

**Waunakee Orcas of Wisconsin  
WOW Winter Fiesta  
January 30-31, 2009**

- Sanction #: 2009-011WI
- Location: Waunakee HS Pool, 100 School Dr., Waunakee, WI 53597
- Facility: Eight lanes, 25 yards flush deck, non-turbulence lane dividers and backstroke flags, with 18" height starting blocks. Pool is 7.5 feet deep at the starting blocks and 3.5 feet deep at the non starting end of the pool.  
**100 yard relays will have the 2<sup>nd</sup> and 4<sup>th</sup> leg of the relay start in the water.**
- Timing: Colorado System 5 with backup watches. All events are timed finals.  
Computerized score board for all lanes.
- Officials: Meet Referee: Patty Kramer. There will be at least three certified USA Swimming Officials on deck at all times.
- Rules: Current USA Swimming and Wisconsin LSC rules shall prevail for this meet.  
Swimmers must be registered with USA Swimming. Events/heats may be combined as directed by the Meet Referee. Breaks may be added if need is determined by Meet Referee.
- Check-ins: Open 400 IM, Open 1000 Freestyle, and Open 500 Freestyle will be positive check-in events. Check-in with clerk of course in the pool office. Check-in will close 30 minutes prior to the start of the session in which the event is contested. Heats may be limited for these events. A swimmer who checks-in and fails to swim in his/her individual checked-in event is barred from his/her next individual event.
- Warm-ups: Friday pm warm-ups are 4:50-5:50 pm with competition starting at 6:00 pm.  
Saturday am warm-ups are 7:00-8:00 am with competition starting at 8:10 am.  
Saturday pm warm-up session will begin not sooner than 11:30 AM or 10 minutes after the completion of the am session and will last 60 minutes with competition starting 10 minutes after the end of warm-ups.
- All lanes open for circle swim for the first 30 minutes; sprint lanes open for second 30 minutes in lanes one and eight with the other lanes remaining open for circle swim.  
Team lane assignments will be available in the coaches' packets.  
SIT AND SLIDE ENTRY ONLY. Meet Marshals will be on deck during the entire warm-up, with the authority to recommend disqualification.  
Session time line and psych sheet will be posted on the WOW website, [www.waunakeeorcas.org](http://www.waunakeeorcas.org) by no later than 11 pm Tuesday, January 27, 2009.
- Meet Director: Tim Amundsen, 911 Turnberry Dr., Waunakee, WI 53597  
[amundsen@charter.net](mailto:amundsen@charter.net) 608-850-4652
- Entries/Deadline: Swimmers may compete in 4 individual events per day and 2 relays. All teams are requested to submit entries in the Hy-Tek Commlink format. Emailed **Hy-Tek Entries are due January 17, 2009**. You will receive an e-mail confirmation of your entry with in 48 hours. If you have not received that confirmation, please call Tim Amundsen at



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In accordance with the Federal Video Voyeurism Prevention Act of 2004 - the use of camera phones or video recording devices in the locker rooms is prohibited.

Final Results: One copy of the Meet's final results will be emailed to the email address designated on the waiver form.

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Friday PM Session: Warm-ups: 4:50-5:50 pm.  
Meet start: 6:00 pm.

Event # Girls	Event	Event # Boys
1	Open 400 IM <sup>1,2</sup>	2
3	12 & Under 100 Freestyle	4
5	Open 200 Butterfly <sup>2</sup>	6
7	12 & Under 100 Butterfly	8
9	Open 200 Breaststroke <sup>2</sup>	10
11	12 & Under 100 Breaststroke	12
13	Open 200 Backstroke <sup>2</sup>	14
15	12 & Under 100 Backstroke	16
20 minute, in water break for 1000 Freestyle participants		
17	Open 1000 Freestyle <sup>1,2</sup>	18

Saturday AM Session: Warm-ups: 7:00-8:00 am.  
Meet start: 8:10 am.

Event # Girls	Event	Event # Boys
19	8 & Under 100 Medley Relay	20
21	9-10 200 Medley Relay	22
23	6 & Under 25 Butterfly	24
25	7-8 25 Butterfly	26
27	9-10 50 Butterfly	28
29	6 & Under 25 Freestyle	30
31	7-8 25 Freestyle	32
33	9-10 50 Freestyle	34
35	6 & Under 25 Breaststroke	36
37	7-8 25 Breaststroke	38
39	9-10 50 Breaststroke	40
41	6 & Under 25 Backstroke	42
43	7-8 25 Backstroke	44
45	9-10 50 Backstroke	46
47	8 & Under 100 Freestyle Relay	48
49	9-10 200 Freestyle Relay	50
51	8 & Under 100 IM	52
53	9-10 100 IM	54
Chuck a duck		
20 minute, in water break for 500 Freestyle participants		
55	Open 500 Freestyle <sup>1,2</sup>	56

<sup>1</sup> Heats may be limited due to time constraints. Coaches will be notified by no later than 11 pm, Tuesday, January 27, 2009 by e-mail if their swimmers are not seeded.

<sup>2</sup> Note: All open events will be seeded from slowest to fastest times, but will be separated by age groups, 10 & Under, 11-12, 13-14, and Senior, for scoring and awards.

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Saturday PM Session: Warm-ups: Not earlier than 11:30 AM or 10 minutes after AM session ends, 60 minutes long.  
Meet start: 10 minutes after the conclusion of warm-ups.

Event # Girls	Event	Event # Boys
57	11-12 100 IM	58
59	13-14 50 Freestyle	60
61	Senior 50 Freestyle	62
63	11-12 200 Medley Relay	64
65	13-14 200 Medley Relay	66
67	Senior 200 Medley Relay	68
69	11-12 50 Butterfly	70
71	13-14 100 Butterfly	72
73	Senior 100 Butterfly	74
75	11-12 50 Freestyle	76
77	13-14 100 Freestyle	78
79	Senior 100 Freestyle	80
81	11-12 50 Breaststroke	82
83	13-14 100 Breaststroke	84
85	Senior 100 Breaststroke	86
87	11-12 50 Backstroke	88
89	13-14 100 Backstroke	90
91	Senior 100 Backstroke	92
Chuck a duck		
93	11-12 200 Freestyle Relay	94
95	13-14 200 Freestyle Relay	96
97	Senior 200 Freestyle Relay	98
99	Open 200 IM <sup>1</sup>	100

<sup>1</sup> Note: All open events will be seeded from slowest to fastest times, but will be separated by age groups, 10 & Under, 11-12, 13-14, and Senior, for scoring and awards.





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**WOW Meet 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 USA Swimming, Wisconsin Swimming Inc., Waunakee Orcas of Wisconsin (WOW), Waunakee School District, and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered. I/we have only entered USA swimming swimmers in this meet.

Signature of Club Official, parent or guardian: \_\_\_\_\_

Position \_\_\_\_\_ Phone # \_\_\_\_\_

Team Name & Abbreviation \_\_\_\_\_

Team Coach \_\_\_\_\_ Phone # \_\_\_\_\_

Cell # \_\_\_\_\_

Name (if other than coach) & address for sending final results:

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address to send final results: \_\_\_\_\_

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**ENTRY FEE RECAP — Email Entries due Saturday, January 17, 2009.  
[Amundsen@charter.net](mailto:Amundsen@charter.net)**

Paper entries, if no electronic entries submitted, due Friday, January 16, 2009.

Total # of individual events: \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Total # of Relays: \_\_\_\_\_ X \$12.00 = \$ \_\_\_\_\_

Total # of swimmers: \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Total Entry Fee Due: \_\_\_\_\_ \$ \_\_\_\_\_

**Make all checks payable to WOW**  
911 Turnberry Dr.  
Waunakee, WI 53597