

MENOMONEE FALLS SWIM CLUB – Distance Classic

SANCTION NUMBER #2007-126WI

Saturday-Sunday – December 8-9, 2007

- LOCATION:** Menomonee Falls High School
W142 N8101 Merrimac Drive
Menomonee Falls, WI 53051
- SPONSOR/
FACILITY
SUPPORT** Menomonee Falls Swim Club
Menomonee Falls Recreation Department
- FACILITY:** 25 yard pool with 6 lanes, non-turbulence lane markers and backstroke flags. Pool depth on non-starting end is 3'6" to 5'. Second and fourth leg of the 100 yard relays will be started in the water. 30" slanted starting blocks into 5' pool depth and Colorado automatic timing system.
- MEET DIRECTOR/
ENTRY CHAIR:** Jim Fischer
1365 Windy Knoll Drive
Hubertus, WI 53033
H: (262) 628-0556
E-mail: ljfishr@mac.com
C: (262) 573-8332
- TIMELINE:** A timeline will be provided to all teams one week prior to the meet and posted on the MFSC website (mfswim.org) so afternoon swimmers will know when warm-ups begin.

Saturday A.M. session: Warm-ups 9:50 – 10:35am; Competition begins at 10:40am, Saturday P.M. session: Warm-ups at end of A.M. session.
Sunday A.M. session: Warm-ups 7:30 – 8:15am; Competition begins at 8:20am
Sunday P.M. session: Warm-ups at end of A.M. session.
- TIMING:** Events will be timed and judged by Colorado automatic timing system and judging equipment. MFSC uses a Colorado horn starting system. Two back-up timers per lane will be provided.
- ENTRIES:** **EACH SWIMMER WILL BE LIMITED TO THREE (3) INDIVIDUAL EVENTS AND ONE (1) RELAY ON 12/8/2007. EACH SWIMMER WILL BE LIMITED TO FOUR (4) INDIVIDUAL EVENTS AND ONE (1) RELAY ON 12/9/2007.** The 1000 free, senior 400 IM, and 12&U and senior 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. Swimmer's age as of December 8, 2007 will determine his/her age group. **Deck entries will be accepted if open lanes are available and number of entries permit.** Parents should come to the pool office to complete the forms.
- ENTRY** Completed individual and relay entry forms, waiver and fees must be received no later than **Friday, November 23, 2007**. All entries should be
- DEADLINE:** submitted either on the enclosed entry form or on a Hy-tek Team Manager diskette. Submit all seed times in yard cutoff times. Be sure to indicate any UNATTACHED swimmers. **Hytek entries will be accepted and are preferred.** Please include a hard copy with all disk entries.
- ENTRY FEES:** \$3.00 per individual event, \$12.00 per relay team and \$2.00 splash fee per swimmer. Entry fees must accompany entry forms. Recap statement must be complete and the waiver form signed. Money used for reservations is nonrefundable and cannot be used to offset cost of relays, deck seeding or splash fees. The entry fee for deck entries will be \$5.00 for individual and \$15

for relay. Checks should be made payable to MENOMONEE FALLS SWIM CLUB.

WARM-UPS:

FEET FIRST ENTRY ONLY FROM THE STARTING END OF THE POOL.

The morning warm-up session will be 45 minutes long. The afternoon warm-up will be 55 minutes long. Warm-up procedures as follows:

AM Session:	<u>First 30 minutes</u>	<u>Last 15 minutes</u>
Lanes 1-3	Circle swim	Sprints
Lanes 4-5	Circle swim	Circle swim
Lane 6	Circle swim	Pace
PM Session:	<u>First 30 minutes</u>	<u>Last 25 minutes</u>
Lanes 6 (8&U only)	Circle swim	Starts/sprints
Lanes 4&5	Circle swim	Circle swim
Lanes 2-3	Circle swim	Sprints
Lane 1	Circle swim	Pace

Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualification.

ELIGIBILITY:

All swimmers must be currently registered with United States Swimming and the USA numbers must appear on the entry form/disk. Out of state entrants must bring their USA swimming cards and be prepared to show them to Clerk of Course. Swimmers wishing to deck enter must have their current USA Swimming ID card available.

AWARDS:

Ribbons – 1st-12th
Relay Events Ribbons: 1st-6th
Heat winner awards will be given for all events for 10 and under age groups. High Point Awards 1st-3rd by age groups 8&U, 10&U, 11-12 for individual event scores. High Point awards will be presented to the individual winners at the conclusion of the meet. All ribbons and trophies will be available for pick-up during the meet. No awards will be mailed.

ADMISSION:

\$3.00 plus \$3.00 for heat sheet

**COACHES
PACKETS:**

Coaches may pick up their packets in the pool office. Any monies owed must be paid before you can obtain your packet. Please be prepared to show your USS coaches card at the time you pick up your team packet. Coach's cards must be visible at all times on deck.

OFFICIAL RULES:

2007 USA Swimming and Wisconsin Swimming Rules shall govern this meet.

OFFICIALS:

Ted Hanson, Head Official, others TBD

**DISABLED
SWIMMERS:**

Please notify meet officials of any disabled swimmers upon arriving at the meet.

FOOD:

A concession stand will offer a wide selection of food and beverage available outside the pool area. **No** food or coolers will be allowed in pool area.

HOSPITALITY:

MFSC provides a separate Hospitality Room with snacks, food, and beverages for the convenience of the coaches and officials.

CONDUCT:

All teams will be responsible for the conduct of their own swimmers. The Meet Marshall and Meet Director shall have authority to disqualify swimmers for misconduct.

FIRST AID:

A First Aid kit will be available in the pool office.

LOST&FOUND: Located in the pool office. After the meet, please contact the meet director. Lost & found will only be held for two weeks after the meet. Any remaining items will then be donated to charity.

FINAL RESULTS: One copy of meet results will be e-mailed to each participating team and posted on the Wisconsin Swimming website.

REST AREA: The rest area will be restricted to the pool and the hallways adjacent to the pool. Swimmers will not be allowed in other areas of the school.

SMOKING: Per USA Swimming rules, smoking is NOT permitted in areas designated for swimmers, including the rest areas and pool.

Menomonee Falls High School is a SMOKE and DRUG FREE ZONE.

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ORDER OF EVENTS

SATURDAY A.M. SESSION

ORDER OF EVENTS – SATURDAY A.M. Session

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
1	8&U	100 yd Medley Relay	2
3	10&U	200 yd Medley Relay	4
5	8&U	25 yd Breaststroke	6
7	10&U	50 yd Breaststroke	8
9	8&U	50 yd Freestyle	10
11	10&U	100 yd Freestyle	12
13	8&U	50 yd Butterfly	14
15	10&U	100 yd Butterfly	16
17	8&U	25 yd Backstroke	18
19	10&U	50 yd Backstroke	20
21	8&U	100 yd IM	22
23	10&U	200 yd IM	24

ORDER OF EVENTS – SATURDAY P.M. Session

25	11-12	200 yd Medley Relay	26
27	Senior	200 yd Medley Relay	28
29	11-12	100 yd Backstroke	30
31	13-14	200 yd Backstroke	32
33	Senior	200 yd Backstroke	34
35	11-12	100 yd Breaststroke	36
37	13-14	100 yd Breaststroke	38
39	Senior	100 yd Breaststroke	40
41	11-12	50 yd Freestyle	42
43	13-14	200 yd Freestyle	44
45	Senior	200 yd Freestyle	46
47	11-12	50 yd Butterfly	48
49	13-14	100 yd Butterfly	50
51	Senior	100 yd Butterfly	52
53	11-12	100 yd IM	54
55	13-14	200 yd IM	56
57	Senior	200 yd IM	58
<i>Optional 5 Minute In Water Break</i>			
59	Open	1000 yd Freestyle	60

ORDER OF EVENTS – SUNDAY A.M. Session

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
61	8&U	100 yd Freestyle Relay	62
63	10&U	200 yd Freestyle Relay	64
65	8&U	50 yd Backstroke	66
67	10U	100 yd Backstroke	68
69	8&U	25 yd Freestyle	70
71	10&U	50 yd Freestyle	72
73	8&U	50 yd Breaststroke	74
75	10&U	100 yd Breaststroke	76
77	8&U	25 yd Butterfly	78
79	10&U	50 yd Butterfly	80
81	8&U	100 yd Freestyle	82
83	10&U	100 yd IM	84
<i>Optional 5 Minute In Water Break</i>			
85	10&U	200 yd Freestyle	86

ORDER OF EVENTS – SUNDAY P.M. Session

87	11-12	200 yd Freestyle Relay	88
89	Senior	200 yd Freestyle Relay	90
91	11-12	200 yd IM	92
93	Senior	400 yd IM	94
95	11-12	50 yd Backstroke	96
97	13-14	100 yd Backstroke	98
99	Senior	100 yd Backstroke	100
101	11-12	50 yd Breaststroke	102
103	13-14	200 yd Breaststroke	104
105	Senior	200 yd Breaststroke	106
107	11-12	100 yd Freestyle	108
109	13-14	100 yd Freestyle	110
111	Senior	100 yd Freestyle	112
113	11-12	100 yd Butterfly	114
115	13-14	200 yd Butterfly	116
117	Senior	200 yd Butterfly	118
<i>** Optional 10 minute in-water break **</i>			
119	Open	500 yd Freestyle	120

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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 USA Swimming, the Wisconsin Local Swimming Committee of USA Swimming, Menomonee Falls Swim Club, Menomonee Falls High School, their Board of Directors and all other staff for injuries and/or expenses incurred by me/us at the meet or while on the road to and from the meet. I/We are bonafide amateur athletes and eligible to compete in all events I/we have entered. I/We also understand that my/our club will be responsible financially for any damage done to the facility by my/our athletes during the meet. I/We will be responsible for making my/our athletes/parents/coaches/club administrators aware of the waiver requirements of participation in this event.

Team Name: _____ Abbreviation: _____

Signature of Club Official Parent or Guardian Name: _____
Title: _____
Address: _____

Coach or Team Representative at Meet Name: _____

Person to Contact in Case of Entry Problems Name: _____
Phone: _____

Name and Address for Mailing Final Results Name: _____
Address: _____

Entry Fee Summary: _____ Individual Events x \$3.00 = \$ _____
Amount Sent with Reservation \$ _____ (Subtract)
Balance Due for Additional Swims \$ _____ (Enter zero if less)

Excess reservation may not be applied toward relay and splash fees.

_____ Relay Teams x \$12.00 = \$ _____
_____ Swimmers x \$2.00 = \$ _____ Splash Fee
Entry Fee Due \$ _____

Make checks payable to: **Menomonee Falls Swim Club** Check # _____

Mail Entries to: Jim Fischer E-mail: ljfishr@mac.com
1365 Windy Knoll Drive
Hubertus, WI 53033
H: (262) 628-0556 C: (262) 573-8332

Entries must be received by Friday, November 23, 2007.

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INDIVIDUAL EVENT ENTRY FORM

Team Name: _____

Please enter in age order. Use separate sheets for Girls & Boys.

Name / USS # / Age

	Event #								
	Distance/Stroke								
	Seed Time								

	Event #								
	Distance/Stroke								
	Seed Time								

	Event #								
	Distance/Stroke								
	Seed Time								

	Event #								
	Distance/Stroke								
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RELAY ENTRY FORM

Team Name: _____

Event #	Age	Group	Relay	Team A	Team B	Team C	Team D	Team E
1	8&U	Girls	100 yd Medley Relay					
2	8&U	Boys	100 yd Medley Relay					
3	10&U	Girls	200 yd Medley Relay					
4	10&U	Boys	200 yd Medley Relay					
25	11-12	Girls	200 yd Medley Relay					
26	11-12	Boys	200 yd Medley Relay					
27	Senior	Girls	200 yd Medley Relay					
28	Senior	Boys	200 yd Medley Relay					
61	8&U	Girls	100 yd Freestyle Relay					
62	8&U	Boys	100 yd Freestyle Relay					
63	10&U	Girls	200 yd Freestyle Relay					
64	10&U	Boys	200 yd Freestyle Relay					
87	11-12	Girls	200 yd Freestyle Relay					
88	11-12	Boys	200 yd Freestyle Relay					
89	Senior	Girls	200 yd Freestyle Relay					
90	Senior	Boys	200 yd Freestyle Relay					