



CLINTONVILLE AREA SWIM TEAM 2010 GROUND HOG MEET



- DATE:** February 5th & 6th, 2010
- SPONSORED BY:** Clintonville Area Swim Team
- LOCATION:** Clintonville High School Rec Center Pool
330 N. Harriet Street
Clintonville, WI 54929
- SANCTION NUMBER:** 2010-116WI
USA and Wisconsin LSC Rules Apply
- AGE DIVISION:** Friday (Combined Age Group)
Sat. AM Session: 8 & U, 9-10
Sat. PM Session: 11-12, Open
Age as of February 5th will determine swimmers class
- ENTRY FEES:** \$3.00 Per Swimmer Splash Fee
\$3.50 Per Individual Event
\$10.00 Per Relay
- ADMISSION:** Adults \$3.00, Under 12 No Charge
Heat Sheets, \$3.00 per day
- ENTRY INFORMATION:** Swimmers are limited to 3 individual events on Friday, 4 individual events on Saturday plus relays for both days and must be USA Swimming registered. If open heats/lanes are available, deck seeding will be permitted at \$5.00 per individual event. Teams are encouraged to submit entries on HyTech by disk or email. A printed copy of your entries must also be included. Swimmers shall provide timers for 500, 1000, & 1650 free.
- ENTRY CHAIR:** Checks should be made payable to Clintonville Area Swim Team (CAST) and be sent with your entry forms to: Linette Berndt
221 Walnut Street
Clintonville, WI 54929
(715) 823-3710
(Email to: raylinberndt@frontiernet.net)
- DEADLINE:** Entry and waiver forms must be received no later than January 28th, 2010.
- DISABLED SWIMMERS:** Coaches please inform meet officials of disabled swimmer's needs.
- FACILITY:** Eight (8) Lane, 25 Yard, 7' Lane Width, Backstroke Flags, Non-Turbulence Lane Dividers. Starting Depth – 6'8" on edge, sloping down to 10' in center; turn side depth – 3'6", Block Height – 26". Colorado Timing System with backup stop watches (2 per lane). The competition course has not been certified in accordance with 104.2.2(C).
Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard/Meter relays will start in the water.

MEET DIRECTOR: Gina Goerlinger
230 Park Lane
Clintonville, WI 54929
(715) 823-6964
gerrrr@frontier.com

TIME SCHEDULE: Friday (Combined Session)
4:30-5:30 PM Warm-ups
5:20 PM Timers Meeting
5:35 PM Meet Begins
Positive check-in for 1000 Free no later than 30 minutes after warm-ups begin. Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).

Saturday (10 & Under AM; 11 & Over PM)
7:00-8:00 AM Warm-ups
7:45 AM Timers Meeting
8:05 AM Meet Begins
Afternoon warm-ups will not begin before 11:00 AM and will last 1 hour. 12:00 PM (approx.) afternoon session begins. Positive check-in for 500 & 1650 Free no later than 30 minutes after warm-ups begin.

EVENT STAGING: 8 & Unders report to designated staging area. All other swimmers report to your blocks prior to your event. This is a pre-seeded meet.

HEAD OFFICIAL: Cindy Maltry

LOCKERS: Women's and men's lockers are available. Swimmers are responsible for securing their belongings. Clintonville Area Swim Team will not be responsible for lost articles.

LOST & FOUND: Located at the awards table during the meet. Afterward call Gina Goerlinger at (715) 823-6964.

FOOD: Delicious hot and cold foods will be available for purchase during the meet and must be eaten in the cafeteria. No food or drink (except water) allowed on the pool deck.

FIRSTAID KIT: Available during the meet in pool office.

CONDUCT: Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the meet director or meet marshal, is harmful to others or to other's property will be required to leave the competition. Please sit in the designated areas for teams and spectators. Spectator seating is in the bleachers on the east side of the pool deck. All swimmers must keep their bags in the team seating areas. In accordance with USA Swimming rules, no spectators are allowed on the pool deck.

AWARDS: Results will be posted in the lobby. 1st – 12th ribbons for individual events, 1st – 3rd for the relay. All awards must be picked up during the meet. We will no longer mail awards to participating teams. Please have someone from your team pick up the awards after the last event.

FINAL RESULTS: Each team in the meet will receive a copy of the final results via email.

COACHES NOTES: A USA Swimming coach must be on deck at all times with swimmers. All teams must keep the pool deck as clean as possible. Per USA Swimming rules and State of Wisconsin – No Smoking is allowed on the premises.

Thank you!

CLINTONVILLE AREA SWIM TEAM WAIVER

Official Entry Form – all meet and relay entry forms must be submitted with this waiver.

Name of Club: _____ USS Club Code: _____

Number of:

_____ Swimmers (Splash Fee) @ \$3.00 \$ _____

_____ Individual Events @ \$3.50 \$ _____

_____ Relay Events @ \$10.00 \$ _____

Subtract reservation already paid (\$ _____)

Make check payable to CAST **TOTAL** \$ _____

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. THE WISCONSIN ASSOCIATION OF THE USA, THE CITY OF CLINTONVILLE, CLINTONVILLE PUBLIC SCHOOL DISTRICT, THE CLINTONVILLE AREA SWIM TEAM AND THEIR STAFF FOR INJURIES AND/OR EXPENSES INCURRED BY ME/US AT THE MEET, OR WHILE ON THE ROAD TO AND FROM THE MEET. I/WE ARE BONAFIDE AMATEUR ATHLETES AND ELIGIBLE TO COMPETE IN ALL OF THE EVENTS I/WE HAVE ENTERED.

Signature of Club Official: _____ Position: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Name of Coach(s): _____

Contact Person Regarding This Entry: _____

Email: _____ Phone: _____

Deadline for Entries: January 28th, 2010

Make Checks Payable To: Clintonville Area Swim Team (CAST)

Mail Entries To: Clintonville Area Swim Team (CAST)
c/o Linette Berndt
221 Walnut Street
Clintonville, WI 54929-1045
raylinberndt@frontiernet.net

CLINTONVILLE AREA SWIM TEAM – 2010 GROUND HOG MEET

FRIDAY, FEBRUARY 5th, 2010 – ORDER OF EVENTS

COMBINED SESSION

WARM-UPS 4:30 PM MEET STARTS AT 5:35 PM

FRIDAY EVENING EVENTS

<u>GIRLS</u>		<u>BOYS</u>
1	10 & UNDER 200 FREE RELAY	2
3	11 & 12 400 FREE RELAY	4
5	OPEN 400 FREE RELAY	6
7	8 & UNDER 50 FLY	8
9	10 & UNDER 100 FLY	10
11	11 & 12 100 FLY	12
13	13 & 14 100 FLY	14
15	OPEN 100 FLY	16
17	8 & UNDER 50 BACK	18
19	10 & UNDER 200 IM	20
21	11 & 12 200 IM	22
23	13 & 14 200 IM	24
25	OPEN 200 IM	26
27	8 & UNDER 50 BREAST	28
29	10 & UNDER 100 BREAST	30
31	11 & 12 100 BREAST	32
33	13 & 14 100 BREAST	34
35	OPEN 100 BREAST	36
	***** 10 MINUTE IN WATER BREAK *****	
37	OPEN 1000 FREE	38

SATURDAY, FEBRUARY 6TH, 2010 – ORDER OF EVENTS

WARM-UPS 7:00 AM MEET STARTS AT 8:05 AM

SATURDAY MORNING EVENTS

<u>GIRLS</u>		<u>BOYS</u>
39	8 & UNDER 100 MEDLEY RELAY	40
41	10 & UNDER 200 MEDLEY RELAY	42
43	8 & UNDER 25 FREE	44
45	9 & 10 200 FREE	46
47	8 & UNDER 100 IM	48
49	9 & 10 100 IM	50
51	8 & UNDER 25 FLY	52
53	9 & 10 50 FLY	54
55	8 & UNDER 25 BACK	56
57	9 & 10 50 BACK	58
59	8 & UNDER 25 BREAST	60
61	9 & 10 50 BREAST	62
63	8 & UNDER 50 FREE	64
65	9 & 10 50 FREE	66
67	8 & UNDER 100 FREE RELAY	68
	***** 10 MINUTE IN WATER BREAK *****	
69	OPEN 500 FREE	70

AFTERNOON SESSION

WARM-UPS AFTER MORNING SESSION ENDS (NOT BEFORE 11:00 AM)

SATURDAY AFTERNOON EVENTS

<u>GIRLS</u>		<u>BOYS</u>
71	11 & 12 200 MEDLEY RELAY	72
73	OPEN 200 MEDLEY RELAY	74
75	11 & 12 50 FREE	76
77	13 & 14 50 FREE	78
79	OPEN 200 FREE	80
81	11 & 12 100 IM	82
83	13 & 14 100 IM	84
85	OPEN 400 IM	86
87	11 & 12 50 FLY	88
89	13 & 14 50 FLY	90

91	OPEN 200 FLY	92
93	11 & 12 50 BACK	94
95	13 & 14 100 BACK	96
97	OPEN 100 BACK	98
99	11 & 12 50 BREAST	100
101	13 & 14 200 BREAST	102
103	OPEN 200 BREAST	104
105	11 & 12 100 FREE	106
107	13 & 14 100 FREE	108
109	OPEN 100 FREE	110
111	11 & 12 200 FREE RELAY	112
113	OPEN 200 FREE RELAY	114
	***** 15 MINUTE IN WATER BREAK *****	
115	OPEN 1650 FREE	116