

VERONA AQUATIC CLUB FALL SINGLE AGE MEET
October 10, 2004
A - BB - B - C

SANCTION NO: **2004-112WI**

DATE: SUNDAY October 10, 2004
AM Session:
Warm-ups: 7:30 AM - 8:30 AM
First Event: 8:40 AM

PM Session: Will begin immediately after the AM session, but not
Before 11:00 AM.
Warm-ups: One hour
First Event: 10 minutes after the end of PM warm-ups.

LOCATION: Verona Schools Natatorium
400B N. Main
Verona, Wisconsin 53593

FACILITY: Indoor 25 meter pool with six 7-ft lanes, non-turbulent lane markers, backstroke flags, flat 29-inch high starting blocks, guttered pool. Pool depth is 11-ft at the starting block end and 3.5 ft. at the opposite end.

TIMING: Colorado Timing System with horn start, backup button, and manual stop watches, using two timers per lane. All events will be timed finals.

OFFICIAL RULES: 2004 USS and Wisconsin Swimming Rules shall govern this meet.

RELAYS: First and last names of competing swimmers and order of swimming must be listed on the relay card, along with age, prior to swimming the relay.

WARM-UPS: The first 30 minutes of each warm-up session is circle swimming only, no diving from the starting blocks. The next 30 minutes: Lanes 2, 3, 4, and 5 will be for sprints (one directional swimming from the starting end only, diving from the blocks permitted); Lanes 1 and 6 will be for circle swimming. Meet Marshals will be on deck during the entire warm-up with the authority to recommend disqualification from individual events.

ENTRIES: Seed times may be submitted in YARD or METER times. Completed entry forms, signed waiver, and fees must be received by **Friday, October 1, 2004**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a diskette, it MUST be accompanied by a hard-copy listing of entries. Current USS ID number MUST be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Saturday October 2, 2004. All deck entries must be able to prove USA-Swimming membership. Out of state swimmers must show their current USA-Swimming membership card prior to swimming.

SEND ENTRY MATERIALS TO:
Deb Nickels
7901 Hamilton Meadows Rd.
Verona, WI 53593
e-mail: debnickels@tds.net
(608) 848-6354

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- DISABLED ATHLETES: Please indicate on the entry form any special needs for those athletes requiring them.
- ENTRY LIMIT: Only the first 1050 individual entries will be accepted. Entries not accepted will be notified by phone as soon as possible. SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS ONE (1) RELAY.
- ENTRY FEE: Individual Events: \$3.00
Relays: \$8.00
Splash Fee: \$2.00
Please make checks payable to Verona Aquatic Club.
- FINAL RESULTS: One copy of the final results will be mailed to all participating clubs. Additional copies may be ordered at \$5.00 per copy.
- AWARDS: Awards for relay events will consist of ribbons for 1st through 6th place. Awards for individual events will consist of medals for 1st, 2nd, and 3rd place and ribbons for 4th through 12th places. Heat winners for 7&U, 8, 9, and 10 events will receive ribbons. Individual swimmers must claim their own awards. Group distribution of awards to coaches will be permitted. Awards will not be mailed.
- 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 8:30 AM for the AM Session and 12:00 PM for the PM Session. Swimmers unable to prove USA-Swimming membership will be charged a deck registration fee of **\$65**.
- SEEDING: This is a PRE-SEEDED meet. IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HIS/HER EVENT. Staging assistance will be provided for 8&U swimmers.
- ADMISSION: Admission is free. Heat sheets will be sold for \$5.00. Coach's 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 USA-Swimming membership at all times.
- CONCESSIONS: A selection of delicious hot and cold food and drinks will be available at reasonable prices in the Verona High School Annex Cafeteria adjoining the Natatorium.
- MEET CONDUCT: All teams are responsible for the conduct of their swimmers. The meet director, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner.
- OFFICIALS: TBD
- MEET DIRECTOR: Rick Karls
872 Jenna Dr.
Verona, WI 53593
Home: (608) 848-6257
Work: (608) 845-3900
e-mail: rjkarls@charter.net

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LIST OF EVENTS

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:40 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	8 & U	100 Freestyle Relay	2
3	10 & U	200 Freestyle Relay	4
5	7 & U	25 Breaststroke	6
7	8	25 Breaststroke	8
9	9	50 Breaststroke	10
11	10	50 Breaststroke	12
13	7 & U	25 Freestyle	14
15	8	25 Freestyle	16
17	9	50 Freestyle	18
19	10	50 Freestyle	20
21	7 & U	25 Butterfly	22
23	8	25 butterfly	24
25	9	50 Butterfly	26
27	10	50 Butterfly	28
29	7 & U	25 Backstroke	30
31	8	25 Backstroke	32
33	9	50 Backstroke	34
35	10	50 Backstroke	36
37	7 & U	100 IM	38
39	8	100 IM	40
41	9	200 IM	42
43	10	200 IM	44

BREAK/WARM-UPS

(Warm-ups for PM session will not start before 11:00 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
45	11-12	200 Freestyle Relay	46
47	13-14&O	200 Freestyle Relay	48
49	11	100 Freestyle	50
51	12	100 Freestyle	52
53	13	100 Freestyle	54
55	14 & O	100 Freestyle	56
57	11	50 Breaststroke	58
59	12	50 Breaststroke	60
61	13	100 Breaststroke	62
63	14 & O	100 Breaststroke	64
65	11	50 Backstroke	66
67	12	50 Backstroke	68
69	13	100 Backstroke	70
71	14 & O	100 Backstroke	72
73	11	50 Butterfly	74
75	12	50 Butterfly	76
77	13	100 Butterfly	78
79	14 & O	100 Butterfly	80
81	11	50 Freestyle	82
83	12	50 Freestyle	84
85	13	50 Freestyle	86
87	14 & O	50 Freestyle	88
89	11	400 IM	90
91	12	400 IM	92
93	13	400 IM	94
95	14 & O	400 IM	96

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 USA Swimming, Wisconsin Swimming, Inc., Verona Aquatic Club, and the Verona Area School District, 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. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Signature of Team Official _____

Team Name _____

Team Abbreviation _____

Coach(es) _____

Address for Final Results _____

Contact Name & Phone _____

Contact Email _____

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)			\$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers	_____	x \$2.00 =	\$ _____
Number of Relay Swims	_____	x \$8.00 =	\$ _____
		Total Entry Fee due	\$ _____

Make Checks Payable to Verona Aquatic Club

Mail Entries to:

Deb Nickels email: debnickels@tds.net
7901 Hamilton Meadows Rd.
Verona, WI 53593
(608) 848-6354

Entries Must be received by Friday October 1, 2004