

Monona Grove-Madison Aquatics Club

Swim Own Age - Groundhog Open 2006

USAS Sanction # 2006-005WI

- Date:** January 28-29, 2006
- Location:** Monona Grove High School, 4400 Monona Dr., Monona, WI 53716 (608) 221-7666 x 2197
- Facility:** An 8 Lane 25 yard pool with starting depth of 7 feet and a turn depth of 3 and half feet. Non-turbulent lane markers, backstroke flags. Regulation height starting blocks (30"). There is 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.**
- | <u>Morning Session Warm-ups – 60 minutes</u> | <u>Afternoon Session Warm-ups – 50 minutes</u> |
|--|---|
| First 30 minutes – circle swim all lanes | First 30 minutes – circle swim all lanes |
| Next 30 minutes – Lanes 3-4-5-6 Dive/Sprints
Lanes 1-2 for 8 & Under only
Lane 7-8 Circle Swim | Next 20 minutes – Lanes 2-3-5-6-7 Dive/Sprints
Lanes 1-4-8 Circle Swim |
- Rules:** *Failure to follow warm-up guidelines may result in disqualification from the next individual event.* Official 2005 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered with USA Swimming. Swimmers' age is as of January 28, 2006. 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, January 19, 2006**. 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:** **Meet Director: Jill Paull, P.O. Box 6202, Monona WI – 53716 – 608-839-9476– jill_paull@yahoo.com**
Please make checks payable to MGM Aquatics Club
- Entry Limit:** Only the first 1200 individual entries will be accepted per day. Entries not accepted will be notified by phone as soon as possible. Swimmers are limited to four(4) individual events plus two(1) relay per day.
- Entry Fee:** Individual events: \$3.00
Relays: \$10.00 **Please make checks payable to MGM Aquatics Club**
Splash fee: \$2.00
- Awards:** **Individual High Point:** 1st -3rd boys and girls per age group including Seniors.
Awards for **relay** events will consist of ribbons for **1st-3rd places.**
Awards for **individual** events will consist of ribbons for **1st-16th places.**
Individual events will be scored by age (6&under, 7, 8, 9, 10, 11, 12, 13 & Senior). Heat winners for 10 & under events will receive ribbons. Individual swimmers must claim their own awards. Awards will not be mailed.
- Adaptive** Any coach of a swimmers(s) with special needs must notify the head official of those needs at the beginning of the
- 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 *assistant* will be provided for 8 & under events. **Coaches are responsible for their swimmers.**
- 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 \$7.00 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 at the admission table. 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.
- Meet Conduct:** Each team is responsible for the conduct of its swimmers. The meet director, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner.
- Officials:** TBA

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Schedule of Events

Saturday A.M. 1/28/06

Warm-ups: 7:30-8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10-Under 200 Medley Relay	2
3	8-Under 100 Medley Relay	4
5	10 yr 100 back	6
7	9 yr 100 back	8
9	8 yr 50 back	10
11	7 yr 50 back	12
13	6 & under 50 back	14
15	10 yr 50 fly	16
17	9 yr 50 fly	18
19	8 yr 50 fly	20
21	7 yr 50 fly	22
23	6 & under 50 fly	24
25	10 yr 50 free	26
27	9 yr 50 free	28
29	8 yr 25 free	30
31	7 yr 25 free	32
33	6 & under 25 free	34
35	10 yr 100 breast	36
37	9 yr 100 breast	38
39	8 yr 25 breast	40
41	7 yr 25 breast	42
43	6 & Under 25 breast	44
45	10 yr 100 IM	46
47	9 yr 100 IM	48
49	8 yr 100 IM	50
51	7 yr 100 IM	52
53	6 & Under 100 IM	54
55	10 & Under 200 free	56

Sunday A.M. 1/29/06

Warm-ups: 7:30-8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
103	10-Under 200 Free Relay	104
105	8-Under 100 Free Relay	106
107	10 yr 50 back	108
109	9 yr 50 back	110
111	8 yr 25 back	112
113	7 yr 25 back	114
115	6 & Under 25 back	116
117	10 yr 100 fly	118
119	9 yr 100 fly	120
121	8 yr 25 fly	122
123	7 yr 25 fly	124
125	6 & under 25 fly	126
127	10 yr 100 free	128
129	9 yr 100 free	130
131	8 yr 50 free	132
133	7 yr 50 free	134
135	6 & under 50 free	136
137	10 yr 50 breast	138
139	9 yr 50 breast	140
141	8 yr 50 breast	142
143	7 yr 50 breast	144
145	6 & Under 50 breast	146
147	10 yr 200 IM	148
149	9 yr 200 IM	150
151	8 yr 100 free	152
153	7 yr 100 free	154
155	6 & Under 100free	156
157	10 & Under 500 free	158

Saturday P.M. 1/28/06

Warm-ups: not before 11:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	Senior 1000 Free	58
59	11-12 200 Medley Relay	60
61	Senior 200 Medley Relay	62
63	11 yr 100 Back	64
65	12 yr 100 back	66
67	13 yr 200 back	68
69	Senior 200 Back	70
71	11 yr 50 Fly	72
73	12 yr 50 Fly	74
75	13 yr 100 Fly	76
77	Senior 100 fly	78
79	11 yr 50 free	80
81	12 yr 50 free	82
83	13 yr 50 free	84
85	Senior 50 free	86
87	11 yr 200 breast	88
89	12 yr 200 breast	90
91	13 yr 200 breast	92
93	Senior 200 Breast	94
95	11 yr 100 IM	96
97	12 yr 100 IM	98
99	13 yr 200 IM	100
101	Senior 200 IM	102

Sunday P.M. 1/29/06

Warm-ups: not before 11:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
159	Senior 200 Free	160
161	11-12 200 Free Relay	162
163	Senior 200 Free Relay	164
165	11 yr 50 Back	166
167	12 yr 50 back	168
169	13 yr 100 back	170
171	Senior 100 Back	172
173	*11 yr 200 Fly	174
175	*12 yr 200 Fly	176
177	*13 yr 200 Fly	178
179	*Senior 200 fly	180
181	11 yr 100 free	182
183	12 yr 100 free	184
185	13 yr 100 free	186
187	Senior 100 free	188
189	11 yr 50 breast	190
191	12 yr 50 breast	192
193	13 yr 100 breast	194
195	Senior 100 Breast	196
197	11 yr 200 IM	198
199	12 yr 200 IM	200
201	*13 yr 400 IM	202
203	*Senior 400 IM	204

* Depending on the number of swimmers that sign up for the 200 fly (events 173-180) and 400 I.M. (events 210-204) we may swim each age group combined but the awards will be separated by their appropriate age group.

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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 (enter zero if less) **A** → \$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers _____ x \$2.00 = \$ _____

Number of Relay Swims _____ x \$10.00 = \$ _____

B → \$ _____

Total Entry Fee due A + B =

\$ _____

Make Checks Payable to MGM Aquatics Club
Mail Entries to:

Jill Paull
P.O. Box 6202
Monona, WI 53716
jill_paull@yahoo.com

Entries Must be received by Thursday January 19, 2006