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 nd and 4 th 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: Lanes 2-4 Lanes 1 Lane 6 (8&Unders) PM Session: Lanes 1, 2&5 Lanes 3-4 Lanes 6 Feet-first three-point entry, fro enforced for all sanctioned/app	First 30 minutes Circle swim Circle swim Circle swim First 30 minutes Circle swim Circle swim Circle swim m the starting end of the pool du proved competition.	Last 15 minutes Sprints Circle swim Circle swim (8&Unders) Last 30 minutes Circle swim Sprints Pace uring general warm-ups will be		
Entry Chair/ Meet Director:	Cheri Zimdars/Joel Rollings 430 Assembly Court Whitewater, WI 53190	E-Mail: j_hawkswim@charter.net 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.				

Fees:	Individual events \$4 per event and \$12.00 per relay. There is a \$3.00 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, October 31, 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, November 4, 2010 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, November 5, 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:	The Warhawk swim team will be offering a concession stand with a variety of food and beverages.						
Conduct:	Each team is responsible for the conduct of its swimmers.						
Awards:	Please pick up your awards in a timely manner. No awards will be mailed.						
	All events (morning session only): $1^{st} - 6^{th}$ Ribbons						
	*6&Unders will compete with the 8&Unders, but receive separate awards.						

Unaccompanied Swimmer: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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:	e:				Initials:		
Signature of Club C	Official, Parent or Guardi	an (final results will be ma	ailed to th	is addre	ess)		
Name:				Phon	e:		
City, State, Zip:				-			
Name of coach(es)	or team representative(s)	at meet:					
Entry Fee Recap:	Ind	ividual Events x \$4	=	\$			
•	Rel	ividual Events x \$4 ay Teams x \$12.00	=	\$		_	
		TOTAL EVENT FE	EES =	\$			
		LESS RESERVATION				_	
		A: ADDITIONAL (OWED	A:	\$	*	
		*If reservation amoun	t is more tl	han the	event fees, writ	e zero (0) on line A.	
	LS0	C Surcharge x \$3.00	=	B:	\$		
		TOTAL OF LINES	S A & B	=	\$		
Make checks payab	ble to: J-HAWK AQUAT	IC CLUB					
Mail entries to:	J-Hawk Aquatic Clu 430 Assembly Cour Whitewater, WI 53	ť					

Questions: 262-473-7103 or j_hawkswim@charter.net

J-HAWK COLLEGE DAYS

November 7, 2010 25 Yards

Women's Event #	SUNDAY	Men's Event #	
	AM ORDER OF EVENTS		
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

Women's Event #	/omen's Event # SUNDAY PM ORDER OF EVENTS - COLLEGE ORDER	
35	Senior 200 Yd Mixed Medley Relay	35
	Optional 5 minute break	
36	Senior Mixed 1650 Yd Free*	36
37	Senior 200 Yd Free	38
39	Senior 50 Yd Free	40
	Optional 5 minute break	
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
	Optional 5 minute break	
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.

J-HAWK College Days

Team Name: _____

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

1. 8&U 100 Yd. M.R.	А	В	С
2. 12&U 200 Yd M.R.	А	В	С
31. 8&U 100 Yd. F.R.	А	В	С
32. 12&U 200 M.R.	А	В	С
35. Senior 200 M.R.	А	В	С
51. Senior 200 F.R.	А	В	С