

Lake Country Fall Senior Meet

Hosted By: Lake Country Swim Team

Sanction #WI2010-302S

- DATE:** Friday, October 8, 2010
- PLACE:** ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin
- WARMUP:** Warm-up: 4:00-5:00 PM as follows: 4:00-4:30 circle swim all lanes NO diving. 4:30-5:00 one-way sprint and push 50's lanes as needed. Meet starts at 5:05 PM. The diving well will be available for warm-down and warm-up throughout the meet. Feet first three point entry from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- POOL:** Six lane, 25 yard pool, 5'1" starting depth, 3'6" non-starting depth, 30" blocks, non-turbulent lane markers and backstroke flags. The competition course has not been certified in accordance with 104.2.2C(4).
- TIMING:** Colorado System with back-up watches and across the board judging in case of a malfunction. All events are timed finals. Computerized scoreboard used for all lanes.
- OFFICIAL
USS RULES:** Official current USA Swimming Rules shall prevail for this meet. Swimmers must be USA-Swimming registered. Age as of October 8, 2010. Please notify meet officials of any disabled swimmers upon arriving at the meet.
- OFFICIALS:** Meet Referee – Gregg Barta
- ENTRY CHAIR:** Darsi Kohnhorst E-Mail: lakecountryswim@sbcglobal.net
- MEET
DIRECTOR:** Mark Kohnhorst
PO Box 181
Hartland, WI 53029 (262) 367-7657
- ENTRY LIMIT:** Swimmers may compete in three (3) individual events.
- LIMITED
EVENTS:** The 400 IM and 500 Free may be limited to the top 24 entered times. The 1650 may be limited to the top 16 entered times.
- 1650 Free:** Each swimmer in the 1650 Free must provide his/her own timer (1) and counter (1).
- FEES:** Individual events \$3.50 per event. \$3.00 LSC surcharge per swimmer. Deck entries shall be \$7.00 / individual event. Entry fees must accompany the official entry forms and are not refundable.
- RACING START CERTIFICATION:** 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.
- ENTRY
DEADLINES:** Completed entry file must be received by the entry chair no later than **Monday, October 4th, 2010**. Waiver and payment should follow promptly. No phone entries will be taken. This meet is being run with Hy-Tek swim software. Please submit your electronic entries via e-mail. Please note any special requirements for disabled swimmers on the entry form.
- ADMISSIONS:** Spectators over 13 years old are \$3.00 and includes heat sheets.
- PARKING:** Parking is available in the north lot.
- FINAL
RESULTS:** Results will be posted on www.wisconsinswimming.org and e-mailed to participating teams.
- CONDUCT:** Each team is responsible for the conduct of its swimmers. 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.
- AWARDS:** None
- FOOD:** A limited selection of food and beverages will be available.

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October 8, 2010

| <u>Women</u> | <u>Event</u> | <u>Men</u> |
|--------------------------------|--------------|------------|
| 1 | 100 Fly | 2 |
| *3 | 500 Free | 4* |
| 5 | 200 Breast | 6 |
| 7 | 100 Back | 8 |
| 9 | 50 Free | 10 |
| *11 | 400 IM | 12* |
| 10 Minute Warm-up Break | | |
| 13 | 200 Free | 14 |
| 15 | 200 Fly | 16 |
| 17 | 100 Breast | 18 |
| 19 | 200 Back | 20 |
| 21 | 100 Free | 22 |
| 23 | 200 IM | 24 |
| **24 | 1650 Free | 26** |

* May Be Limited To Top 24

** May Be Limited To Top 16 – Run Fastest To Slowest Alternating Women/Men

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 Lake Country Swim Team, the Arrowhead High School, 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 _____
(Four Only)

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

Name: _____ Phone Number: _____

Address: _____

City, State, Zip : _____

Name of coach or team representative at meet: _____

Emergency phone number in case of weather or facility problem: _____

Entry Fee Recap: _____ Individual Events x \$3.50 = \$ _____
_____ Less Reservation Check = -\$ _____
(Only to be used for Ind. Events!)

A: Entry Fees Total = \$ _____

_____ LSC Surcharge x \$3.00 = \$ _____
(# of swimmers in Ind. Events only)

B: Surcharge Total = \$ _____

Total of Lines A & B = \$ _____

Make checks payable to: **Lake Country Swim Team** Check # _____

Mail Entries to: **Lake Country Swim Team c/o Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029**

Email Entries to: **lakecountryswim@sbcglobal.net**

Questions: **Lake Country Office (262) 367-7657**