

**Stoughton Aqua Racers**  
**2009 Island Paradise Retreat**  
**Swim Meet**

WI Sanction # 2009-019WI

- DATE:** Saturday, January 17, 2009
- LOCATION:** Stoughton High School Pool  
600 Lincoln Ave  
Stoughton, WI 53589  
Pool entrance in back of High School; use the back parking lot off of Devonshire Rd.
- FACILITY:** Stoughton High School Pool is an 8-lane, 25-yard pool with non-turbulent lane markers and backstroke flags. Pool depth is 12' 5" at starting end, with 30" starting blocks. The non-starting end of the pool is 3'6", thus the 2nd and 4th leg of the 100Y relays for 8 & U will start in the water.
- SCHEDULE:** This meet will only consist of two sessions. AM warm-ups will be 8:00 to 9:00 am. The AM session will start promptly at 9:05am. PM session warm-up will not begin before 11:00 am. PM session meet will begin one hour following warm-up. Fly over starts will be used for this meet.
- WARM-UPS:** First 30 minutes will be general warm-up/circle swim.  
Last 30 minutes: Lanes 1, 2, 7, & 8 will be circle swim.  
Lanes 3, 4, 5, & 6 will be on-way sprints.  
Sit and slide in entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned / approved competitions.
- ENTRIES:** Swimmers may compete in four (4) individual events per day plus 2 relays. Swimmers must be USA Swimming registered in order to enter. Only the first 800 individual entries will be accepted. The 500 free is a check-in event and may be limited to the top 24 swimmers. A 15-minute break will occur prior to the 500 free being swum. Any swimmer unable to compete due to the limitation will be refunded the entry fee for this event. Entries not accepted will be notified by phone as soon as possible. This meet will be run using Hy-Tek Meet Manager.
- ENTRY DEADLINE:** The entry chair must receive a completed entry form, signed waiver and fees no later than **Wednesday, January 7, 2009**. No entries will be taken over the phone. Please email Team Manager format entries to [sallymaclaren@yahoo.com](mailto:sallymaclaren@yahoo.com). Unless you have received a confirmatory email from the above address, it has not been received! Meet entry fees and waiver must be sent via standard mail and postmarked by the entry deadline.  
Sally MacLaren-Meuer  
917 Hyland Dr.  
Stoughton, WI 53589

- DECK SEEDING: Deck seeding will be allowed only to the limit of partially filled heats. An \$8 per event charge will be assessed for deck seeding. Deck seeding will close at 8:00am.
- ENTRY FEES: \$3.00 LSC splash fee per swimmer, \$4.00 per individual event and \$12.00 per relay.
- TIMING SYSTEM: All events (with the exception of 25-yard races) will be timed using a Colorado Timing System with horn start, touch pads, one button, and two watches as backup. 25-yard races will be timed with two (2) stopwatches.
- DISABLED SWIMMERS: Please indicate on the entries form any special needs for those athletes requiring assistance. Also, please inform the head official of those needs prior to the start of the meet.
- AWARDS: Participation awards will be provided to the coaches to give to their swimmers. Individual event awards (1<sup>st</sup> thru 12<sup>th</sup>) will be held for each team and can be picked up following each session. Awards will not be mailed.
- OFFICIALS: Head Referee: Don Heinz  
2009 USA Swimming and Wisconsin Swimming LSC rules apply to this meet
- MEET CONDUCT: Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property will be required to leave the competition. Use of cell phones or any other device that has video or photo capabilities will not be permitted in locker rooms or rest room areas.
- ADMISSIONS: **Admission - \$3.00 for ages 13 & Up; \$2.00 free heat sheet.**
- FINAL RESULTS: One electronic copy of meet results will be sent to all participating teams. One hard copy per team is available upon request. All others wishing to obtain hard copies may order one for \$5.00
- CONCESSIONS: Delicious hot and cold foods will be available for purchase throughout the meet. Food and beverages will not be allowed on the pool deck.
- AGE GROUPS: 8&U, 10&U, 11-12, Senior/Open
- MEET DIRECTOR: Becca Schleppenbach  
2756 Rolling View Road  
Stoughton, WI 53589  
(608) 877-1057

# 2008 Island Paradise Retreat

## Swim Meet

WI Sanction #

Saturday, January 17, 2009

### Schedule of Events

#### AM Session

<b><u>Girls:</u></b>	8:00am warm-ups, 9:05am start	<b><u>Boys:</u></b>
1	8&U 100Y Medley Relay	2
3	10&U 200Y Medley Relay	4
5	8&U 100Y IM	6
7	10&U 200Y IM	8
9	8&U 25Y Back	10
11	10&U 50Y Back	12
13	8&U 25Y Free	14
15	10&U 50Y Free	16
17	8&U 25Y Fly	18
19	10&U 50Y Fly	20
21	8&U 25Y Breast	22
23	10&U 50Y Breast	24
25	8&U 50 Free	26
27	10&U 200 Free	28
29	8&U 100Y Free Relay	30
31	10&U 200Y Free Relay	32

#### PM Session

<b><u>Girls:</u></b>	PM Warm-ups will not begin before 11:00 am. PM session meet will begin one hour following warm-up.	<b><u>Boys:</u></b>
33	11-12 200Y Medley Relay	34
35	Senior 200Y Medley Relay	36
37	11-12 200Y IM	38
39	Senior 200Y IM	40
41	11-12 100Y Back	42
43	Senior 100Y Back	44
45	11-12 50Y Free	46
47	Senior 100Y Free	48
49	11-12 50Y Fly	50
51	Senior 100Y Fly	52
53	11-12 100Y Breast	54
55	Senior 100Y Breast	56
57	11-12 200 Free	58
59	11-12 200Y Free Relay	60
61	Senior 200Y Free Relay	62
	15 Minute Break	
63	Senior 500 Free	64

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## Meet 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, Wisconsin Swimming, Inc., Stoughton School District, Stoughton Aqua Racers (STAR), and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

Signature of Club Official, parent or guardian: \_\_\_\_\_

Position \_\_\_\_\_ Phone # \_\_\_\_\_

Team Name & Abbreviation \_\_\_\_\_

Team Coach \_\_\_\_\_ Phone # \_\_\_\_\_

Name (if other than coach) & address for sending final results:

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send results via email? (Y/N) \_\_\_\_\_ Address: \_\_\_\_\_

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### ENTRY FEE RECAP—Entries Due **Wednesday, January 7, 2009!**

Total # of Individual Events: \_\_\_\_\_ X \$4.00= \$ \_\_\_\_\_

Less number of Swims Reserved: \_\_\_\_\_ X \$4.00= \$ \_\_\_\_\_

Balance Due for additional Swims (or enter zero): \$ \_\_\_\_\_

### ***EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY OR SPLASH FEES***

# of Relays: \_\_\_\_\_ X \$1200 = \$ \_\_\_\_\_

Total # of swimmers: \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Total Entry Fee Due: \$ \_\_\_\_\_

**Make all checks payable to Stoughton Aqua Racers**