



HOWARD SUAMICO STORM BREAKERS

WINTER MEET 2010

A-BB-B-C

Friday January 29, Saturday, January 30 and Sunday, January 31, 2009

Hosted by the Howard-Suamico Storm Breakers

1. Sanction: # 2010-128WI
2. Location: Howard-Suamico Pool
Lineville Intermediate School
2700 Lineville Road
Green Bay, WI 54313
3. Facility: Indoor 25 yard pool with 6 lanes, non-turbulent lane markers, backstroke flags. The pool depth is 9 feet at starting end and 3.5 at turn end. Block height is 30 inches. The 2nd and 4th leg of all 100-yard relays must start in the water from a push-start due to pool depth issues.
The Competition course has not been certified in accordance with 104.2.2(C)
4. Timing/Judging: All events will be timed finals. Colorado timing system with touchpads will be used, with two manual watches per lane.
5. Official Rules: Current USA-S and Wisconsin Swimming rules shall govern the conduct of this meet. The no recall start rule will be in effect.
6. Meet Schedule: Friday*
Warm ups begin 5:00pm
Coaches meeting 5:45pm
Timers meeting 5:45pm
Meet begins 6:00pm
*Note: Swimmers will be required to provide their own timers (two required per swimmer) and lap count assistants.
The number of swims may be limited due to timeline.

Saturday

Morning Sessions: Warm ups 8:00am

Timers meeting 8:50am

Coaches meeting 8:50am

Meet begins 9:05am

Afternoon session: Warm ups will begin after morning session ends, for 60 minutes, not before 11:30am, meet will begin immediately after warm ups.



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Sunday

Warm ups begin 7:30am

Coaches meeting 8:50am

Timers meeting 8:50am

Meet begins 9:05am

7. Warm-up: First 20 minutes – Circle swim all lanes 1-6
Next 40 minutes – Lanes 1 & 6 Sprints
Lanes 2,3,4,5 Circle swim
Other sprint lanes will be opened as needed.
Three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
8. Eligibility: All swimmers must be registered USA-S swimmers and their USA-S number must be listed on the entry form. No “applied for” entries will be accepted. All out-of-state swimmers must be prepared to show their USA-Swimming cards at the request of the meet director. Age is as of January 29, 2010.
9. Entry Deadline: **All entries must be received no later than Tuesday, 01/12/10.** Please submit entries on HyTek e-mail or CD if possible. Deck entries will be accepted from the coach the day of the meet (provided they do not result in a new heat) up to one half hour prior to the start of each session and will cost \$5.00 per entry.
- Mail (or email) entries to:
- John Rathke
2451 Scenic Ridge Court
Green Bay, WI 54313
jrathke@new.rr.com
10. Entry Limit: Swimmers may compete in a maximum of 1 individual event on Friday, 4 individual events on Saturday and 3 individual events on Sunday.
11. Entry Fees: LSC Splash Fee \$3.00 per swimmer
Individual Events \$4.00
Relays \$10.00
Deck Seeds \$5.00



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12. Meet Director: John Rathke
920-496-0500(day), 920-662-0620(evening)
13. Final Results: One copy of the final results will be emailed to all participating clubs.
14. Awards: Awards will consist of medals for 1st-3rd place and ribbons for 4th-16th place for individual events, and ribbons for 1st-3rd place for relays. Heat winners will receive awards.
15. Admission: Admission of \$3 (12 and under free) and a heat sheet fee of \$4 will be charged.
16. Coaches Note: All coaches must pick up their coaches packets in person and must show their current USA-S coaches card. If a coach does not present a USA-S card they will not be allowed on deck and the swimmers from that team will be assigned a USA-S certified coach for warm-ups.
17. Concessions: Food and beverages will be sold during the meet and must be consumed in designated areas.
18. Conduct: Each club is responsible for the conduct of its swimmers. All teams please keep your area as clean as possible.
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.
- *In an effort to keep the afternoon sessions running smoothly, we will be using fly-over starts. Please advise your swimmers of this.**
19. Disabled Swimmers: If you have a disabled swimmer, please note on entry form.
20. Lead Official: Stacy Hakes
21. Seating: **Due to crowding in the pool area we request that all swimmers avoid staying in the bleacher area.**



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WINTER MEET 2010

January 29, 30, 31, 2010

Lineville Pool 25 yard

Friday Night Session-Warm-ups: 5:00 p.m.

Meet starts: 6:00 p.m.

<u>Girl's Event Number</u>		<u>Boy's Event Number</u>
1	Open 1000 Free*	2
3	Open 1650 Free*	4

*Note: Swimmers are required to provide their own timers (2 req'd)

Saturday morning session-Warm-ups: 8:00 a.m.

Session starts: 9:05 a.m.

<u>Girl's Event Number</u>		<u>Boy's Event Number</u>
5	10&U 200 Medley Relay	6
7	8&U 100 Medley Relay	8
9	10&U 100 Free	10
11	8&U 25 Free	12
13	10&U 100 Breast	14
15	8&U 25 Breast	16
17	10&U 50 Fly	18
19	8&U 25 Fly	20
21	10&U 100 Back	22
23	8&U 25 Back	24
25	10&U 200 IM	26
27	8&U 100 Free Relay	28

Afternoon Session

29	Open 200 Medley Relay	30
31	11-12 200 Medley Relay	32
33	Open 100 Free	34
35	11-12 100 Free	36
37	Open 200 IM	38
39	11-12 100 IM	40
41	Open 200 Breast	42
43	11-12 50 Breast	44
45	Open 100 Back	46
47	11-12 100 Back	48
49	Open 200 Fly	50
51	11-12 50 Fly	52



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Sunday morning session-Warm-ups: 8:00 a.m.

Meet starts: 9:05 a.m.

53	Open 200 Free Relay	54
55	11-12 200 Free Relay	56
57	10&U 200 Free Relay	58
59	Open 400 IM	60
61	11-12 200 IM	62
63	10&U 100 IM	64
65	Open 50 Free	66
67	11-12 50 Free	68
69	10&U 50 Free	70
71	Open 200 Back	72
	*10 minute break	
73	11-12 50 Back	74
75	10&U 50 Back	76
77	Open 100 Breast	78
79	11-12 100 Breast	80
81	10&U 50 Breast	82
83	Open 100 Fly	84
85	11-12 100 Fly	86
87	10&U 100 Fly	88
EVENT #89 Mixed Open 100 Yard FUN Relay		



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WAIVER

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I/WE HERBY FOR MYSELF/OUR SELVES, MY/OUR HEIRS, ADMINISTRATORS AND ASSIGNS, WAVE AND RELEASE ANY AND ALL CLAIMS AGAINST THE HOWARD-SUAMICO STORMBREAKERS, MEET OFFICALS, USA SWIMMING AND WISCONSIN SWIMMING, INC FOR INJURIES AND/OR EXPENSES INCURED BY ME/US AT THIS MEET OR WHILE ON THE ROAD TO AND FROM THIS MEET. I/WE ARE BONA FIDE AMATEUR ATHELETS AND ELIGIBLE TO COMPETE IN ALL THE EVENTS I/WE HAVE ENTERED

SIGNATURE OF CLUB OFFICIAL, PARRENT OR GUARDIAN:

POSITION: _____ PHONE# _____

TEAM NAME AND ABBREVIATION: _____

TEAM COACH: _____ PHONE# _____

NAME AND ADDRESS FOR SENDING FINAL RESULTS:

NAME: _____

STREET: _____

CITY: _____ STATE _____ ZIP: _____

SPASH FEE-TOTAL# OF SWIMMERS: _____ X \$3.00= _____

INDIVIDUAL EVENTS: _____ X \$4.00= _____

RELAYS _____ X \$10.00= _____

TOTAL _____

UNATTACHED SWIMMERS INCLUDED: _____

MAKE CHECKS PAYABLE TO: HSSB