

THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK WINTER THAW

January 9-10, 2010

Single Age High Point Meet

25 Yards

- Sanction:** 2010-104WI
- Location:** UW-Whitewater, Williams Center Pool
- Facility:** Six lanes, 25 yards flush deck, non-turbulence lane markers and backstroke flags, with 30" height starting blocks. Pool is 7 feet deep at starting blocks and 4 feet deep on the shallow end. The Competition course has not been certified in accordance with 104.2.2(C).
- Timing:** Colorado System with backup watches. All events are timed final. Computerized scoreboard for all lanes.
- Head Official:** Joe Domitrz
- Official Rules:** Official 2010 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered swimmers. Age as of January 9, 2010.
- Warm-up:** Morning warm-ups will begin at 7am, with competition starting at 8:05am. The warm-ups for the afternoon session will begin immediately following the morning session, but not before 11:00am. The afternoon warm-up session is 45 minutes long. Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. Warm-up procedures are as follows:
- | | | |
|--------------------|--------------------------------|-------------------------------|
| AM Session: | <u>First 30 minutes</u> | <u>Last 30 minutes</u> |
| Lanes 1 (8&U only) | Circle swim | Sprints/Starts |
| Lanes 2&5 | Circle swim | Circle swim |
| Lanes 3-4 | Circle swim | Sprints |
| Lanes 6 | Circle swim | Pace |
| PM Session: | <u>First 30 minutes</u> | <u>Last 15 minutes</u> |
| Lanes 2-4 | Circle swim | Sprints |
| Lanes 1 | Circle swim | Circle swim |
| Lane 6 | Circle swim | Pace |
- Entry Chair/
Meet Director:** Bob Alexander
21 W. High Street
Milton, WI 53563
- E-Mail: 4alexs@charter.net
Phone: 608-868-2375
- Entry Limit:** Swimmers may swim four (4) individual events per day, plus one (1) relay a day. The 1650 free, 400 IM, and 500 free are check-in events and may be limited to the top 30 swimmers (combined total for event). Any swimmer unable to compete due to the limitation will be refunded the entry fee for this event.
- Fees:** Individual events \$4.00 per event and \$12.00 per relay. \$3 LSC surcharge per swimmer swimming in at least one individual event. Entry fees must accompany the official entry forms and are not refundable.

Entry Deadline: The entry chair must receive **e-mail entry files** and **paper entries** (no hy-tek software) ***no later than Sunday, January 3, 2010***. This meet is being run with Hy-Tek swim software. Deck entries will be accepted in open lanes only. Completed waiver and fees must be received no later than Thursday, January 7, 2009 by the entry chair. No phone entries will be accepted.

Disabled Swimmers: If you have any disabled swimmers, please notify the Meet Director by e-mail or phone no later than Friday, January 8, 2010.

Video Use: Use of cell phones or any other device that has video recording capabilities is NOT PERMITTED in the locker room or bathroom areas.

Admissions: Spectators over 13 years old are \$3. Heat sheets are \$2.

Final Results: One copy of final results will be sent to each team represented. Teams will be responsible to pick up their commlinked disk following the completion of the meet. No awards or disks will be mailed with the final results.

Concessions: A concession stand with a wide and delicious variety of food and beverages will be available.

Conduct: Each team is responsible for the conduct of its' swimmers.

Camera and Cell Phone Use: No cameras or camera phones are allowed in the locker rooms.

Awards: Please pick up your awards in a timely manner. ***No Saturday awards or Sunday morning awards will be given out once the Sunday afternoon session has begun.***

Individual events: 1st – 6th Ribbons in each age division
(6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older)

All relay events: 1st-3rd Rosette Ribbons

All 6&Under swimmers will receive a fun participation award.

Single-Age Highpoint Awards

6&U, 7, 8, 9, 10, 11, 12, 13, 14&Older
Deck entry results will not count toward highpoint.

Highpoint Medals 1st – 3rd in each age group

Place	1st	2nd	3rd	4th	5th	6th
Points	7	5	4	3	2	1

WAIVER

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the J-Hawk Aquatic Club, the Swim Parents Association, the University of Wisconsin-Whitewater and their staffs for the injuries and/or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes currently registered with United States Swimming and in good standing with Wisconsin Swimming, Inc. and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We also are aware that it is our responsibility to ensure that every athlete and coach participating in the meet are registered United States members. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials: _____

Signature of Club Official, Parent or Guardian (final results will be mailed to this address)

Name: _____ Phone: _____

Address: _____ E-Mail: _____

City, State, Zip: _____

Name of coach(es) or team representative(s) at meet: _____

Entry Fee Recap: _____ Individual Events x \$4.00 = \$ _____
_____ Relay Teams x \$12.00 = \$ _____

TOTAL EVENT FEES = \$ _____

LESS RESERVATION = - \$ _____

A: ADDITIONAL OWED A: \$ _____*

**If reservation amount is more than the event fees, write zero (0) on line A.*

_____ LSC Surcharge x \$3 = B: \$ _____

TOTAL OF LINES A & B = \$ _____

Make checks payable to: **J-HAWK AQUATIC CLUB**

Mail entries to: J-Hawk Aquatic Club c/o Bob Alexander
21 W. High Street
Milton, WI 53563

Questions: 608-868-2375 or 4alexs@charter.net

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25 Yards

Men's Event #	SATURDAY AM ORDER OF EVENTS	Men's Event #
1	8 & Under 100 Yd Mixed Medley Relay	1
2	Senior 200 Yd Mixed Medley Relay	2
	Optional 5 minute break	
3	13 & Over 200 Yd Backstroke	4
5	8&Under 25 Yd Backstroke	6
7	13 & Over 50 Yd Freestyle	8
9	8&U 50 Yd Freestyle	10
11	13 & Over 100 Yd Breaststroke	12
13	8&Under 25 Yd Breaststroke	14
15	13 & Over 200 Yd Freestyle	16
17	8&Under 50 Yd Butterfly	18
19	13 & Over 100 Yd Butterfly	20
21	8&Under 100 Yd IM	22
23	13 & Over 200 Yd IM	24
	Optional 5 minute break	
25	13&Older Mixed 1650 Yd Freestyle*!	25
	May be limited to 5 Heats ! <i>Awards will be separated for Girls and Boys and by age group</i>	

Men's Event #	SATURDAY PM ORDER OF EVENTS	Men's Event #
26	10 & Under 200 Yd Mixed Medley Relay	26
27	12 & Under 200 Yd Mixed Medley Relay	27
	Optional 5 minute break	
28	9-10 50 Yd Backstroke	29
30	11-12 100 Yd Backstroke	31
32	9-10 100 Yd Freestyle	33
34	11-12 50 Yd Freestyle	35
36	9-10 50 Yd Breaststroke	37
38	11-12 200 Yd Breaststroke	39
40	9-10 100 Yd Butterfly	41
42	11-12 50 Yd Butterfly	43
44	9-10 200 Yd Freestyle	45
46	11-12 200 Yd Freestyle	47
	Optional 5 minute break	
48	12&Under Mixed 400 Yd IM*	48
	May be limited to 5 Heats ! <i>Awards will be separated for Girls and Boys and by age group</i>	

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Men's Event #	SUNDAY AM ORDER OF EVENTS	Men's Event #
49	8 & Under 100 Yd Mixed Free Relay	49
50	Senior 200 Yd Mixed Free Relay	50
	Optional 5 minute break	
51	13 & Over Mixed 400 Yd IM*	51
52	8&Under 50 Yd Backstroke	53
54	13 & Over 100 Yd Backstroke	55
56	8&U 25 Yd Freestyle	57
58	13 & Over 200 Yd Breaststroke	59
60	8&Under 50 Yd Breaststroke	61
62	13 & Over 100 Yd Freestyle	63
64	8&Under 25 Yd Butterfly	65
66	13 & Over 200 Yd Butterfly	67
68	8&Under 100 Yd Free	69
70	13 & Over Mixed 500 Yd Freestyle*	70
	May be limited to 5 Heats ! Awards will be separated for Girls and Boys.	

Men's Event #	SUNDAY PM ORDER OF EVENTS	Men's Event #
71	10 & Under 200 Yd Mixed Free Relay	71
72	12 & Under 200 Yd Mixed Free Relay	72
	Optional 5 minute break	
73	9-10 100 Yd Backstroke	74
75	11-12 50 Yd Backstroke	76
77	9-10 50 Yd Freestyle	78
79	11-12 100 Yd Freestyle	80
81	9-10 100 Yd Breaststroke	82
83	11-12 50 Yd Breaststroke	84
85	9-10 50 Yd Butterfly	86
87	11-12 200 Yd Butterfly	88
89	9-10 100 Yd IM	90
91	11-12 100 Yd IM	92
	Optional 5 minute break	
93	12&Under Mixed 500 Yd Free*	93
	May be limited to 5 Heats ! Awards will be separated for Girls and Boys and by age group.	

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Team Name: _____

Team Code: _____

LAST NAME		AGE	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
FIRST NAME	USA-S	F/M	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										

1. 8&U 100 Yd. M.R.	A	B	C	26. 10&U 200 M.R.	A	B	C
2. 13 & Over 200 Yd M.R.	A	B	C	27. 12&U 200 M.R.	A	B	C
49. 8&U 100 Yd. F.R.	A	B	C	71. 10&U 200 F.R.	A	B	C
50. 13 & Over 200 Yd F.R.	A	B	C	72. 12&U 200 F.R.	A	B	C

