

MENOMONEE FALLS SWIM CLUB – Nike Sprint Cup Challenge
SANCTION NUMBER #2009-018WI
Saturday February 7, 2009

- 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: 3'6" at non-starting end and 5' at starting end. 30" slanted starting blocks into 5' pool depth and Colorado automatic timing system. The Competition course has not been certified in accordance with 104.2.2(C).
- MEET DIRECTOR/
ENTRY CHAIR:** Jim Fischer E-mail: ljfishr@mac.com
1365 Windy Knoll Drive
Hubertus, WI 53033 H: (262) 628-0556 C: (262) 573-8332
- TIMELINE:** Saturday Session: Warm-ups 10:45 a.m. Meet Starts: 11:45 a.m.
Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- TIMING:** Events will be timed and judged by Colorado automatic timing system and judging equipment. Colorado horn starting system. Two back-up timers per lane will be provided.
- ENTRIES:** **EACH SWIMMER WILL BE LIMITED TO FIVE (5) INDIVIDUAL EVENTS.**
Swimmer's age as of February 7, 2009 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 DEADLINE:** Completed individual and relay entry forms, waiver and fees must be received no later than January 23, 2009. All entries should be submitted either on the enclosed entry form or on a Hy-tek Team Manager file. 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 file entries.
- ENTRY FEES:** \$3.50 per individual event, \$12.00 per relay team and \$3.00 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 \$12.00 for relay. Checks should be made payable to MENOMONEE FALLS SWIM CLUB.
- WARM-UPS:** **SIT-N-SLIDE ENTRY ONLY FROM THE STARTING END OF THE POOL.**
The warm-up session will be 1 hour long.
Warm-up procedures as follows:
- | | <u>First 30 min.</u> | <u>Last 30 min.</u> |
|--------------------|----------------------|---------------------|
| Lanes 6 (8&U only) | Circle swim | Starts/Sprints |
| Lanes 4&5 | Circle swim | Circle swim |
| Lanes 2-3 | Circle swim | Starts/Sprints |
| Lane 1 | Circle swim | Pace |
- Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualification.
- SEEDING:** All age groups will be pre-seeded.

- 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 Meet Director. Swimmers wishing to deck enter must have their current USA Swimming ID card available.
- AWARDS:** Individual Events Ribbons – 1st-12th
Heat winner awards will be given for all events for 10 and under age groups. High Point Awards 1st and 2nd by age groups 8&U, 9 and 10 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 USA Swimming coaches card at the time you pick up your team packet. Coach's cards must be visible at all times on deck.
- OFFICIAL RULES:** 2009 USS Wisconsin Swimming Rules shall govern this meet.
- OFFICIALS:** Meet Referee: Jeff Sawatzke; Meet Officials: TBA
- DISABLED SWIMMERS:** Please notify meet officials of any disabled swimmers upon arriving at meet.
- FOOD:** A concession stand will offer a wide selection of food and beverages available outside the pool area. **No** food or coolers will be allowed in pool area.
- 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. **NO RECORDING DEVICES ARE PERMITTED IN LOCKER ROOMS.**
- 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:** Will be posted on the Wisconsin Swimming website and e-mailed to participating teams. They will also be posted in the pool lobby during the meet.
- 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

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
1	10	50 yd Butterfly	2
3	9	50 yd Butterfly	4
5	8&U	25 yd Butterfly	6
7	10	50 yd Backstroke	8
9	9	50 yd Backstroke	10
11	8&U	25 yd Backstroke	12
13	10	50 yd Breaststroke	14
15	9	50 yd Breaststroke	16
17	8&U	25 yd Breaststroke	18
19	10	50 yd Freestyle	20
21	9	50 yd Freestyle	22
23	8&U	25 yd Freestyle	24
		* * 10 minute in-water break * *	
25	10	100 yd IM	26
27	9	100 yd IM	28
29	8&U	100 yd IM	30

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INDIVIDUAL EVENT ENTRY FORM

Team Name: _____

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

Name / USA-S # / Age

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
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