

**MENOMONEE FALLS SWIM CLUB – Nike Sprint Cup Challenge**  
**SANCTION NUMBER #2010-117WI**  
**Saturday February 6, 2010**

**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. 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](mailto:ljfishr@mac.com)  
1365 Windy Knoll Drive  
Hubertus, WI 53033 H: (262) 628-0556 C: (262) 573-8332

**TIMELINE:** Saturday Session: Warm-ups 11:15 a.m. Meet Starts: 12:00 p.m.  
Three point entries 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 FIVE (5) INDIVIDUAL EVENTS.** Swimmer's age as of February 6, 2010 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 January 22, 2010. 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:** \$3.50 per individual event 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 deck seeding or splash fees. The entry fee for deck entries will be \$5.00 for individual. Checks should be made payable to MENOMONEE FALLS SWIM CLUB.

**WARM-UPS:** **THREE POINT ENTRY ONLY FROM THE STARTING END OF THE POOL.**

The warm-up session will be 1 hour long.

Warm-up procedures as follows:

	<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

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 Meet Director. Swimmers wishing to deck enter must have their current USA Swimming ID card available.
- AWARDS:** Individual Events Ribbons – 1<sup>st</sup>-12<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>, 2<sup>nd</sup> and 3<sup>rd</sup> by age groups 8&U, 9 and 10 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 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:** 2010 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 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**

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
1	10	50 yd Butterfly	2
3	9	50 yd Butterfly	4
5	8&U	25 yd Butterfly	6
7	10	50 yd Backstroke	8
9	9	50 yd Backstroke	10
11	8&U	25 yd Backstroke	12
13	10	50 yd Breaststroke	14
15	9	50 yd Breaststroke	16
17	8&U	25 yd Breaststroke	18
19	10	50 yd Freestyle	20
21	9	50 yd Freestyle	22
23	8&U	25 yd Freestyle	24
		* * 10 minute in-water break * *	
25	10	100 yd IM	26
27	9	100 yd IM	28
29	8&U	100 yd IM	30

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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      Name: \_\_\_\_\_  
Entry Problems      Phone: \_\_\_\_\_

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

Entry Fee Summary:      \_\_\_\_\_      Individual Events x \$3.50 = \$ \_\_\_\_\_  
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.

\_\_\_\_\_ 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 **January 22, 2010.**

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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
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	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
	Seed Time						

	Event #						
	Distance/Stroke						
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	Seed Time						