

VERONA AQUATIC CLUB FALL SINGLE AGE MEET
October 16, 2005
A - BB - B - C

SANCTION NO: **2005-109WI**

DATE: SUNDAY October 16, 2005
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: 2005 USA-Swimming 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 **Wednesday, October 5, 2005**. 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 USA-Swimming ID number MUST be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Saturday October 8, 2005. 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: \$10.00
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 in addition to the event fee will be assessed for deck seeding. Deck seeding will close at 8:30 AM for the AM Session and at the end of the PM warm-ups 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	100 IM	6
7	8	100 IM	8
9	9	100 IM	10
11	10	100 IM	12
13	7 & U	25 Breaststroke	14
15	8	25 Breaststroke	16
17	9	50 Breaststroke	18
19	10	50 Breaststroke	20
21	7 & U	25 Freestyle	22
23	8	25 Freestyle	24
25	9	50 Freestyle	26
27	10	50 Freestyle	28
29	7 & U	25 Butterfly	30
31	8	25 Butterfly	32
33	9	50 Butterfly	34
35	10	50 Butterfly	36
37	7 & U	25 Backstroke	38
39	8	25 Backstroke	40
41	9	50 Backstroke	42
43	10	50 Backstroke	44
45 *	10 & U	200 Freestyle	46 *

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>
47	11-12	200 Freestyle Relay	48
49	13-14&O	200 Freestyle Relay	50
51	11	200 IM	52
53	12	200 IM	54
55	13	200 IM	56
57	14 & O	200 IM	58
59	11	50 Freestyle	60
61	12	50 Freestyle	62
63	13	50 Freestyle	64
65	14 & O	50 Freestyle	66
67	11	100 Breaststroke	68
69	12	100 Breaststroke	70
71	13	100 Breaststroke	72
73	14 & O	100 Breaststroke	74
75	11	50 Backstroke	76
77	12	50 Backstroke	78
79	13	100 Backstroke	80
81	14 & O	100 Backstroke	82
83	11	50 Butterfly	84
85	12	50 Butterfly	86
87	13	100 Butterfly	88
89	14 & O	100 Butterfly	90
		*** Possible 5-10 Minute Break ***	
91 *	11 & O	400 Freestyle	92 *

* These 4 events are positive check-in events with a check-in deadline at the completion of warm-ups for each session. While consolidated for seeding purposes, the meet-defined single age groups will be scored separately.

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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 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 \$10.00 = \$ _____

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 Wednesday October 5, 2005