event Description    Boys Ev #**  
**PM Session: Warm-ups 45 minutes long**  
**Meet starts 50 minutes after conclusion of AM session.**

45	10 & Under 200 Free Relay	46
	<b>5 minute break</b>	
47	10 50 Butterfly	48
49	9 50 Butterfly	50
51	8 25 Butterfly	52
53	7 & Under 25 Butterfly	54
55	10 100 Backstroke	56
57	9 100 Backstroke	58
59	8 25 Backstroke	60
61	7 & Under 25 Backstroke	62
63	10 50 Breaststroke	64
65	9 50 Breaststroke	66
67	8 25 Breaststroke	68
69	7 & Under 25 Breaststroke	70
71	10 50 Freestyle	72
73	9 50 Freestyle	74
75	8 25 Freestyle	76
77	7 & Under 25 Freestyle	78
79	10 100 IM	80
81	9 100 IM	82
83	8 100 IM	84
85	7 & Under 100 IM	86

\*When Coming from Milwaukee: Take Hwy 41N to Hwy 60W to Hartford. Turn left at Cedar Street. The HS is on your right and the pool is in the back (west side) of building.



# Lake Country Swim Team

## Winter Single Age High Point Trophy Challenge

**Individual Entry Form**

**Team Name:** \_\_\_\_\_

**USS Code:** \_\_\_\_\_

**Please Circle:** Girls    Boys

**Entry Contact:** \_\_\_\_\_

**Phone#:** \_\_\_\_\_

Name/ USA# (Required)	Age	#	Event/ Seed Time	#	Event/ Seed Time	#	Event/ Seed Time	#	Event/ Seed Time

Event Number-Description	A	B	C	D	E
#1 Girls Senior 200 Free Relay					
#3 Girls 11-12 200 Free Relay					
#45 Girls 10 & Under 200 Free Relay					
#2 Boys Senior 200 Free Relay					
#4 Boys 11-12 200 Free Relay					
#46 Boys 10 & Under 200 Free Relay					

### 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 Lake Country Swim Team, the Hartford High School, 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 have also verified that each of our entered athletes are current with their registration with United States Swimming. 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 \_\_\_\_\_  
(Four Only)

#### Signature of Club Official, Parent or Guardian (Final results will be mailed to this address)

Name: \_\_\_\_\_ Day Phone Number \_\_\_\_\_

Title: \_\_\_\_\_ Evening Phone Number \_\_\_\_\_

Address: \_\_\_\_\_ E-Mail \_\_\_\_\_

City, State, Zip \_\_\_\_\_

In the case of facility problem, weather or other unforeseen circumstance which would require cancellation or delay of meet who may we contact as soon as possible for participant notification.

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of coach or team representative(s) at meet: \_\_\_\_\_ AM / PM  
(Must have current Coach's credentials to be on deck)

\_\_\_\_\_ AM / PM

Entry Fee Recap: \_\_\_\_\_ Individual Events x \$3.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Less Reservation Check = -\$ \_\_\_\_\_

(Only to be used for Ind. Events! May not be used for relays or surcharges)

A: Additional Amount Owed = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Teams x \$8.00 = \$ \_\_\_\_\_

\_\_\_\_\_ LSC Surcharge x \$2.00 = \$ \_\_\_\_\_  
(# of swimmers in Ind. Events only)

B: Relay & Surcharge Total = \$ \_\_\_\_\_

\_\_\_\_\_ Manual Entry Surcharge x \$2.00 = \$ \_\_\_\_\_  
(# of swimmers entered, maximum of \$50)

C: Manual Entry Total = \$ \_\_\_\_\_

**Total of Lines A, B & C = \$ \_\_\_\_\_**

Make checks payable to: **Lake Country Swim Team** Check # \_\_\_\_\_

Mail Entries to: Lake Country Swim Team c/o Darsi Kohnhorst  
PO Box 181  
Hartland, Wisconsin 53029

Questions: Lake Country Swim Team Office (262) 367-7657