

F.A.S.T.
Fort Atkinson Swim Team: Summer Pentathlon
Saturday June 20th, 2009

Sanction # 2009- 127 WI

DATE: Saturday June 20th, 2009

HOSTED BY: F.A.S.T. Fort Atkinson Swim Team

LOCATION: Fort Atkinson High School Pool
925 Lexington Blvd.
Fort Atkinson, WI 53538

POOL: Eight 7 foot lanes, flush deck gutter system, non-turbulent Wave Eater II lane markers, backstroke flags, and 30” inch high starting platforms. Pool depth is 9’0” at the starting end, 4’ at the non-starting end, 8 position scoreboard, and complete sound system.
The Competition Course has not been certified in accordance with USA Swimming’s Rule 104.2.2(c).

Description: Two Session, Pentathlon, Swimmers register for all 5 events. No relay entries in a Pentathlon meet.

AGE GROUPS: 8 & Under, 10 & Under, 11-12, 13-14, 15 & Over

TIMING SYSTEM: Colorado System 5 electronic timing system with strobe/horn start, 8 touch pads, with manual backup timing buttons except for 25 yard events which will be hand timed with electronic stopwatches; each lane will have 2 timers with electronic stopwatches. All events will be timed finals.

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SCHEDULE:

A.M. Session: 8 & Under, 10 & Under

8:00 – 8:30 AM General Warm – ups All Lanes
8:30 – 9:00 AM Lanes 1, 2, & 8 Circle Swimming.
Lanes 3 & 7 Push Pace 50's
Lanes 4, 5, & 6 One way Sprints
8 & Under Swimmers will be Staged

P.M. Session: 11-12, 13-14, 15 & Over

Warm-ups at the conclusion of the A.M. session.
Lanes 1, 2, & 8 Circle Swimming.
Lanes 3 & 7 Push Pace 50's
Lanes 4, 5, & 6 One way Sprints

WARM UPS:

First 1/2 hour circle swim only in all lanes. Second 1/2 hour circle swims lane 1, 2, and 8. Push Pace 50's lanes 3 and 7. One way sprints lanes 4, 5, and 6. **Swimmers must enter the water with a sitting slide in entry, except for the One Way Sprints.**

A coach from your team must be on deck during warm-ups. Swimmers not following procedures could be disqualified at the discretion of meet officials.

ENTRIES:

A maximum of 1200 entries will be accepted for this meet. This meet will be run using Hy-Tek meet manager. All teams are encouraged to submit entries on a disk or via email in the Hy-Tek commlink format. A hard copy of entries must accompany a disk.

ENTRY DEADLINE: The entry chair must receive a completed entry form and signed waiver no later than **Saturday, June 13th.** No entries will be taken over the phone. Email entries are encouraged and can be sent vlkent@compufort.com

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ENTRY FEES: Entry Fees are **\$21.00 per swimmer**. Event Fee + Splash Fee. Entry Fees are **NON-REFUNDABLE**. Swimmers pay for all 5 events even if they do not intend to compete in 5 events. Relays are \$12.00 per relay team. **Make Checks payable to Fort Atkinson Swim Team.**

ENTRY CHAIR: Vince Kent
331 Lucile Street
Fort Atkinson, WI 53538
(920) 566-7623 - home
(920) 222-9289-cell
vlkent@compufort.com

MEET DIRECTOR: Vince Kent @ vlkent@compufort.com

FINAL RESULTS: One copy of the meet's final results will be sent to each team's designated recipient via E-Mail.

SCORING & AWARDS:

High Point Trophies will be awarded to 1st - 3rd place and Medals for 4th, 5th, and 6th place in each age group. Places will be determined by the total time. **INDIVIDUAL RIBBONS** for Individual events will be awarded for 1st - 8th place per age group.

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ADMISSION: Admission will be \$3.00 and heat sheets will be \$3.00. Coaches' packets will be available in the coaches & officials hospitality room. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA membership at all times.

OFFICIAL RULES: Official 2009 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered USA Swimming swimmers. Swimmers' age is as of June 20th, 2009. No Recall Starts.

MEET CONDUCT: It is expected that each club will be responsible for the conduct of their swimmers. If in the opinion of the Meet Director/Marshall a swimmer's or spectators conduct is harmful or disruptive he/she will be asked to leave the pool area. **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**

DISABLED SWIMMERS: Please indicate on the entries form any swimmer that is requiring assistance. Also, please inform the head official of those needs prior to the start of the meet.

OFFICIALS:

AM:	Stroke/Turn	TBD
	Starter/Referee	TBD
PM:	Stroke/Turn	TBD
	Starter/Referee	TBD

Kim Hollman will be presiding over the meet

CONSESSIONS: A variety of healthy hot & cold foods will be available for purchase, along with a variety of hot & cold beverages including soda, Nicolet Water, and sports drinks.

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<u>GIRLS:</u>	<u>AM Session</u>	<u>BOYS:</u>
1	8 & Under 25 yard Fly	2
3	10 & Under 50 yard Fly	4
5	8 & Under 25 yard Back	6
7	10 & Under 100 Back	8
*** Optional 5 Minute break ***		
9	8 & U 100 IM	10
11	10 & U 100 IM	12
13	8 & U 25 Breast	14
15	10 & U 50 Breast	16
17	8 & U 25 Freestyle	18
19	10 & U 50 Freestyle	20
*** Optional 5 Minute Break ***		
21	10& U Mixed 100 Medley Relay	

PM Session

23	11-12 100 Fly	24
25	13-14 100 Fly	26
27	15 & O 100 Fly	28
29	11-12 50 Back	30
31	13-14 100 Back	32
33	15 & O 100 Back	34

*** Optional 5 minute break ***

35	11-12 100 IM	36
37	13-14 200 IM	38
39	15 & O 200 IM	40
41	11-12 100 Breast	42
43	13-14 100 Breast	44
45	15 & O 100 Breast	46
47	11-12 50 Freestyle	48
49	13-14 50 Freestyle	50
51	15 & O 50 Freestyle	52

*** Optional 5 Minute Break ***

53	11 & Over Mixed 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, FAST, and the Fort Atkinson Community 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(s) _____

Address for Final Results

Contact Name & Phone _____
 Contact Email _____

SUMMARY OF ENTRY FEES

Number of Individuals (\$20.00 plus \$3.00 splash fee.	_____		\$ _____
Number of Swims Reserved	_____	Reservation	\$ _____
Balance Due for additional Swims (enter zero if less)			\$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

_____	\$ _____
_____	\$ _____
Total Entry Fee due	\$ _____

Make Checks Payable to: **FAST**

Mail Entries to: Vincent Kent
331 Lucile Street
Fort Atkinson, WI 53538
vlkent@compufort.com
920-563-7623 or 920-222-9289
Entries must be received by Saturday, June 13th, 2009