

Polar Plunge Open– SYOA Meet

Hosted by: Watertown Aquatic Team

December 14th, 2008

Sanction #2008-238wi

Location: Fort Atkinson High School
925 Lexington Blvd.
Fort Atkinson, WI 53538

Meet Director: Tim Jostad
W129 Belleview Ave
Oconomowoc, WI 53066
(262) 244-1126
Tjostad5@wi.rr.com

Meet Entry Chair: Nick Harmsen
1327 Western Ave
Watertown, WI 53094
(920) 296-9684
nickharmsen@charter.net

Facility: Eight (8) lanes, 25-yard pool with non-turbulent lane markers, backstroke flags, and 30” blocks. Pool depth is 3.5 ft. at its shallow end and 9 ft. at its deepest end. Ample parking is available in the high school parking lot and seating in the pool area. The starting block pool depth is 9 ft. All 100 Yd. Relay starts conducted at shallow end of pool must be in water starts.

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

Rules: Official 2008 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Age is as of December 14th , 2008. Coaches must display their Coaches Card while on deck.

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.

Schedule:

AM Session Warm-ups: 7:00 AM

AM Session Start: 8:05 AM

PM Session Warm-ups: immediately following the conclusion of the AM Session but not before 11:00AM

PM Session Start: after one hour of warm-ups

WARM UP GUIDELINES

First 30 minutes: All lanes circle swim

Last 30 minutes: Sprint lanes in 1- 4

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

Officials: Head Official/Officials Coordinator: Jim Merrill

Entries & Eligibility: **Completed entry form, signed waiver, and fees must be received no later than Wednesday, December 3rd, 2008. Any questions concerning entries should be directed to Tim Jostad, Meet Manager at 262-970-0641.**

Preferred method of entry is by diskette/email in HY-TEK COMMLINK format. Diskettes MUST be accompanied by a hard-copy listing. Current USA-S ID number MUST be included on the entry form. All deck entries must be able to prove USA-S membership. Out of state swimmers must show their current USA-S card prior to swimming. All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events, plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event.

All swimmers must be registered with USA Swimming and their USA number MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK/EMAIL AND INCLUDE A PRINTED COPY OF THE ENTRIES.)

Entries: Mail forms, signed waiver and fees (payable to WAT) to:

Watertown Aquatic Team

P.O. Box 23

Watertown WI, 53094

If able, also email a copy of the waiver form with the HYTEK entries to the entry chair

Entry Fees: \$4.00 per individual event
\$3.00 per swimmer in an individual event for LSC tax (splash fee)
Entry fees must accompany the official entry forms and are not refundable unless the meet is full.

Admissions: Admission: \$3.00
Heat sheets: \$3.00

Awards: Individual Events:
High Point Trophies will be given for 1st, 2nd, and 3rd for each age.
4th – 12th place: Ribbons

Final Results: Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.

Seeding: All events will be pre-seeded. 8 & under events will be staged.
Conduct: Each team is responsible for the behavior of their swimmers. *The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.*

In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phone or video cording devices in the locker rooms is prohibited.

Coaches: All coaches must pick up their coach’s packets in person and must show their coach’s card. If a coach does not present an USA Swimming Coach’s card, they will not be allowed on deck and the swimmers for the team will be assigned to an USA Swimming certified coach for warm-ups and competition.

Medical: Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean up required.

General: 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 FORT ATKINSON SCHOOL DISTRICT.

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.

Polar Open Plunge 2008 (SYOA)

All races are shorter distance races for this meet.

GIRLS SUNDAY, DECEMBER 14TH, 2008 BOYS AM SESSION

1	9 year old 100 yd. Freestyle	2
3	10 year old 100 yd. Freestyle	4
5	11 year old 100 yd. Freestyle	6
7	12 year old 100 yd. Freestyle	8
9	9 – 10 200 yd. Freestyle Relay	10
11	11 – 12 200 yd. Freestyle Relay	12
13	9 year old 50 yd. Backstroke	14
15	10 year old 50 yd. Backstroke	16
17	11 year old 50 yd. Backstroke	18
19	12 year old 50 yd. Backstroke	20
21	9 year old 50 yd. Butterfly	22
23	10 year old 50 yd. Butterfly	24
25	11 year old 50 yd. Butterfly	26
27	12 year old 50 yd. Butterfly	28
29	9 year old 50 yd. Breaststroke	30
31	10 year old 50 yd. Breaststroke	32
33	11 year old 50 yd. Breaststroke	34
35	12 year old 50 yd. Breaststroke	36
37	9 year old 100 yd. IM	38
39	10 year old 100 yd. IM	40
41	11 year old 100 yd. IM	42
43	12 year old 100 yd. IM	44

PM SESSION

45	13 year old 100 yd. Freestyle	46
47	14 year old 100 yd. Freestyle	48
49	Senior 100 yd. Freestyle	50
51	7 & under 25 yd. Freestyle	52
53	8 year old 25 yd. Freestyle	54
55	Senior 200 yd. Freestyle Relay	56
57	8 & under 100 yd. Freestyle Relay	58
59	13 year old 100 yd. Backstroke	60
61	14 year old 100 yd. Backstroke	62
63	Senior 100 yd. Backstroke	64
65	7 & under 25 yd. Backstroke	66
67	8 year old 25 yd. Backstroke	68
69	13 year old 100 yd. Butterfly	70
71	14 year old 100 yd. Butterfly	72
73	Senior 100 yd. Butterfly	74
75	7 & under 25 yd. Butterfly	76
77	8 year old 25 yd. Butterfly	78
79	13 year old 100 yd. Breaststroke	80
81	14 year old 100 yd. Breaststroke	82
83	Senior 100 yd. Breaststroke	84
85	7 & under 25 yd. Breaststroke	86
87	8 year old 25 yd. Breaststroke	88
89	13 year old 200 yd. IM	90
91	14 year old 200 yd. IM	92
93	Senior 200 yd. IM	94
95	7 & under 100 yd. IM	96
97	8 year old 100 yd. IM	98

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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 Fort Atkinson 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 also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. All swimmers entered are current members of WI/USA Swimming Inc.

Team Name: _____

Team Abbreviation: _____

Signature of Club Official, Parent or Guardian: _____

Name: _____ Phone: _____

Title: _____ Email: _____

Address: _____

Entry Fee Recap: Individual Events _____ x \$4.00=	\$ _____
Minus Reservation Paid =	\$ _____
Bal. Due for Ind. Swims =	\$ _____
Splash Feex (# of swimmers in IEs) _____ X3.00 =	\$ _____
Total Entry Fee Due =	\$ _____

Name of coach or team representative at meet:

Name: _____ Phone: _____

Email: _____

Name and address for mailing of final results:

Name:

Address:

City, State, Zip:

Make checks payable to: WAT

Mail Entries to:

WAT

P.O. Box 23

Watertown, WI 53094