

# MENOMONEE FALLS SWIM CLUB-SPRING SPRINTS

## SANCTION NUMBER 2009-106WI

Saturday May 9, 2009

- LOCATION:** Menomonee Falls High School  
W142 N8101 Merrimac Drive  
Menomonee Falls, WI 53051
- SPONSOR/  
FACILITY  
SUPPORT** Menomonee Falls Swim Club  
Menomonee Falls Recreation Department
- FACILITY:** 25 yard pool with 6 lanes, non-turbulence lane markers and backstroke flags. Pool depth: 3'6" at non-starting end and 5' at starting end. 30" slanted starting blocks into 5' pool depth and Colorado automatic timing system. 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 relays will start in the water. The Competition course has not been certified in accordance with 104.2.2(C).
- MEET DIRECTOR/  
ENTRY CHAIR:** Jim Fischer E-mail: ljfishr@mac.com  
1365 Windy Knoll Drive  
Hubertus, WI 53033  
H: (262) 628-0556 C: (262) 573-8332
- TIMELINE:** A timeline will be provided to all teams one week prior to the meet and posted on the MFSC website (mfswim.org) so afternoon swimmers will know when warm-ups begin.  
  
Saturday AM Session: Warm-ups 7:30 a.m. Meet Starts: 8:30 a.m.  
Saturday PM Session: Warm-ups begin at the end of the AM session,  
The PM session warm ups will last 55 minutes.
- TIMING:** Events will be timed and judged by Colorado automatic timing system and judging equipment. Colorado horn starting system. Two back-up timers per lane will be provided.
- ENTRIES:** **EACH SWIMMER WILL BE LIMITED TO FOUR (4) INDIVIDUAL EVENTS, PLUS RELAYS.** Swimmer's age as of May 9, 2009 will determine his/her age group. **Deck entries will be accepted if open lanes are available and number of entries permit.** Parents should come to the pool office to complete the forms.
- ENTRY** Completed individual and relay entry forms, waiver and fees must be received **DEADLINE:** no later than **April 24, 2009**. All entries should be submitted either on the enclosed entry form or on a Hy-tek Team Manager file. Submit all seed times in yard cutoff times. Be sure to indicate any UNATTACHED swimmers. **Hytex entries will be accepted and are preferred.** Please include a hard copy with all file entries.
- ENTRY FEES:** \$4.00 per individual event, \$12.00 per relay team and \$3.00 splash fee per swimmer. Entry fees must accompany entry forms. Recap statement must be complete and the waiver form signed. Money used for reservations is nonrefundable and cannot be used to offset cost of relays, deck seeding or splash fees. The entry fee for deck entries will be \$5.00 for individual and \$12.00 for relay. Checks should be made payable to MENOMONEE FALLS SWIM CLUB.
- WARM-UPS:** **SIT-N-SLIDE ENTRY ONLY FROM THE STARTING END OF THE POOL.** The morning and afternoon warm-up sessions will be 55 minutes long.  
Warm-up procedures as follows:
- |             |               |                |
|-------------|---------------|----------------|
| AM Session: | First 30 min. | Last 25 min.   |
| Lanes 1-2   | Circle swim   | Circle swim    |
| Lanes 3-4-5 | Circle swim   | Starts/Sprints |

Lanes 6 (8&U only)	Circle swim	Starts/sprints
PM Session:	<u>First 30 min.</u>	<u>Last 25 min.</u>
Lanes 4&5	Circle swim	Circle swim
Lanes 2-3	Circle swim	Sprints
Lane 1	Circle swim	Pace
Lane 6	Circle swim	Pace

Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualification.

- SEEDING:** All age groups will be pre-seeded.
- ELIGIBILITY:** All swimmers must be currently registered with United States Swimming and the USA numbers must appear on the entry form/disk. Out of state entrants must bring their USA swimming cards and be prepared to show them to the Meet Director. Swimmers wishing to deck enter must have their current USA Swimming ID card available.
- AWARDS:** Ribbons – 1<sup>st</sup>-12<sup>th</sup>; Relay Events Ribbons: 1<sup>st</sup>-6<sup>th</sup>  
Heat winner awards will be given for all events for 10 and under age groups. High Point Awards 1<sup>st</sup>-3<sup>rd</sup> by age groups 8&U, 9-10, 11-12 for individual event scores. High Point awards will be presented to the individual winners at the conclusion of the meet. All ribbons and trophies will be available for pick-up during the meet. No awards will be mailed.
- ADMISSION:** \$3.00 for 12 years old and up, plus \$3.00 for heat sheet.
- COACHES PACKETS:** Coaches may pick up their packets in the pool office. Any monies owed must be paid before you can obtain your packet. Please be prepared to show your USA Swimming Coach Card at the time you pick up your team packet. Coach's cards must be visible at all times on deck.
- OFFICIAL RULES:** 2009 USS Wisconsin Swimming Rules shall govern this meet.
- OFFICIALS:** Meet Referee: Jeff Sawatzke, Meet Officials: TBA
- DISABLED SWIMMERS:** Please notify meet officials of any disabled swimmers upon arriving at meet.
- FOOD:** A concession stand will offer a wide selection of food and beverage available outside the pool area. **No** food or coolers will be allowed in pool area.
- CONDUCT:** All teams will be responsible for the conduct of their own swimmers. The Meet Marshall and Meet Director shall have authority to disqualify swimmers for misconduct. **NO RECORDING DEVICES ARE PERMITTED IN LOCKER ROOMS.**
- FIRST AID:** A First Aid kit will be available in the pool office.
- LOST&FOUND:** Located in the pool office. After the meet, please contact the meet director. Lost & found will only be held for two weeks after the meet. Any remaining items will then be donated to charity.
- FINAL RESULTS:** Will be posted on the Wisconsin Swimming website and e-mailed to participating teams. They will also be posted in the pool lobby during the meet.
- REST AREA:** The rest area will be restricted to the pool and the hallways adjacent to the pool. Swimmers will not be allowed in other areas of the school.
- SMOKING:** Per USA Swimming rules, smoking is NOT permitted in areas designated for swimmers, including the rest areas and pool.  
Menomonee Falls High School is a SMOKE and DRUG FREE ZONE.

**MENOMONEE FALLS SWIM CLUB-SPRING SPRINTS**  
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**Saturday May 9, 2008**

**ORDER OF EVENTS – SATURDAY A.M. Session**

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
1	8&U	100 yd Free Relay	2
3	9-10	200 yd Free Relay	4
5	8&U	25 yd Butterfly	6
7	9-10	50 yd Butterfly	8
9	8&U	25 yd Backstroke	10
11	9-10	50 yd Backstroke	12
13	8&U	25 yd Breaststroke	14
15	9-10	50 yd Breaststroke	16
17	8&U	25 yd Freestyle	18
19	9-10	50 yd Freestyle	20
	Optional 10 minute in water break		
21	8&U	100 yd IM	22
23	9-10	100 yd IM	24

**ORDER OF EVENTS – SATURDAY P.M. Session**

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
25	11-12	200 yd Free Relay	26
27	13-14	200 yd Free Relay	28
29	Senior	200 yd Free Relay	30
31	11-12	50 yd Freestyle	32
33	13-14	50 yd Freestyle	34
35	Senior	50 yd Freestyle	36
37	11-12	50yd Backstroke	38
39	13-14	100 yd Backstroke	40
41	Senior	100 yd Backstroke	42
43	11-12	50 yd Breaststroke	44
45	13-14	100 yd Breaststroke	46
47	Senior	100 yd Breaststroke	48
49	11-12	50 yd Butterfly	50
51	13-14	100 yd Butterfly	52
53	Senior	100 yd Butterfly	54
	Optional 10 minute in water break		
55	11-12	200 yd IM	56
57	13-14	200 yd IM	58
59	Senior	200 yd IM	60

# MENOMONEE FALLS SWIM CLUB-SPRING SPRINTS

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### 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 United States Swimming (USA-S), the Wisconsin Local Swimming Committee of the USA-S, Menomonee Falls Swim Club, Menomonee Falls High School, their Board of Directors and all other staff for injuries and/or expenses incurred by me/us at the meet or while on the road to and from the meet. I/We are bonafide amateur athletes and eligible to compete in all events I/we have entered. I/We also understand that my/our club will be responsible financially for any damage done to the facility by my/our athletes during the meet. I/We will be responsible for making my/our athletes/parents/coaches/club administrators aware of the waiver requirements of participation in this event.

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Signature of Club Official Parent or Guardian Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Coach or Team Representative at Meet Name: \_\_\_\_\_

Person to Contact in Case of Entry Problems Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name and Address for Mailing Final Results Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Entry Fee Summary: \_\_\_\_\_ Individual Events x \$4.00 = \$\_\_\_\_\_

Amount Sent with Reservation \$\_\_\_\_\_ (Subtract)

Balance Due for Additional Swims \$\_\_\_\_\_ (Enter zero if less)

Excess reservation may not be applied toward relay and splash fees.

\_\_\_\_\_ Relay Teams x \$12.00 = \$\_\_\_\_\_

\_\_\_\_\_ Swimmers x \$3.00 = \$\_\_\_\_\_ Splash Fee

Entry Fee Due \$\_\_\_\_\_

Make checks payable to: **Menomonee Falls Swim Club** Check # \_\_\_\_\_

Mail Entries to: Jim Fischer E-mail: ljfishr@mac.com  
 1365 Windy Knoll Drive  
 Hubertus, WI 53033  
 H: (262) 628-0556 C: (262) 573-8332

Entries must be received by **April 24, 2009**

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**INDIVIDUAL EVENT ENTRY FORM**

Team Name: \_\_\_\_\_

**Please enter in age order. Use separate sheets for Girls & Boys.**

Name / USS # / Age
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	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						

# MENOMONEE FALLS SWIM CLUB-SPRING SPRINTS

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### RELAY ENTRY FORM

Team Name: \_\_\_\_\_

Event #	Age	Group	Relay	Team A	Team B	Team C	Team D	Team
1	8&U	Girls	100 yd Free Relay					
2	8&U	Boys	100 yd Free Relay					
3	9-10	Girls	200 yd Free Relay					
4	9-10	Boys	200 yd Free Relay					
25	11-12	Girls	200 yd Free Relay					
26	11-12	Boys	200 yd Free Relay					
27	13-14	Girls	200 yd Free Relay					
28	13-14	Boys	200 yd Free Relay					
29	Senior	Girls	200 yd Free Relay					
30	Senior	Boys	200 yd Free Relay					