



HOWARD SUAMICO STORM BREAKERS

FALL MEET 2010

A-BB-B-C

Saturday, November 6th & Sunday, November 7th, 2010

Hosted by the **Howard-Suamico Storm Breakers**

- Sanction: SANCTION NUMBER: **WI2010-344S**
1. 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.
The Competition course has not been certified in accordance with 104.2.2C(4)
 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: Saturday and Sunday
Morning Sessions: Warm ups 7:00am
Timers meeting 7:50am
Coaches meeting 7:50am
Meet begins 8:05am
Afternoon sessions: Warm ups will begin after morning session ends, for 60 minutes, not before 11:00am, meet will begin immediately after warm ups.
POSITIVE CHECK-IN REQUIRED FOR 500 FREE
 7. Warm-up: First 20 minutes – Circle swim all lanes 1-6
Next 40 minutes – 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.



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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 November 6, 2010.
9. Entry Deadline: All entries must be received no later than Friday, 10/18/2010. 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, WI 54313
jlaughlin@new.rr.com
10. Entry Limit: Swimmers may compete in a maximum of 4 individual events per day.
11. Entry Fees: LSC Splash Fee \$3.00 per swimmer
Individual Events \$4.00
Relays \$10.00
Deck Seeds \$5.00
12. Meet Director: Jim Laughlin
920-217-8020 (Cell), 920-434-6180 (Home)
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.



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15. Admission: Admission \$4 for 13 & older and \$2 for senior citizens. A heat sheet fee will be available for \$5 at the door. We will have limited heat sheets for sale at the meet. **Heat sheets will be available for free online at www.hssb-wi.org the day before the meet for all attendees to print out.**
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.
Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
19. Disabled Swimmers: If you have a disabled swimmer, please note on entry form.
20. Lead Official: **Judy Felts – Meet Referee**
21. Seating: **Due to crowding in the pool area we request that all swimmers avoid staying in the bleacher area.**



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FALL MEET 2010 Events

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Saturday Warm-ups: 7:00 a.m.

Meet starts: 8:05 a.m.

| <u>Girl's Event Number</u> | | <u>Boy's Event Number</u> |
|----------------------------|-----------------------|---------------------------|
| 1 | 10&U 200 Medley Relay | 2 |
| 3 | 8&U 100 Medley Relay | 4 |
| 5 | 10&U 100 Free | 6 |
| 7 | 8&U 50 Free | 8 |
| 9 | 10&U 100 IM | 10 |
| 11 | 10&U 50 Breast | 12 |
| 13 | 8&U 25 Breast | 14 |
| 15 | 10&U 100 Fly | 16 |
| 17 | 8&U 50 Fly | 18 |
| 19 | 10&U 50 Back | 20 |
| 21 | 8&U 25 Back | 22 |
| 23 | 10& U 500 Free | 24 |

Afternoon Session

| | | |
|----|------------------------|----|
| 25 | 11-12 200 Medley Relay | 26 |
| 27 | Open 200 Medley Relay | 28 |
| 29 | 11-12 100 Free | 30 |
| 31 | Open 100 Free | 32 |
| 33 | 11-12 200 IM | 34 |
| 35 | Open 200 IM | 36 |
| 37 | 11-12 50 Breast | 38 |
| 39 | Open 200 Breast | 40 |
| 41 | 11-12 100 Back | 42 |
| 43 | Open 100 Back | 44 |
| 45 | 11-12 50 Fly | 46 |
| 47 | Open 200 Fly | 48 |



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FALL MEET 2010 Events

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Sunday Warm Ups 7:00am

Meet Starts 8:05am

| | | |
|----|---------------------|----|
| 49 | 10&U 200 Free Relay | 50 |
| 51 | 8&U 100 Free Relay | 52 |
| 53 | 10&U 200 IM | 54 |
| 55 | 8&U 100 IM | 56 |
| 57 | 10&U 50 Free | 58 |
| 59 | 8&U 25 Free | 60 |
| 61 | 10&U 100 Back | 62 |
| 63 | 8&U 50 Back | 64 |
| 65 | 10&U 50 Fly | 66 |
| 67 | 8&U 25 Fly | 68 |
| 69 | 10&U 100 Breast | 70 |
| 71 | 8&U 50 Breast | 72 |

10 Min. In-Water Break

| | | |
|----|---------------|----|
| 73 | Open 200 Free | 74 |
|----|---------------|----|

Afternoon Session

| | | |
|----|----------------------|-----|
| 75 | 11-12 200 Free Relay | 76 |
| 77 | Open 200 Free Relay | 78 |
| 79 | 11-12 100 IM | 80 |
| 81 | Open 400 IM | 82 |
| 83 | 11-12 50 Free | 84 |
| 85 | Open 50 Free | 86 |
| 87 | 11-12 50 Back | 88 |
| 89 | Open 200 Back | 90 |
| 91 | 11-12 100 Breast | 92 |
| 93 | Open 100 Breast | 94 |
| 95 | 11-12 100 Fly | 96 |
| 97 | Open 100 Fly | 98 |
| 99 | Open 500 Free | 100 |



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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, 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**