Monona Grove-Madison Aquatics Club

2004 Pumpkin Smash * Swim Your Own Age * November 14, 2004

USAS Sanction #2004-140WI Date: Sunday, November 14, 2004 Times: General Warm-up 7:30am, Meet starts at 8:35a.m. Location: Monona Grove High School 4400 Monona Dr. Monona, WI 53716 (608)221-7666-2195 - Pool Office (608)221-7666-2195 - Pool Office Meet Director: Jill Jokela, P.O. Box 6202, Monona WI - 53716 - 608-241-2545 - jjokela@sbcglobal.net Facility: An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400) Timing System: Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals. Warm-ups: The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but WILL NOT START BEFORE 11:00AM. Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes - Lanes 3,4,5 and 6 Dive/Sprints Last 20 minutes - Lanes 3,4,5 6 and 7 Dive/Sprints Lanes 1, 2 and 8 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual event Rules: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming, Swimmers' age is as of Nove
Location:Monona Grove High School 4400 Monona Dr. Monona, WI 53716 (608)221-7666-2195 – Pool OfficeMeet Director:Jill Jokela, P.O. Box 6202, Monona WI – 53716 – 608-241-2545 – jjokela@sbcglobal.net An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints Lanes 1, 8 for 8 & Under only Lanes 1, 2 roitels swim Failure to follow warm-up guidelines may result in disqualification from the next individual eventRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commilink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS SiD number MUST be included on the entry form
4400 Monona Dr. Monona, WI 53716 (608)221-7666-2195 - Pool OfficeMeet Director:Jill Jokcla, P.O. Box 6202, Monona WI - 53716 - 608-241-2545 - jjokela@sbcglobal.netFacility:An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30°) and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7.30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes - Lanes 3,4,5 and 6 Dive/Sprints Lanes 1,2 and 8 circle swim Lanes 1,2 and 8 circle swim Lanes 2, 7 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual eventRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming must be listed on the back of the card along with age, prior to swimming the relay.Entries:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers 4, 2004, referred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be albe to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to: </th
Monona, WI 53716 (608)221-7666-2195 - Pool OfficeMeet Director: Facility:Jill Jokela, P.O. Box 6202, Monona WI - 53716 - 608-241-2545 - jjokela@sbcglobal.netAn 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin is 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes - Next 30 minutes - Lanes 3,4,5 and 6 Dive/Sprints Lanes 3,4,5 fe and 7 Dive/Sprints Lanes 3,4,5 and 6 Dive/Sprints Lanes 1,4 for 8 & Under only Lanes 2, 7 circle swimLanes 1,4 so and 7 Dive/Sprints Lanes 3,4,5 and 7 Dive/Sprints Lanes 1,2 and 8 circle swim Lanes 2, 7 circle swimRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimmin
Meet Director:Jill Jokela, P.O. Box 6202, Monona WI – 53716 – 608-241-2545 – jjokela@sbcglobal.netFacility:An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but WILL NOT START BEFORE 11:00AM. Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints Lanes 2, 7 circle swim Lanes 2, 7 circle swimFailure to follow warm-up guidelines may result in disqualification from the next individual eventRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela<
Facility:An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and a half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 5 minutes - circle swim all lanes PM: First 25 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Last 20 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Lanes 1, 8 for 8 & Under only Lanes 2, 7 circle swimRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
backstroke flags. Regulation height starting blocks (30") and ample viewing area for swimmers and spectators - (seats 400)Timing System:Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals.Warm-ups:The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups.AM: First 30 minutes -circle swim all lanesNext 30 minutes -circle swim all lanes 4.5 and 6 Dive/Sprints Last 20 minutes -Lanes 1, 8 for 8 & Under onlyLanes 1, 2 and 8 circle swimFailure to follow warm-up guidelines may result in disqualification from the next individual eventRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
400) Colorado System 5. Full Matrix LED displays with AquaGrip Touchpads and Infinity Start System and 1 button plus 2 watches as back up. All events are time finals. Warm-ups: The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – circle swim all lanes Next 30 minutes – circle swim all lanes Lanes 3,4,5 and 6 Dive/Sprints Last 20 minutes - Lanes 3,4,5 and 6 Dive/Sprints Last 20 minutes - Lanes 1,8 for 8 & Under only Lanes 1,2 and 8 circle swim Lanes 2, 7 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual event Rules: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming
Warm-ups: watches as back up. All events are time finals. Warm-ups: The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – circle swim all lanes PM: First 25 minutes - circle swim all lanes Next 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints Lanes 1,4,5 of and 7 Dive/Sprints Lanes 1,4,5 of and 7 Dive/Sprints Lanes 1,2 and 8 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual event Rules: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming. Send entry materials to: Jill Jokela 608-241-2545
Warm-ups: The morning session will begin at 7:30am with competition beginning at 8:35am. Warm-ups for the afternoon session will begin immediately following the morning session, but <u>WILL NOT START BEFORE 11:00AM</u> . Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – Next 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints circle swim all lanes PM: First 25 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Lanes 1,2 and 8 circle swim Rate: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Entries: Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming. Send entry materials to: Jill Jokela 608-241-2545
will begin immediately following the morning session, but WILL NOT START BEFORE 11:00AM. Afternoon competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – Next 30 minutes – Itanes 3,4,5 and 6 Dive/Sprints Lanes 1,8 for 8 & Under only Lanes 2, 7 circle swimcircle swim all lanes PM: First 25 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Lanes 1,2 and 8 circle swim Lanes 2, 7 circle swimRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay.Entries:Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
competition will begin 50 minutes after the start of the afternoon warm-ups. AM: First 30 minutes – circle swim all lanes PM: First 25 minutes - circle swim all lanes Next 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints Last 20 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Lanes 1, 8 for 8 & Under only Lanes 1,2 and 8 circle swim Lanes 1,2 and 8 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual event Rules: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Entries: Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming. Send entry materials to: Jill Jokela 608-241-2545
Next 30 minutes – Lanes 3,4,5 and 6 Dive/Sprints Last 20 minutes - Lanes 3,4,5, 6 and 7 Dive/Sprints Lanes 1, 8 for 8 & Under only Lanes 1,2 and 8 circle swim Failure to follow warm-up guidelines may result in disqualification from the next individual event Rules: Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming. Send entry materials to: Jill Jokela 608-241-2545
Lanes 1, 8 for 8 & Under only Lanes 2, 7 circle swimLanes 1,2 and 8 circle swimFailure to follow warm-up guidelines may result in disqualification from the next individual eventCofficial 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay.Entries:Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Lanes 2, 7 circle swimFailure to follow warm-up guidelines may result in disqualification from the next individual eventRules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay.Entries:Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Rules:Official 2004 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Entries:WISCONSIN USA Swimming. Swimmers' age is as of November 14, 2004. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay. Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Entries:swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay.Entries:Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Entries:Completed entry forms, signed waiver, and fees must be received by Thursday, November 4, 2004. Preferred method of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
of entry is by diskette in Hy-Tek Commlink format. Diskettes MUST be accompanied by a hard-copy listing. Current USAS ID number MUST be included on the entry form. All deck entries must be able to prove USAS membership. Out of state swimmers must show their current USAS card prior to swimming.Send entry materials to:Jill Jokela608-241-2545
Out of state swimmers must show their current USAS card prior to swimming. Send entry materials to: Jill Jokela 608-241-2545
Send entry materials to:Jill Jokela608-241-2545
materials to: Jill Jokela 608-241-2545
Please make checks payable to: MGM Aquatics Club
Entry Limit: Only the first 1600 individual entries will be accepted. Entries not accepted will be notified by phone as soon as possible. <i>Swimmers are limited to four(4) individual events plus two(2) relays.</i>
Entry Fee: Individual events: \$3.00
Relays: \$10.00
Splash fee: \$2.00 Please make checks payable to MGM Aquatics Club
Awards: Awards for relay events will consist of ribbons for 1^{st} - 6^{th} place.
Individual events will be scored by individual age (age 7&under, 8, 9, 10, 11, 12, 13 and 14& older).
Awards for individual events will consist of ribbons for $1^{st} - 16^{th}$ place.
High point trophies will be awarded to the top 16 male & female finishers in each age group. Heat winners for AM session events will receive ribbons.
Swimmers must claim their own awards. <u>Awards will not be mailed.</u>
Adaptive: Any coach of a swimmer(s) with special needs must notify the head official of those needs at the beginning of the
Swimmers warm-ups.
A Contraction of the second
Seeding: The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding. Deck seeding. Deck seeding will close at 30 minutes before the start of each session. Swimmers unable to
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 30 minutes before the start of each session. Swimmers unable to prove USAS membership will be charged a deck-registration fee of \$50.00.Admission:Admission is free. Heat sheet will be available at \$5.00 each. Coaches' packets will be available in the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USAS membership at all
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 30 minutes before the start of each session. Swimmers unable to prove USAS membership will be charged a deck-registration fee of \$50.00.Admission:Admission is free. Heat sheet will be available at \$5.00 each. Coaches' packets will be available in the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USAS membership at all times.
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 30 minutes before the start of each session. Swimmers unable to prove USAS membership will be charged a deck-registration fee of \$50.00.Admission:Admission is free. Heat sheet will be available at \$5.00 each. Coaches' packets will be available in the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USAS membership at all times.Concessions:Delicious hot and cold food and drink will be available at reasonable prices in the Monona Grove Cafeteria.
Seeding:The meet will be pre-seeded. It is the swimmer's responsibility to be at the starting blocks at the start of his/her race. Staging assistance will be provided for 8 & under events.Final Results:One copy of the meet result will be sent to all participating clubs. Additional copies may be ordered at \$5.00 per copy.Deck seeding:Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 30 minutes before the start of each session. Swimmers unable to prove USAS membership will be charged a deck-registration fee of \$50.00.Admission:Admission is free. Heat sheet will be available at \$5.00 each. Coaches' packets will be available in the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USAS membership at all times.

Monona Grove-Madison Aquatics Club

2004 Pumpkin Smash * Swim Your Own Age * November 14, 2004

General Warm-up 7:30am.	Meet starts at 8:35a.m.	Swiili Tour Own Age
Girls	AM Session Events	Boys
1	10 yr 50 Back	2
3	9 yr 50 Back	4
5	8 yr 25 Back	б
7	7 & under 25 Back	8
9	10 & Under 200 Medley Relay	10
11	8 & Under 100 Medley Relay	12
13	10 yr 100 Fly	14 *
15	9 yr 100 Fly	16 *
17	8 yr 25 Fly	18
19	7 & under 25 Fly	20
21	10 yr 50 Free	22
23	9 yr 50 Free	24
25	8 yr 25 Free	26
27	7 & under 25 Free	28
29	10 yr 50 Breast	30
31	9 yr 50 Breast	32
33	8 yr 25 Breast	34
35	7 & under 25 Breast	36
37	10 yr 100 IM	38
39	9 yr 100 IM	40
41	8 yr 100 IM	42
43	7 & under 100 IM	44
45	10 & Under 200 Free Relay	46
47	8 & Under 100 Free Relay	48
49	10 & Under 200 Free	50 ***
	PM Session Events	
51	Open 500 Free	52 ***
53	11-12 200 Medley Relay	54
55	13 & older 200 Medley Relay	56
57	11 yr 50 Breast	58
59	12 yr 50 Breast	60
61	13 yr 100 Breast	62
63	14 & older 100 Breast	64
65	11 yr 50 Back	66
67	12 yr 50 Back	68
69	13 yr 100 Back	70
71	14 & older 100 Back	72
73	11 yr 100 Free	74 **
75	12 yr 100 Free	76 **
77	11 yr 200 Fly	78 *
79	12 yr 200 Fly	80 *
81	13 yr 200 Fly	82 *
83	14 & older 200 Fly	84 *
85	11 yr 100 IM	86
87	12 yr 100 IM	88
89	13 yr 200 IM	90
91	14 & older 200 IM	92
93	11 yr 50 Free	94
95	12 yr 50 Free	96
97	13 yr 50 Free	98
99	14 & older 50 Free	100
101	11-12 200 Free Relay	102
103	13 & older 200 Free Relay	104
*	Distance event for Nov	. 14 - Fly
** ***	11-12 distance special even Additional distance even	
Swimmers are limited to for	ur(4) individual events plus two(2) relays.	

Monona Grove-Madison Aquatics Club

2004 Pumpkin Smash * Swim Your Own Age * November 14, 2004

WAIVER

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with all heirs, representatives and assigns, waive all claims against United States Swimming and the Wisconsin Swimming Committee, Monona Grove Madison Aquatics Club and the Monona Grove School District, The City of Monona, and any other agent of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet.

Signature of Team Official				
Team Name				
Team Abbreviation				
Coach(es)				
_				
Address for Final Results				
Contact Name & Phone				
SUMMARY OF ENTRY FEES				
Number of Individual Swims	x \$3.00 =	\$		
Number of Swims Reserved	Reservation	\$		
Balance Due for additional Swims (en	ter zero if less)	\$		
EXCESS RESERVAT	ION MAY NOT BE APPLIED TOWARD F	RELAY & SPLASH FEES		
Number of Swimmers	x \$2.00 =	\$		
Number of Relay Swims	x \$10.00 =	\$		
	Total Entry Fee due	\$		
Make Checks Payable to MGM Aquati Mail Entries to:	ics Club Jill Jokela P.O. Box 6202 Monona, WI 53716 jjokela@sbcglobal.net			

Entries Must be received by Thursday November 4, 2004