

MENOMONEE FALLS SWIM CLUB – Distance Classic

SANCTION NUMBER #2009-232WI

Saturday December 5, 2009 – Sunday December 6, 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 2nd and 4th leg of all 100-Yard/Meter relays will start in the water. The competition course has been certified in accordance with 104.2.2(c)(4). Copy of certification is on file with USA Swimming.
- 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:** Saturday & Sunday AM Session: Warm-ups 7:30 a.m. Meet Starts: 8:30 a.m.
Saturday & Sunday PM Session: Warm-ups begin at the end of the AM session.
The meet will begin one hour after warm-ups begin.
Three point entry form from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- 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 THREE (3) INDIVIDUAL EVENTS AND ONE (1) RELAY FOR EACH DAY.** The 1650 free, 400 IM, and 500 free 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. Swimmer's age as of December 5, 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 DEADLINE:** Completed individual and relay entry forms, waiver and fees must be received no later than November 20, 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. **Hytek 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:** **THREE POINT ENTRY ONLY FROM THE STARTING END OF THE POOL.**
The morning and afternoon warm-up sessions will be 1 hour long.

Warm-up procedures as follows:

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

Violators of the Wis. Swim warmup 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 Meet Director. Swimmers wishing to deck enter must have their current USA Swimming ID card available.
- AWARDS:** Ribbons – 1st-12th ; Relay Events Ribbons: 1st-6th
Heat winner awards will be given for all events for 10 and under age groups.
High Point Awards 1st-3rd by age groups 8&U, 9-10, 11-12 for individual event scores. Senior/Open events do not count towards High Point awards. 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 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 coaches 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. 500, 1000, and 1650 swimmers will need to provide their own counters.
- 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 beverages 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.

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ORDER OF EVENTS

SATURDAY A.M. SESSION

ORDER OF EVENTS – SATURDAY A.M. Session

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

ORDER OF EVENTS – SATURDAY P.M. Session

25	11-12	200 yd Medley Relay	26
27	Senior	200 yd Medley Relay	28
29	11-12	100 yd Backstroke	30
31	13-14	200 yd Backstroke	32
33	Senior	200 yd Backstroke	34
35	11-12	100 yd Breaststroke	36
37	13-14	100 yd Breaststroke	38
39	Senior	100 yd Breaststroke	40
41	11-12	50 yd Freestyle	42
43	13-14	200 yd Freestyle	44
45	Senior	200 yd Freestyle	46
47	11-12	50 yd Butterfly	48
49	13-14	100 yd Butterfly	50
51	Senior	100 yd Butterfly	52
53	11-12	200 yd IM	54
55	13-14	400 yd IM	56
57	Senior	400 yd IM	58
<i>Optional 5 Minute In Water Break</i>			
59	Open	1000 yd Freestyle	60

ORDER OF EVENTS – SUNDAY A.M. Session

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
61	8&U	100 yd Freestyle Relay	62
63	10&U	200 yd Freestyle Relay	64
65	8&U	50 yd Backstroke	66
67	10U	100 yd Backstroke	68
69	8&U	25 yd Freestyle	70
71	10&U	50 yd Freestyle	72
73	8&U	50 yd Breaststroke	74
75	10&U	100 yd Breaststroke	76
77	8&U	25 yd Butterfly	78
79	10&U	50 yd Butterfly	80
81	8&U	100 yd Freestyle	82
83	10&U	100 yd IM	84

Optional 5 Minute In Water Break

85	10&U	200 yd Freestyle	86
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ORDER OF EVENTS – SUNDAY P.M. Session

87	11-12	200 yd Freestyle Relay	88
89	Senior	200 yd Freestyle Relay	90
91	11-12	50 yd Backstroke	92
93	13-14	100 yd Backstroke	94
95	Senior	100 yd Backstroke	96
97	11-12	50 yd Breaststroke	98
99	13-14	200 yd Breaststroke	100
101	Senior	200 yd Breaststroke	102
103	11-12	100 yd Freestyle	104
105	13-14	100 yd Freestyle	106
107	Senior	100 yd Freestyle	108
109	11-12	100 yd Butterfly	110
111	13-14	200 yd Butterfly	112
113	Senior	200 yd Butterfly	114
<i>** Optional 10 minute in-water break **</i>			
115	11-12	500 yd Freestyle	116
117	13-14	1650 yd Freestyle	118
119	Open	1650 yd Freestyle	120

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INDIVIDUAL EVENT ENTRY FORM

Team Name: _____

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

Name / USA-S # / Age

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
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	Distance/Stroke						
	Seed Time						

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RELAY ENTRY FORM

Team Name: _____

Event #	Age	Group	Relay	Team A	Team B	Team C	Team D	Team E
1	8&U	Girls	100 yd Medley Relay					
2	8&U	Boys	100 yd Medley Relay					
3	10&U	Girls	200 yd Medley Relay					
4	10&U	Boys	200 yd Medley Relay					
25	11-12	Girls	200 yd Medley Relay					
26	11-12	Boys	200 yd Medley Relay					
27	Senior	Girls	200 yd Medley Relay					
28	Senior	Boys	200 yd Medley Relay					
61	8&U	Girls	100 yd Freestyle Relay					
62	8&U	Boys	100 yd Freestyle Relay					
63	10&U	Girls	200 yd Freestyle Relay					
64	10&U	Boys	200 yd Freestyle Relay					
87	11-12	Girls	200 yd Freestyle Relay					
88	11-12	Boys	200 yd Freestyle Relay					
89	Senior	Girls	200 yd Freestyle Relay					
90	Senior	Boys	200 yd Freestyle Relay					