

THE J-HAWK AQUATIC CLUB PRESENTS THE  
**J-HAWK COLLEGE DAYS MEET**  
*A fundraiser for the UW-Whitewater Warhawk Swim Team*  
November 7, 2010  
25 Yards

**Sanction:** WI2010 -321S

**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 2<sup>nd</sup> and 4<sup>th</sup> 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 November 7, 2010.

**Warm-up:** Morning warm-ups will begin at 8am, with competition starting at 8:50am. The warm-ups for the afternoon session will begin immediately following the morning session, but not before noon. The afternoon warm-up session is 1 hour long. Warm-up procedures are as follows:

AM Session:	<b><u>First 30 minutes</u></b>	<b><u>Last 15 minutes</u></b>
Lanes 2-4	Circle swim	Sprints
Lanes 1	Circle swim	Circle swim
Lane 6 (8&Unders)	Circle swim	Circle swim (8&Unders)
PM Session:	<b><u>First 30 minutes</u></b>	<b><u>Last 30 minutes</u></b>
Lanes 1, 2&5	Circle swim	Circle swim
Lanes 3-4	Circle swim	Sprints
Lanes 6	Circle swim	Pace

Feet-first three-point entry, from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

**Entry Chair/  
Meet Director:** Cheri Zimdars/Joel Rollings      E-Mail: [j\\_hawkswim@charter.net](mailto:j_hawkswim@charter.net)  
430 Assembly Court  
Whitewater, WI 53190      Phone: 608-449-5150

**Entry Limit:** Swimmers may swim four (4) individual events per day, plus two (2) relays. The 500 free, 1650 free and 400 IM are check-in events. The 1650 may be limited to 18 swimmers. The 500 free and 400 IM may be limited to 30 swimmers (combined total for event). Any swimmer unable to compete due to the limitation will be refunded the entry fee 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 \$3.00 = B: \$ \_\_\_\_\_

**TOTAL OF LINES A & B = \$ \_\_\_\_\_**

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

Mail entries to: J-Hawk Aquatic Club  
430 Assembly Court  
Whitewater, WI 53190

Questions: 262-473-7103 or j\_hawkswim@charter.net

# J-HAWK COLLEGE DAYS

November 7, 2010

25 Yards

Women's Event #	SUNDAY AM ORDER OF EVENTS	Men's Event #
1	8 & Under 100 Yd Mixed Medley Relay	1
2	12 & Under 200 Yd Mixed Medley Relay	2
3	8&Under 25 Yd Back*	4
5	10&Under 50 Yd Backstroke	6
7	12&U 100 Yd Backstroke	8
9	11-12 200 Yd Backstroke	10
11	12&U 200 Yd IM	12
13	8&U 25 Yd Breast*	14
15	10&Under 50 Breast	16
17	11-12 100 Yd breast	18
19	8&Under 25 Yd Free*	20
21	10&U 50 Yd Free	22
23	12&Under 100 Yd Free	24
25	12&Under 200 Yd Free	26
27	8&Under 25 Yd Fly*	28
29	10&Under 50 Yd Fly	30
31	11-12 100 Yd Fly	32
33	8&Under 100 Yd Mixed Free Relay	33
34	12&Under 200 Yd Mixed Free Relay	34

*\* Awards will be separated for 6&U and 7-8.*

# J-HAWK COLLEGE DAYS

November 7, 2010

25 Yards

<b>Women's Event #</b>	<b>SUNDAY PM ORDER OF EVENTS - COLLEGE ORDER</b>	<b>Men's Event #</b>
35	Senior 200 Yd Mixed Medley Relay	35
	<i>Optional 5 minute break</i>	
36	Senior Mixed 1650 Yd Free*	36
37	Senior 200 Yd Free	38
39	Senior 50 Yd Free	40
	<i>Optional 5 minute break</i>	
41	Senior Mixed 400 Yd IM**	41
42	Senior 100 Yd Fly	43
44	Senior 100 Yd Free	45
46	Senior 100 Yd Back	47
	<i>Optional 5 minute break</i>	
48	Senior Mixed 500 Yd Free**	48
49	Senior 100 Yd Breast	50
51	Senior 200 Yd Mixed Free Relay	51

\*May be limited to 3 Heats!

\*\* May be limited to 5 Heats! Awards will be separated for Boys and Girls.

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
2. 12&U 200 Yd M.R.	A	B	C
31. 8&U 100 Yd. F.R.	A	B	C
32. 12&U 200 M.R.	A	B	C
35. Senior 200 M.R.	A	B	C
51. Senior 200 F.R.	A	B	C