



HOWARD SUAMICO STORM BREAKERS

SUMMER MEET 2010

A-BB-B-C

Friday June 4, Saturday, June 5 and Sunday, June 6, 2010

Hosted by the Howard-Suamico Storm Breakers

1. Sanction: # 2010-XXXWI
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 4:30pm
Coaches meeting 5:15pm
Timers meeting 5:15pm
Meet begins 5:30pm
*Note: Swimmers will be required to provide their own timers (two required per swimmer) and lap count assistants.

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 11:00am, meet will begin immediately after warm ups.



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Sunday

Warm ups begin 7:30am

Coaches meeting 8:45am

Timers meeting 8:45am

Meet begins 9:00am

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.
Sit and slide 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 June 5, 2009.
9. Entry Deadline: **All entries must be received no later than Wed., 05/26/10.**
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:

Jim Laughlin
3351 Oak Forest Drive
Green Bay/54313
(920) 434-6180
jlaughlin@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. (8 total for the meet)
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: Jim Laughlin
(920) 434-6180
13. Final Results: One copy of the final results will be mailed 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-5th place for relays. Heat winners will receive awards.
15. Admission: Admission \$4 for 13 and older and \$2 for senior citizens. A heat sheet fee will be \$5 at the door. We will have limited heat sheets at the meet. Heat sheets will be available online the day before the meet.
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.
19. Disabled Swimmers: If you have a disabled swimmer, please note on entry form.
20. Head Officials: Dottie Kieckbusch
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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SUMMER MEET 2010

June 4th, 5th, 6th, 2010

Lineville Pool 25 yard

Friday Night Session-Warm-ups: 4:30 p.m.

Meet starts: 5:30 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	Open 200 Medley Relay	6
7	11-12 200 Medley Relay	8
9	Open 200 IM	10
11	11-12 200 IM	12
13	Open 100 Free	14
15	11-12 100 Free	16
17	Open 200 back	18
19	11-12 50 Back	20
21	Open 100 Breast	22
23	11-12 50 Breast	24
25	Open 200 Fly	26
27	11-12 100 Fly	28
29	Open 200 Free	30
31	11-12 200 Free	32
33	Open 200 Free Relay	34
35	11-12 200 Free Relay	36



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Saturday Afternoon Session

37	8 & U 100 Medley Relay	38
39	10&U 200 Medley Relay	40
41	8 & U 100 IM	42
43	10&U 200 IM	44
45	8 & U 25 Free	46
47	10&U 100 Free	48
49	8 & U 25 Back	50
51	10&U 100 Back	52
53	8 & U 25 Breast	54
55	10&U 50 Breast	56
57	8 & U 25 Fly	58
59	10&U 100 Fly	60
61	8 & U 100 Free	62
63	10 & U 200 Free	64
65	8 & U 100 Free Relay	66
67	10 & U 200 Free Relay	68

Sunday morning session-Warm-ups: 7:30 a.m.

Meet starts: 9:00 a.m.

Girl's Event Number

Boy's Event Number

69	12 & U 400 Free Relay	70
71	Open 400 Free Relay	72
73	**Open 400 IM	74
75	10-under 50 Fly	76
77	11-12 50 Fly	78
79	Open 100 Fly	80
81	10-under 50 Back	82
83	11-12 100 Back	84
85	Open 100 Back	86
87	10-under 100 Breast	88
89	11-12 100 Breast	90
91	Open 200 Breast	92
93	10-under 50 Free	94
95	11-12 50 Free	96
97	Open 50 Free	98
	-- 10 minute break --	
99	**Open 500 Free	100

** 400 IM and 500 Free will be awarded as 12-under and 13 and older



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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, WAIVE AND RELEASE ANY AND ALL CLAIMS AGAINST THE HOWARD-SUAMICO STORMBREAKERS, MEET OFFICIALS, 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 ATHLETES AND ELIGIBLE TO COMPETE IN ALL THE EVENTS I/WE HAVE ENTERED

SIGNATURE OF CLUB OFFICIAL, PARENT 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