

**VERONA AQUATIC CLUB SPRING TUNE-UP MEET**  
**May 6, 2007**  
**A + BB + B – C**

SANCTION NO: **2007-063WI**

DATE: SUNDAY May 6, 2007  
AM Session:  
Warm-ups: 8:00 AM - 9:00 AM  
First Event: 9:10 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: 2007 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, April 27, 2007**. 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 Tuesday, May 1, 2007. 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:  
Deb Nickels  
7901 Hamilton Meadows Rd.  
Verona, WI 53593  
e-mail: [debnickels@tds.net](mailto: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 1<sup>st</sup> through 6<sup>th</sup> place. Awards for individual events will consist of medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place and ribbons for 4<sup>th</sup> through 12<sup>th</sup> places. Heat winners for 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 \$67.
- 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 USS 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: Morning: TBD  
Afternoon: TBD
- MEET DIRECTOR: Dale Nickels  
7901 Hamilton Meadow Rd.  
Verona, WI 53593  
Home: (608) 848-6354  
Work: (608) 227-6100  
e-mail: dale@stdnet.com

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## LIST OF EVENTS

(Warm-ups 8:00 - 9:00 AM. Meet starts at 9:10 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10&U	100 Freestyle	2
3	11-12	100 Freestyle	4
5	10&U	200 Free Relay	6
7	11-12	200 Free Relay	8
9	10&U	50 Breaststroke	10
11	11-12	100 Breaststroke	12
13	10&U	100 Backstroke	14
15	11-12	100 Backstroke	16
17	10&U	50 Freestyle	18
19	11-12	50 Freestyle	20
21	10&U	50 Butterfly	22
23	11-12	50 Butterfly	24
25	10&U	100 IM	26
27	11-12	200 IM	28

## 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>
29	13-14	200 IM	30
31	Senior	200 IM	32
33	8&U	100 IM	34
35	13-14	200 Free Relay	36
37	Senior	200 Free Relay	38
39	8&U	100 Free Relay	40
41	13-14	100 Breaststroke	42
43	Senior	100 Breaststroke	44
45	8&U	25 Breaststroke	46
47	13-14	50 Freestyle	48
49	Senior	50 Freestyle	50
51	8&U	25 Freestyle	52
53	13-14	100 Butterfly	54
55	Senior	100 Butterfly	56
57	8&U	25 Butterfly	58
59	13-14	100 Backstroke	60
61	Senior	100 Backstroke	62
63	8&U	25 Backstroke	64
65 *	Open	400 Freestyle	66 *

\* The 400 Freestyle will be scored as 10&U, 11-12, 13-14, and Senior

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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 Friday April 27, 2007**