

**VERONA AQUATIC CLUB SPRING TUNE-UP MEET**

**May 6, 2001**

**A + BB + B – C**

SANCTION NO.: **01-51**

DATE: SUNDAY, May 6, 2001  
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' lanes, non-turbulent lane markers, backstroke flags, flat 29" high starting blocks, guttered pool. Pool depth is 11' at the starting block end and 3 1/2' at the opposite end.

TIMING: Colorado Timing System with Horn Start, backup button, and manual stop watches, using 2 timers per lane. All events will be timed finals.

OFFICIAL RULES: 2001 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 back of the 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 sprints (one directional swimming from starting end only, diving from the blocks permitted). Lanes 1 and 6 circle swimming. Officials will be on deck during the entire warm-up, with authority to recommend disqualification from individual events.

ENTRIES: Completed entry forms , signed waiver, and fees must be received by **Wednesday, May 2, 2001**. Preferred method of entry is by diskette in HI-TEK COMMLINK format. Diskettes **MUST** be accompanied by a hard-copy listing. Current USS ID number **MUST** be included on the entry form. All deck entries must be able to prove USS membership. Out of state swimmers must show their current USS card prior to swimming.

**SEND ENTRY MATERIALS TO:**

Dale Nickels  
5815 Chesapeake Circle  
Madison, WI 53719  
(608) 271-6249

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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:        | \$1.25 |
- 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-6th** places. Awards for individual events will consist of medals for **1st-3rd** places and ribbons for **4th-12th** places. Heat winners for 6&U, 8&U and 10&U 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 USS membership will be charged a deck-registration fee of \$47.
- SEEDING:** This is a PRE-SEEDED meet. **IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HER/HIS EVENT.** Staging assistance will be provided for 6&U and 8&U events.
- ADMISSION:** \$5.00 which includes heat sheet. No charge for children under 12 accompanied by adult. 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 USS membership at all times.
- CONCESSIONS:** Delicious hot and cold food and drink will be available at reasonable prices in the Verona Area High School Annex 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:** T.B.A.
- MEET DIRECTOR:** Dale Nickels  
5815 Chesapeake Circle  
Madison, WI 53719  
Home: (608) 271-6249  
Work: (608) 227-6100  
e-mail: dale@stdnet.com

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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	10&U	100 IM	2
3	6&U	25 Breaststroke	4
5	8&U	25 Breaststroke	6
7	10&U	50 Breaststroke	8
9	6&U	25 Backstroke	10
11	8&U	25 Backstroke	12
13	10&U	50 Backstroke	14
15	6&U	25 Freestyle	16
17	8&U	25 Freestyle	18
19	10&U	50 Freestyle	20
21	6&U	25 Butterfly	22
23	8&U	25 Butterfly	24
25	10&U	50 Butterfly	26
27	8&U	50 Backstroke	28
29	10&U	200 Free Relay	30
31	8&U	100 Free Relay	32
33	10&U	200 Freestyle	34

## BREAK/WARMUPS

(Warm-ups not before 11:00 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
35	11-12	50 Breaststroke	36
37	13-14	100 Breaststroke	38
39	Senior	100 Breaststroke	40
41	11-12	50 Freestyle	42
43	13-14	50 Freestyle	44
45	Senior	50 Freestyle	46
47	11-12	50 Butterfly	48
49	13-14	100 Butterfly	50
51	Senior	100 Butterfly	52
53	11-12	50 Backstroke	54
55	13-14	100 Backstroke	56
57	Senior	100 Backstroke	58
59	11-12	200 IM	60
61	13-14	200 IM	62
63	Senior	200 IM	64
65	11-12	200 Free Relay	66
67	13-14	200 Free Relay	68
69	Senior	200 Free Relay	70
71	11-12	200 Freestyle	72
73	13-14	400 Freestyle	74
75	Senior	400 Freestyle	76

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RELAY ENTRIES

Team \_\_\_\_\_

EVENT	AGE GROUP	RELAY	TEAM A	TEAM B	TEAM C
29	10&U GIRLS	200 FREE RELAY			
30	10&U BOYS	200 FREE RELAY			
31	8&U GIRLS	100 FREE RELAY			
32	8&U BOYS	100 FREE RELAY			
65	11-12 GIRLS	200 FREE RELAY			
66	11-12 BOYS	200 FREE RELAY			
67	13-14 GIRLS	200 FREE RELAY			
68	13-14 BOYS	200 FREE RELAY			
69	Sr. GIRLS	200 FREE RELAY			
70	Sr. BOYS	200 FREE RELAY			

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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, 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.

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) \$ \_\_\_\_\_

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers \_\_\_\_\_ x \$1.25 = \$ \_\_\_\_\_

Number of Relay Swims \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

Total Entry Fee due \$ \_\_\_\_\_

Make Checks Payable to Verona Aquatic Club

Mail Entries to:

Dale Nickels  
5815 Chesapeake Circle  
Madison, WI 53719  
(608) 271-6249

**Entries Must be received by Wednesday May 2, 2001**