

Waunakee Rural Aquatic Team
Frosty Plunge
December 8, 2007
A&BB-B&C

SANCTION NO: 2007-125WI

DATE: Saturday December 8, 2007
AM Session:
Warm-ups: 7:30 AM - 8:30 AM
First Event: 8:45 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: Waunakee High School Pool
100 School Drive
Waunakee, WI 53597

FACILITY: Eight 7 foot lanes, 25 yards, standard 12" deck level gutter system, pool depth of 3 feet 6 inches at the non-starting end; non-turbulent Wave Eater II lane markers, backstroke flags, and 18 inch, above surface starting platforms at the deep end. Pool depth of 7'0" at the deep (starting) end.

TIMING: Colorado System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons; manual timing with 2 watches per lane

OFFICIAL RULES: Official 2007 USA-SWIMMING Short Course and Wisconsin Swimming Rules shall govern this meet. Swimmers must be registered WI USA-Swimming swimmers. Swimmer's age is as of December 8, 2007. No recall starts.

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, 5, and 6 will be open for sprints with diving from the blocks permitted. Lanes 1, 7 and 8 will be for circle swimming.

ENTRIES: Completed entry forms, signed waiver, and fees must be received by **Friday, November 23rd, 2007**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a disk, it MUST be accompanied by a hard-copy listing of entries. Current USA-SWIMMING ID number MUST be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Tuesday, November 27th, 2007. All deck entries must be able to prove USA-SWIMMING membership.

SEND ENTRY MATERIALS TO:
Scott Boruff
1006 Monterey Ln
Waunakee, WI 53597
e-mail: sboruff@charter.net
(608) 849-5138

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- DISABLED SWIMMERS:** Please indicate on the entries form any special needs for those athletes requiring assistance. Also, please inform the head official of those needs prior to the start of the meet.
- ENTRY LIMIT:** Individual entries will be accepted up to a maximum of 1600 entries for the meet. Entries not accepted will be notified by phone as soon as possible. **SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS TWO (2) RELAYS.**
- ENTRY FEE:**
- | | |
|--------------------|---------|
| Individual Events: | \$3.00 |
| Relays: | \$12.00 |
| Splash Fee: | \$2.00 |
- 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:** All swimmers will swim as one class by age group and gender, but will be separated by A&BB and B&C classes for award purposes in each age group. Medals will be given for 1st-3rd in individual events and ribbons will be awarded for 4th – 16th places. Ribbons will be awarded for 1st – 6th in relay events. Swimmers will be eligible for awards in the class in which they are seeded. 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 8:00 AM for the AM Session and 30 minutes after the start of PM warm ups for the PM Session. Coaches must be able to prove swimmer's USA-SWIMMING membership.
- 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 provided for 8&U.
- ADMISSION:** Admission is \$3.00 (10 and under free). Heat sheets will be sold for \$3.00. Coaches' packets will be available at the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA-SWIMMING membership at all times.
- CONCESSIONS:** A selection of delicious hot and cold food and drinks will be available at reasonable prices in the Waunakee High School Commons. No food allowed in pool area.
- MEET CONDUCT:** All teams are responsible for the conduct of their swimmers. The meet director and/or meet marshal, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner.
- OFFICIALS:** Head Official - Roseanne Tobacas
- MEET DIRECTOR:** Steve Hall 6112 Harvest Hill Court Waunakee, WI 53597
Home: (608) 849-8544 e-mail: stephenkhall@msn.com

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LIST OF EVENTS

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:45 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	500 Freestyle	66 *

* The 500 Freestyle will be scored as 10&U, 11-12, 13-14, and Senior

**WAUNAKEE RURAL AQUATIC TEAM Frosty Plunge
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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., Waunakee Rural Aquatic Club, and the Waunakee area School District including the Waunakee High School, 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 \$12.00 = \$ _____

Total Entry Fee due \$ _____

Make Checks Payable to **WRAT Operating Fund**
Mail Entries to:

Scott Boruff email: sboruff@charter.net
1006 Monteray Ln
Waunakee, WI 53597
(608) 849-5138

Entries Must be received by Friday, November 23, 2007