

VERONA AQUATIC CLUB SPRING TUNE-UP MEET

May 21, 2000

A + BB + B – C

SANCTION NO.:

2000-65

DATE:

SUNDAY, May 21, 2000

AM Session:

Warm-ups: 7:30 AM - 8:30 AM

First Event: 8:40 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:

Verona Schools Natatorium

400B N. Main

Verona, Wisconsin 53593

FACILITY:

Indoor 25 meter pool with six 7' lanes, non-turbulent lane markers, backstroke flags, flat 29" high starting blocks, guttered pool. Pool depth is 11' at the starting block end and 3 1/2' at the opposite end.

TIMING:

NEW Colorado Timing System with Horn Start, backup button, and manual stop watches, using 2 timers per lane. All events will be timed finals.

OFFICIAL RULES:

2000 USS and Wisconsin Swimming Rules shall govern this meet. Relays: first and last names of competing swimmers and order of swimming must be listed on the back of the card along with age, prior to swimming the relay.

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, and 5 sprints (one directional swimming from starting end only, diving from the blocks permitted). Lanes 1 and 6 circle swimming. Officials will be on deck during the entire warm-up, with authority to recommend disqualification from individual events.

ENTRIES:

All seed times are to be submitted in YARD times. Completed entry forms, signed waiver, and fees must be received by Wednesday, May 17, 2000. Preferred method of entry is by diskette in HI-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.

SEND ENTRY MATERIALS TO:

Dale Nickels
5815 Chesapeake Circle
Madison, WI 53719
(608) 271-6249

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- DISABLED ATHLETES: Please indicate on the entry form any special needs for those athletes requiring them.
- ENTRY LIMIT: Only the first 1050 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.
- ENTRY FEE:
- | | |
|--------------------|--------|
| Individual Events: | \$3.00 |
| Relays: | \$6.00 |
| Splash Fee: | \$1.25 |
- Please make checks payable to Verona Aquatic Club.
- 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: Awards for relay events will consist of ribbons for **1st-6th** places. Awards for individual events will consist of medals for **1st-3rd** places and ribbons for **4th-12th** places. Heat winners for 8&U and 9-10 events will receive ribbons. 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 8:30 AM for the AM Session and 12:00 PM for the PM Session. Swimmers unable to prove USS membership will be charged a deck-registration fee of \$43.
- SEEDING: This is a PRE-SEEDED meet. IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HER/HIS EVENT. Staging assistance will be provided for 8&U swimmers. Country View Elementary School will be available to swimmers.
- ADMISSION: \$5.00 which includes heat sheet. No charge for children under 12 accompanied by adult. Coaches' packets will be available at the admission table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USS membership at all times.
- CONCESSIONS: Delicious hot and cold food and drink will be available at reasonable prices in the Country View Elementary School Cafeteria adjoining the Natatorium.
- MEET CONDUCT: All teams are responsible for the conduct of their swimmers. The meet director, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner.
- OFFICIALS:
- Kathy Henderson
Others: T.B.A.
- MEET DIRECTOR: Dale Nickels
5815 Chesapeake Circle
Madison, WI 53719
Home: (608) 271-6249
Work: (608) 827-6100
e-mail: dale@stdnet.com

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LIST OF EVENTS

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:40 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10&U	100 Freestyle	2
3	8&U	100 Medley Relay	4
5	10&U	200 Medley Relay	6
7	8&U	25 Breaststroke	8
9	10&U	50 Breaststroke	10
11	8&U	25 Backstroke	12
13	10&U	50 Backstroke	14
15	8&U	25 Freestyle	16
17	10&U	50 Freestyle	18
19	8&U	25 Butterfly	20
21	10&U	50 Butterfly	22
23	8&U	50 Freestyle	24
25	10&U	100 IM	26
27	8&U	50 Backstroke	28
29	10&U	200 Free Relay	30
31	8&U	100 Free Relay	32
33	10&U	200 Freestyle	34

BREAK/WARMUPS

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

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
35	11-12	100 Freestyle	36
37	13-14	100 Freestyle	38
39	Senior	100 Freestyle	40
41	11-12	200 Medley Relay	42
43	13-14	200 Medley Relay	44
45	Senior	200 Medley Relay	46
47	11-12	50 Breaststroke	48
49	13-14	100 Breaststroke	50
51	Senior	100 Breaststroke	52
53	11-12	50 Freestyle	54
55	13-14	50 Freestyle	56
57	Senior	50 Freestyle	58
59	11-12	50 Butterfly	60
61	13-14	100 Butterfly	62
63	Senior	100 Butterfly	64
65	11-12	50 Backstroke	66
67	13-14	100 Backstroke	68
69	Senior	100 Backstroke	70
71	11-12	200 IM	72
73	13-14	200 IM	74
75	Senior	200 IM	76
77	11-12	200 Free Relay	78
79	13-14	200 Free Relay	80
81	Senior	200 Free Relay	82
83	11-12	200 Freestyle	84
85	13-14	400 Freestyle	86
87	Senior	400 Freestyle	88

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RELAY ENTRIES**

Team _____

EVENT	AGE GROUP	RELAY	TEAM A	TEAM B	TEAM C
3	8&U GIRLS	100 MEDLEY RELAY			
4	8&U BOYS	100 MEDLEY RELAY			
5	10&U GIRLS	200 MEDLEY RELAY			
6	10&U BOYS	200 MEDLEY RELAY			
31	8&U GIRLS	100 FREE RELAY			
32	8&U BOYS	100 FREE RELAY			
29	10&U GIRLS	200 FREE RELAY			
30	10&U BOYS	200 FREE RELAY			
41	11-12 GIRLS	200 MEDLEY RELAY			
42	11-12 BOYS	200 MEDLEY RELAY			
43	13-14 GIRLS	200 MEDLEY RELAY			
44	13-14 BOYS	200 MEDLEY RELAY			
45	Sr. GIRLS	200 MEDLEY RELAY			
46	Sr. BOYS	200 MEDLEY RELAY			
77	11-12 GIRLS	200 FREE RELAY			
78	11-12 BOYS	200 FREE RELAY			
79	13-14 GIRLS	200 FREE RELAY			
80	13-14 BOYS	200 FREE RELAY			
81	Sr. GIRLS	200 MEDLEY RELAY			
82	Sr. BOYS	200 MEDLEY RELAY			

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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 United States Swimming and the Wisconsin Swimming Committee, Verona Aquatic Club, and the Verona 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 _____

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 \$1.25 = \$ _____

Number of Relay Swims _____ x \$6.00 = \$ _____

Total Entry Fee due \$ _____

Make Checks Payable to Verona Aquatic Club

Mail Entries to:

Dale Nickels

5815 Chesapeake Circle

Madison, WI 53719

(608) 271-6249

Entries Must be received by Wednesday May 17, 2000