

WAT POLAR OPEN
2005-007WI

- Host: Watertown Aquatic Team (WAT)
- Date: Sunday, January 30, 2004
- Schedule: Meet will start at 8:35 AM
Warm-ups for the AM session will be from 7:30am – 8:30 am.
7:30 – 8:00 AM Circle swim all lanes.
8:00 – 8:30 AM Circle swim lanes 1 & 6.
Push/Pace 50 s lanes 2 & 5.
One way sprints lanes 3 & 4.
This procedure will be repeated for the afternoon session.
Warm-ups for the PM session will not begin before 11:00 am.
- Location: Waterloo High School
865 North Monroe
Waterloo WI
- Pool: Six (6) lanes, 25-yard pool with non-turbulent lane markers, backstroke flags, and 28” blocks. Pool depth is 3.5 ft. at its shallow end and 10 ft. at its deepest end. Ample parking available in the high school parking lot and seating in the pool area. **The starting block pool depth is 10 ft.**
- Timing: **Colorado electronic timing system** with touch pads and manual back-up timing buttons and horn start. Each lane will have two timers with electronic stopwatches. All events will be timed finals.
- Meet Format: Clerk of Course will be staging 8&U swimmers near the starting blocks. All other swimmers must be at the starting blocks at the start of their events.
- 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 8:15 AM for the AM Session and 15 minutes before the PM Session starts. Swimmers unable to prove USS membership will be charged a deck-registration fee of \$60.
- Rules: 2003 USS and Wisconsin Swimming Rules shall govern this meet. All swimmers must be USS registered. All out of state swimmers must bring their USS card to the meet. Swimmers not reporting to the blocks at the start of their event will be scratched. Relays: First and last names of competing swimmers and order of swimming must be listed on relay card along with age, prior to swimming the relay. No Recall Starts.
- Officials: Starter/Referees T.B.A.
Stroke & Turn T.B.A.
- Meet Director: Robert Ash
PO Box 23
Watertown, WI 53094
(920) 262-0534

Entries: Completed entry forms, signed waiver, and fees must be received by **Friday January 21st, 2005**. Preferred method of entry is by diskette in HY-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.

Entry Limit: Only the first 1200 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 **TWO (2)** RELAYS. **If USA swimming timeline 4 hour rule per session is exceeded when all entries are received, events will be limited to the top 12 seed times. Coaches will be notified so they can change event for swimmer.**

Age Groups 8&U, 10&U, 11-12, 13-14, Senior, Age as of: 1-30-2005

Entry Fee: Individual Events: \$3.00
 Relays: \$8.00
 Splash Fee: \$2.00

Fees are not refundable unless the meet is full.

Coaches Packs: Coaches packs will be held for pick up in the pool office. A current USS Coaches membership card will be required to receive each pack.

Awards: Awards for relay events will consist of ribbons for **1st-6th** place. Awards for individual events will consist of medals for **1st-3rd** places and ribbons for **4th-12th** places. Heat winners for 8&U and 10&U events will receive either a ribbon or an award. Individual swimmers must claim their own awards. Group distribution of awards to coaches will be permitted. Awards will not be mailed.

Admissions: Admission for persons 12 and over will be \$3.00. Heat sheets will be available for \$2.00.

Adaptive Swimmers: Please notify the meet referee so that any special needs may be accommodated.

General Information: One copy of final results will be given to each team.
 Additional copies are available for \$5.00.
 Radios are permitted only with the use of headphones. TV's are not permitted in the pool area.
SMOKING IS NOT PERMITTED ON THE PROPERTY OF THE WATERLOO UNIFIED SCHOOL DISTRICT.
 Each team is responsible for the conduct of its swimmers and any damage caused by them. The Meet Director or Meet Marshals may remove any swimmers from competition for disruptive or disorderly conduct.
 A variety of hot and cold food and beverages will be available for purchase and must be consumed in the cafeteria. Please no carry-ins.
All American Aquatics of Oconomowoc, WI will have swim supplies for sale during the meet.

LIST OF EVENTS

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:35 AM.)

MORNING SESSION			
<i>Girl's Events</i>	<i>Age</i>	<i>Event</i>	<i>Boys Events</i>
1	8 & Under	100 Medley Relay	2
3	Open	200 Medley Relay	4
5	8 & Under	50 Freestyle	6
7	Open	200 Freestyle	8
9	8 & Under	25 Backstroke	10
11	Open	100 Backstroke	12
13	8 & Under	100 Individual Medley	14
15	Open	400 Individual Medley	16
17	8 & Under	50 Breaststroke	18
19	Open	200 Breaststroke	20
21	8 & Under	25 Butterfly	22
23	Open	100 Butterfly	24
25	8 & Under	100 Freestyle Relay	26
27	Open	200 Freestyle Relay	28
	10-Minute Break		
29	Open	500 Freestyle	30

BREAK/WARMUPS

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

AFTERNOON SESSION			
<i>Girl's Events</i>	<i>Age</i>	<i>Event</i>	<i>Boys Events</i>
31	10 & Under	200 Medley Relay	32
33	11 & 12	200 Medley Relay	34
35	10 & Under	100 Freestyle	36
37	11 & 12	200 Freestyle	38
39	10 & Under	50 Backstroke	40
41	11 & 12	100 Backstroke	42
43	10 & Under	200 Individual Medley	44
45	11 & 12	400 Individual Medley	46
47	10 & Under	100 Breaststroke	48
49	11 & 12	100 Breaststroke	50
51	10 & Under	50 Butterfly	52
53	11 & 12	100 Butterfly	54
55	10 & Under	200 Freestyle Relay	56
57	11 & 12	200 Freestyle Relay	58
	10-Minute Break		
59	10-12	500 Freestyle	60

WAIVER/ENTRIES RECAP

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, Watertown Aquatic Club, and the Waterloo 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 _____
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 Watertown Aquatic Team

Mail Entries and Waiver to: Rob Ash
PO Box 23
Watertown, WI 53094
(920) 262-0534

Entries must be received by Friday January 21, 2005