

MENOMONEE FALLS SWIM CLUB – Distance Classic

SANCTION NUMBER WI2011-328S

Saturday December 3, 2011 – Sunday December 4, 2011

- 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 from 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 Four (4) 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 4, 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 November 18, 2011. 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 \$2.00 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:** **FEET FIRST 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 1-2	Circle swim	Circle swim
Lanes 3-4-5	Circle swim	Starts/Sprints
Lane 6	Circle swim	Pace
PM 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

Violators of the Wis. Swim warmup procedures may be subject to disqualification. 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.

- 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 by the coaches at the conclusion of 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:** 2011 USA and Wisconsin Swimming Rules shall govern this meet. 500, 1000, and 1650 swimmers will need to provide their own counters.
- OFFICIALS:** Meet Referee: Bill O'Connell; 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. **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 – Distance Classic

SANCTION NUMBER WI2011-328S

Saturday December 3, 2011 – Sunday December 4, 2011

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	11-12	200 yd Medley Relay	2
3	Senior	200 yd Medley Relay	4
5	11-12	100 yd Backstroke	6
7	13-14	200 yd Backstroke	8
9	Senior	200 yd Backstroke	10
11	11-12	100 yd Breaststroke	12
13	13-14	100 yd Breaststroke	14
15	Senior	100 yd Breaststroke	16
17	11-12	50 yd Freestyle	18
19	13-14	200 yd Freestyle	20
21	Senior	200 yd Freestyle	22
23	11-12	50 yd Butterfly	24
25	13-14	100 yd Butterfly	26
27	Senior	100 yd Butterfly	28
29	11-12	200 yd IM	30
31	13-14	400 yd IM	32
33	Senior	400 yd IM	34

Optional 5 Minute In Water Break

35	Open	1000 yd Freestyle	36
----	------	-------------------	----

ORDER OF EVENTS – SATURDAY P.M. Session

37	8&U	100 yd Medley Relay	38
39	10&U	200 yd Medley Relay	40
41	8&U	25 yd Breaststroke	42
43	10&U	50 yd Breaststroke	44
45	8&U	50 yd Freestyle	46
47	10&U	100 yd Freestyle	48
49	8&U	50 yd Butterfly	50
51	10&U	100 yd Butterfly	52
53	8&U	25 yd Backstroke	54
55	10&U	50 yd Backstroke	56
57	8&U	100 yd IM	58
59	10&U	200 yd IM	60

ORDER OF EVENTS – SUNDAY A.M. Session

<u>GIRLS</u>	<u>AGE</u>	<u>EVENT</u>	<u>BOYS</u>
61	11-12	200 yd Freestyle Relay	62
63	Senior	200 yd Freestyle Relay	64
65	11-12	50 yd Backstroke	66
67	13-14	100 yd Backstroke	68
69	Senior	100 yd Backstroke	70
71	11-12	50 yd Breaststroke	72
73	13-14	200 yd Breaststroke	74
75	Senior	200 yd Breaststroke	76
77	11-12	100 yd Freestyle	78
79	13-14	100 yd Freestyle	80
81	Senior	100 yd Freestyle	82
83	11-12	100 yd Butterfly	84
85	13-14	200 yd Butterfly	86
87	Senior	200 yd Butterfly	88

*** Optional 10 minute in-water break ***

89	11-12	500 yd Freestyle	90
91	13-14	1650 yd Freestyle	92
93	Open	1650 yd Freestyle	94

ORDER OF EVENTS – SUNDAY P.M. Session

95	8&U	100 yd Freestyle Relay	96
97	10&U	200 yd Freestyle Relay	98
99	8&U	50 yd Backstroke	100
101	10&U	100 yd Backstroke	102
103	8&U	25 yd Freestyle	104
105	10&U	50 yd Freestyle	106
107	8&U	50 yd Breaststroke	108
109	10&U	100 yd Breaststroke	110
111	8&U	25 yd Butterfly	112
113	10&U	50 yd Butterfly	114
115	8&U	100 yd Freestyle	116
117	10&U	100 yd IM	118

Optional 5 Minute In Water Break

119	10&U	200 yd Freestyle	120
-----	------	------------------	-----

MENOMONEE FALLS SWIM CLUB – Distance Classic
SANCTION NUMBER WI2011-328S
Saturday December 3, 2011 – Sunday December 4, 2011

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						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						
	Event #						
	Distance/Stroke						
	Seed Time						

MENOMONEE FALLS SWIM CLUB – Distance Classic
SANCTION NUMBER WI2011-328S
Saturday December 3, 2011 – Sunday December 4, 2011

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					