

DeForest Aquatic Club – Norski Open
Sanction # 2010-132WI
Saturday, January 9 & Sunday, January 10, 2010
A-BB-B-C

- MEET DATE: Saturday, January 9 & Sunday, January 10, 2010
- SCHEDULE: **Saturday Session 1:** Warm-ups at 7:15 AM -8:15 AM, First Event: 8:30 AM
Saturday Session 2: 30 minute warm-ups immediately after session 1 with competition immediately following warm-ups.
Saturday Session 3: Warm-ups not before 12:00pm, one hour warm up session
Sunday Session 4: Warm-ups at 7:15 AM -8:15 AM, First Event: 8:30 AM
Sunday Session 5: 30 minute warm-ups immediately after session 4 with competition immediately following warm-ups.
Sunday Session 6: Warm-ups not before 12:00pm, one hour warm up session
- LOCATION: De Forest High School, 815 Jefferson Street, De Forest, Wisconsin 53532
- FACILITY: Indoor 25 yard pool with six 7' lanes, non-turbulent lane markers, backstroke flags, 30" Paragon quick start slanted starting blocks, guttered pool. Pool depth is 10' at the starting block end and 3 ½' at the opposite end. All 25 yard events will start off blocks, but for 100 yard relays 2nd and 4th swimmers will start in water.
The Competition course has not been certified in accordance with 104.2.2(C).
- TIMING: All events (with the exception of 25-yard races) will be timed using a Daktronics Timing System with Strobe/Horn Start, Touch pads, one button, and 2 watches as backup. All 25-yard races will be timed with 2 electronic stop watches. All events will be timed finals.
- OFFICIAL RULES: 2010 USA and Wisconsin Swimming Rules shall govern this meet. **All swimmers must hold current 2010 USA Swimming registration.** Relays: First and last names of competing swimmers and order of swimming must be listed on relay card along with age, prior to swimming the relay. No Recall Starts.
- WARM-UPS: Sessions 1, 3, 4, and 6: The first 40 minutes of each warm-up session is circle swimming only, no diving from the starting blocks. The next 20 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. Session 2 and 5 will be 30 minute warm-ups. Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. Meet Marshals will be on deck during the entire warm-up, with authority to recommend disqualification from individual events. Meet management reserves the right to assign warm-up lanes.
- ENTRIES: Completed entry forms, signed waiver, and fees must be received by Wednesday, **December 30, 2009.** Preferred method of entry is by diskette in HY-TEK COMMLINK format. You can download a meet setup file (zipped) from the WI web site. Current USA Swimming ID number **MUST** be included on the entry form. All deck entries must be able to prove USA Swimming membership. Out of state swimmers must show their current USA Swimming card prior to swimming.
- MEET DIRECTOR: Daniel Blackdeer
3809 Sunhill Drive
Madison, WI 53713
Home (608) 837-3223
dblackdeer@gmail.com

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DISABLED ATHLETES: Please indicate on the entry form any special needs by a swimmer.

ENTRY LIMIT: Only the first 1200 individual entries will be accepted for each day. Entries not accepted will be notified by phone as soon as possible. **SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS ONE (1) RELAY EACH DAY.**

AGE GROUPS: 8&U, 10&U, 11-12, 13-14, Senior (Age as of 1/09/10)

ENTRY FEE:

Individual Events:	\$4.00
Relays:	\$12.00
Splash Fee	\$3.00

AWARDS: Awards for relay events will consist of ribbons for 1st-6th place. Awards for individual events will consist of ribbons for 1st-12th place. Awards will be given for 8 & U, and 9-10 in the AM session, and 12 and under, 13-14, and Open in the PM session. Individual swimmers must claim their own awards. Heat winners for 8&U and 10&U events will receive a reward. Group distribution of awards to coaches will be permitted. Awards will not be mailed.

FINAL RESULTS: One copy of the Meet's final results will be sent to each teams designated recipient. Additional copies may be ordered at \$5.00 per copy.

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(S). Staging assistance will be provided for 8&U individual events. Relays will not be staged.

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 7:45 am for the AM Session and 30 minutes before the PM Session starts. Swimmers unable to prove USA Swimming membership will be charged a deck-registration fee of \$58.

Coaches' packets will be available at the data entry table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA Swimming membership at all times.

CHECK-IN Positive check in for 500 Freestyle, 400 IM and 1000 freestyle, each event maybe limited to 24 swimmers and in combined heats. Heats will be swum fastest to slowest. Check-in must be completed before that session's warm ups have been completed.

ADMISSION: Heat Sheets - \$3.00 each; Admission - \$3.00 for 18 and older.

CONCESSIONS: A large selection of food will be available at reasonable prices throughout the day.

MEET CONDUCT: In accordance with USA Swimming rules, **NO SPECTATORS ARE ALLOWED ON THE POOL DECK.** 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. Fly over starts may be used.

OFFICIALS:

Starter/Referees	Rick Potter
Stroke & Turn	Rodrigo Tarte

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Saturday, Session 1

(Warm-ups 7:15-8:15 am. Meet starts at 8:30 am)

Girls	Age	Event	Boys
1	10&U	200 Individual Medley	2
3	8&U	100 Free	4
5	9-10	100 Free	6
7	8&U	100 Individual Medley	8
9	9-10	50 Butterfly	10
11	8&U	25 Butterfly	12
13	9-10	100 Breaststroke	14
15	8&U	25 Breast	16
17	9-10	50 back	18
19	8&U	25 Freestyle	20
21	10&U	200 Medley Relay	22
23	8&U	100 Medley Relay	24

Saturday, Session 2

(Warm-ups immediately following Session 1) 30 minutes

25**	11-12	500 Freestyle	26**
27**	Open	500 Freestyle	28**

The 500 freestyle will be a positive check-in. Maybe limited to 24 swimmers in combined heats. Swimmers need to provide their own counters for this event. 30 minute break will allow for warm ups before 500 free.

Saturday, Session 3

(Warm-ups not before 12:00 pm, one hour warm up session)

Girls	Age	Event	Boys
29	11-12	200 Individual Medley	30
31	Open	200 Freestyle	32
33	11-12	200 Freestyle	34
35	Open	100 Backstroke	36
37	11-12	50 Backstroke	38
39	Open	100 Butterfly	40
41	11-12	100 Butterfly	42
43	Open	50 Freestyle	44
45	11-12	100 Breaststroke	46
47	Open	200 Breaststroke	48
49	11-12	50 Freestyle	50
51	Open	400 Medley Relay	52
53	11-12	400 Medley Relay	54
Five Minute Optional Break			
55**	Open	400 Individual Medley	56**

The 400 IM will be positive check in. Swum fastest to slowest and maybe limited to 24 swimmers because of time constraints.

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Sunday, Session 4

(Warm-ups 7:15-8:15 am. Meet starts at 8:30 am)

Girls	Age	Event	Boys
57	9- 10	100 Butterfly	58
59	8&U	50 Freestyle	60
61	9-10	50 Freestyle	62
63	8&U	50 Backstroke	64
65	9-10	100 Backstroke	66
67	8&U	50 Breaststroke	68
69	9-10	50 Breaststroke	70
71	10&U	200 Freestyle	72
73	8&U	100 Freestyle Relay	74
75	9-10	200 Freestyle Relay	76
77	9-10	100 Individual Medley	78

Sunday, Session 5

(warm-ups will begin immediately following Session 4) 30 Minutes

79**	Open	1000 Freestyle	80**
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The 1000 Freestyle will be positive check in. Swum fastest to slowest and maybe limit to 24 swimmers because of time constraints. 30 minute break will allow for warm ups before 1000 free.

Sunday PM Events

(Warm-ups not before 11:00 am, one hour warm up session)

Girls	Age	Event	Boys
81	11-12	100 Backstroke	82
83	Open	200 Backstroke	84
85	11-12	50 Breaststroke	86
87	Open	100 Breaststroke	88
89	11-12	100 Individual Medley	90
91	Open	200 Individual Medley	92
93	11-12	100 Freestyle	94
95	Open	100 Freestyle	96
97	11-12	50 Butterfly	98
99	Open	200 Butterfly	100
101	11-12	200 Freestyle Relay	102
103	Open	400 Freestyle Relay	104

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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 their heirs, representatives and assigns, waive all claims against United States Swimming and the Wisconsin Swimming Committee, DeForest Aquatic Club, and the DeForest Area School District, and any other agents 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 _____
City: _____ State: ____ Zip: _____
Contact: Name _____
Phone (_____) _____
Email _____

SUMMARY OF ENTRY FEES

Number of Individual Swims _____ x \$4.00 = \$ _____
Number of Swims Reserved _____ Reservation \$ _____
Balance Due for additional swims (enter zero is less) \$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers _____ x \$3.00 = \$ _____
Number of Relay Swims _____ x \$12.00 = \$ _____
Total Entry Fee Due \$ _____

Make Checks Payable to: DeForest Aquatic Club

Mail Entries and Waiver to:

Daniel Blackdeer
3809 Sunhill Drive
Madison, WI 53718
(608) 837-3223

ENTRIES MUST BE RECEIVED BY WEDNESDAY, DECEMBER 30, 2009