

WAM JANUARY SENIOR MEET

HOSTED BY : WAM SWIM TEAM

SANCTION # 2009-001WI

- DATE:** **SATURDAY JANUARY 3 ,2009**
- PLACE:** **WAUKESHA SOUTH HIGH SCHOOL
401 E. Roberta Drive
Waukesha, WI 53186**
- ENTRY CHAIR:** **Doug Conradt Email: dconradt@wi.rr.com
1514 Frances St.
Port Washington ,WI 53074
262-284-2028**
- MEET DIRECTOR :** **Steve Schiessl Email: wamcoach@charter.net
320 Hillcrest Dr.
Kiel WI 53042
920-286-2306**
- WARM UP:** **Warm up: 9:00-10:00 AM as follows: 9:00-9:30 circle
Swim all lanes NO DIVING. 9:30-10 AM one way sprints
With dive lanes 3&4,push 50's 1&6,circle lanes 2&5
Failure to follow warm-up guidelines may result in
Disqualification from the next individual event. Meet
Starts at 10:10. Sit and slide entries during general
warm up will be enforced.**
- FACILITY:** **Eight or Ten lane 25 yard pool as needed,13 foot at start
And 5'10" at turn end.
30" blocks with non-turbulent lane markers and
backstroke flags. The pool features a 12 and one half
by 14 and a half foot full color ,digital display
scoreboard.
Concessions will be available,No food or beverage is
Allowed in the pool area.**
- TIMING:** **Colorado System 6 timing system with aqua grip touch
pads**
- OFFICIAL RULES:** **Current official 2009 Short Course USA and Wisconsin
Rules shall prevail.
Swimmers must be registered USA swimming members.
Age as of
January 3,2009 Out of state entrants must bring current
USA Swimming cards
Coaches must display their current Coaches Card while on
deck. Coaches should notify meet officials of any disabled
swimmers upon arrival at the meet**

OFFICIALS: TBA, Starter/Referee, Don Steinberg

ENTRY LIMIT: Swimmers may compete in Four[4] individual events

LIMITED EVENTS: The 400 IM and 500 free will be positive check in and may be limited to the top 30 entered times. Both will be swum fastest to slowest, alternating women and men. The 1650 will be a positive check in event and may be limited to the top 20 entered times. Swimmers must provide their own counters for the 500FREE and counters/timers for the 1650. The 1650 will be swum fastest to slowest alternating women and men.

FEES: Individual events \$4.00 per event. \$3.00 LSC surcharge per swimmer swimming in at least one individual event. Deck entries will be \$6.00 and will be at the discretion of the meet director. No new heats will be created. Entry fees must accompany the official entry forms and are not refundable.

Entry DEADLINE : Completed entry form ,waiver and fees must be received no later than Tuesday December 23,2008.No phone entries will be taken. This meet is being run with Hy-Tek swim software. Please submit entries via disk or e-mail. No seed times will be changed once the meet is seeded.

ADMISSIONS: Admission for spectators over 13 years old is \$3.00. Heat sheets are \$2.00.

CONDUCT: Each team is responsible for the conduct of it's swimmers In compliance with the VIDEO PREVENTION ACT the use of Any recording device is prohibited in the locker rooms.

AWARDS: None

FOOD: A selection of hot and cold food and beverage will be available in the cafeteria.

WAM JANUARY SENIOR MEET

January 3,2009

Saturday AM Session

Warm-up 9:00-10:00 AM ,Meet 10:10

| Girls Event # | Event Description | Boys Event # |
|---------------|-------------------------|--------------|
| 1 | 100 Butterfly | 2 |
| 3 | 500 Free | 4 |
| 5 | 100 Breast | 6 |
| 7 | 200 Back | 8 |
| 9 | 50 Free | 10 |
| 11 | 400 IM | 12 |
| | 10 minute Warm up break | |
| 13 | 200 Free | 14 |
| 15 | 200 Butterfly | 16 |
| 17 | 200 Breast | 18 |
| 19 | 100 Back | 20 |
| | 10 minute Warm up break | |
| 21 | 100 Free | 22 |
| 23 | 200 IM | 24 |
| 25 | 1650 Free | 26 |

The 400 IM ,500 Free, and 1650 Free are positive check in.They will be swum fastest to slowest alternating women and men. Swimmers need to provide their own counters for the 500 free and counters and timers for the 1650

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 United States Swimming[USS], Wisconsin Swimming Inc., Waukesha South HS, the WAM Swim Team Inc. and their staffs for injuries and/or expenses occurred by me/us at the meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and are eligible to compete in all the events I/ we have entered.

Signature of club Official, Parent or Guardian _____

Address, City, State, Zip _____

Coaches Names _____

Club Name _____ Initials _____

Name and Telephone Number of Entry Person

Results Mailed To: _____

Individual events **Entry Fee Recap** _____ x \$4.00 _____

Less reservation Money _____

Subtotal _____ **A**

Number of swimmers _____ x \$3.00 LSC surcharge _____ **B**

TOTAL add lines A & B Balance Due _____

Make checks payable to WAM SWIM TEAM
Mail entries, disk, recap, and check to

Steve Schiessl
320 Hillcrest Dr.
Kiel, WI 53042