

THE J-HAWK AQUATIC CLUB PRESENTS THE
J-HAWK FALL STARTER

October 24, 2010
Single Age High Point Meet
25 Yards

Sanction: WI2010 - 3185

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 104.2.2C(4). Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard/Meter relays will start in the water.

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 October 24, 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. 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

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

**Entry Chair/
Meet Director:** Bob Alexander
21 W. High Street
Milton, WI 53563
E-Mail: 4alex@charter.net
Phone: 608-868-2375

Entry Limit: Swimmers may swim four (4) individual events per day, plus one (1) relay for 9&Older athletes and two (2) relays for 8&Unders. The 500 free, 1000 free and 400 IM 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. The 11&Older 1000 free is a morning swim. 11 and 12 year olds will receive highpoint scores for this event.

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 = \$ _____
_____ 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

Women's Event #	SUNDAY AM ORDER OF EVENTS	Men's Event #
1	Senior 200 Yd Mixed Medley Relay	1
2	8&Under 100 Yd Mixed Medley Relay	2
3	13 & Over Mixed 400 IM*	3
	<i>**Optional 5 minute break**</i>	
4	13 & Over 200 Yd Backstroke	5
6	8&Under 25 Yd Backstroke	7
8	13 & Over 50 Yd Freestyle	9
10	8&U 50 Yd Freestyle	11
12	13 & Over 100 Yd Breaststroke	13
14	8&Under 25 Yd Breaststroke	15
16	13 & Over 200 Yd Freestyle	17
18	8&Under 25 Yd Butterfly	19
20	13 & Over 100 Yd Butterfly	21
22	8&Under 100 Yd IM	23
24	13 & Over 200 Yd IM	25
26	8&Under 100 Yd Mixed Free Relay	26
27	11&Older Mixed 1000 Yd Freestyle*!	27

Women's Event #	SUNDAY PM ORDER OF EVENTS	Men's Event #
28	12 & Under 200 Yd Mixed Medley Relay	28
29	10 & Under 200 Yd Mixed Medley Relay	29
	<i>**Optional 5 minute break**</i>	
30	9-12 Mixed 500 Yd Free*	30
31	9-10 50 Yd Backstroke	32
33	11-12 50 Yd Backstroke	34
35	9-12 100 Yd IM^	36
37	9-10 50 Yd Fly	38
39	11-12 100 Yd Fly	40
41	9-10 50 Yd Free	42
43	11-12 50 Yd Free	44
45	9-10 100 Yd Breaststroke	46
47	11-12 200 Yd Breaststroke	48
49	9-12 200 Yd Freestyle^	50
	<i>**Optional 5 minute break**</i>	
51	9-12 Mixed 400 Yd IM*	51

*May be limited to 5 Heats!

* Awards will be separated by Girls and Boys and by Designated Age Groups.

^ Awards will be separated by Age Group.

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October 24, 2010

25 Yards

Team Name: _____

Team Code: _____

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

1. 8&U 100 Yd. M.R.	A	B	C	28. 12&U 200 M.R.	A	B	C
2. 13 & Over 200 Yd M.R.	A	B	C	29. 9-10 200 M.R.	A	B	C
26. 8&U 100 Yd. F.R.	A	B	C				