

**Southwest Aquatic Team**  
**Saturday, December 4, 2010**  
**Swim Your Own Age**  
**USS Sanction # WI2010-331S**

- Location:** Waukesha South HS  
401 E. Roberta Drive  
Waukesha, WI 53186
- Entry Chairperson:** Todd Roberts 262-895-3312 e-mail: troberts2@wi.rr.com  
8439 E. Wind Lake road  
Wind Lake, WI 53185
- Meet Director:** Sarah Perez 262-744-0222 e-mail: oc.sarah@yahoo.com  
3726 W. Kimberly Ave.  
Greenfield, WI 53221
- Facility:** 8 lane, 25 yard pool. Pool depth is 13 feet at the start and 5' 10" at the bulkhead (turn end). 30" Blocks with non-turbulent lane markers. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2C(4).
- Timing System:** Colorado 6 Timing System will be used with a manual back-up button, plus two back-up timers for each lane. Should the automatic system fail, a gun or horn start will be used.
- Schedule/  
Warm-ups:** Saturday AM Session: Warm-ups 7:00-8:00 AM. Meet start 8:15 a.m..  
Saturday PM Session: Warm-ups will start immediately after the conclusion of the morning session and run for one hour. Estimated meet timeline will be posted on our web site at [www.swimswat.org](http://www.swimswat.org)  
Wednesday evening, December 1st
- Wisconsin Swimming warm-up procedures will be in effect. Morning sessions will have 30 minutes of circle swimming with no racing starts. **FEET FIRST THREE-POINT ENTRIES FROM THE STARTING END DURING GENERAL WARM-UPS WILL BE ENFORCED**, unless performing one way starts. The second 30 minutes, sprint lanes will be opened as needed. The afternoon sessions will use the same format. Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualifications.  
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.
- Class of Meet:** Swim your own age high point meet. One class for 7 & Under and Senior.  
**Format:** All events will be pre-seeded. 8 & U individual events will be staged. A swimmer who crosses events between age group and Senior events, are only eligible for one high point award. Points will not be combined between age groups.
- Heats/events may be combined to stay within 4 hour rule, but will be awarded as separate age groups. All events are timed finals.
- Eligibility:** All swimmers must be currently registered with United States Swimming. Out of state entrants must present a valid 2010 USA-S card at the Scoring/Records Table prior to pool entry. Age up date is 12/4/10. Coaches must display current coaches card while on deck. Official 2010 USA Swimming and WI LSC rules shall prevail at this meet.
- Entry Limit:** Participation is limited to a **maximum of four (4) individual events per day**, plus relays. Age is to be determined as of December 4, 2010.
- Entry Fees:** \$4.00 per individual event. \$12.00 per relay. A \$3.00 splash fee (WI LSC Rule) must be paid for each swimmer entered in the meet. 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.  
**Checks should be made payable to SOUTHWEST AQUATIC TEAM.**

- Deck Entries:** The entry fee for deck entries will be \$8.00 (\$16.00 for relays). Deck entries will be allowed at the discretion of the meet director and only to fill open lanes if the time line permits. (Additional heats will not be added). Deck entries close 30 minutes prior to the start of the session.
- Entry Deadline:** Entries via hytek file must be emailed to Todd Roberts: **NO LATER than 6:00 pm on Friday, November 19, 2010.** Entries can be emailed to Todd Roberts: [troberts2@wi.rr.com](mailto:troberts2@wi.rr.com). Completed recap forms, waivers, fees and hard copy of your team entries must be mailed and received by Sarah Perez by Wednesday, November 24.
- Disabled Swimmers:** Coaches are encouraged to inform officials and the Meet Director of any special needs swimmer during warm-ups.
- Deck Seeded Events:** Entries may be limited by Meet Management to adhere to the four (4) hour session rule. Accepted entries will be posted on the SWAT website on Wednesday evening, November 24. Swimmers cut from these events by meet management will be refunded their entry fee or that fee can be used to deck seed in an open lane of another event.
- Relay Cards:** Relay cards will be in the coach's packet. Cards must list the swimmers' last and first names (names must be listed in order of swim) and the ages of the swimmers.
- Coaches Packet:** Coaches may pick up their packets at the Scoring/Records Table. **Any monies owed must be paid before you can obtain your packet.** Please be prepared to show your U.S.A.S. coach's card at the time you pick up your team packet. **Coach's cards must be visible at all times on deck.**
- Awards:** Senior Events –No Awards  
Ribbons – 1<sup>st</sup> – 16<sup>th</sup> - for 13 and under swimmers (Individual events)  
Relay events 1<sup>st</sup> – 6<sup>th</sup> Ribbons (12 and under relays)
- High Point Awards: 1<sup>st</sup> – 12<sup>th</sup> for each single age group (7 & U,8, 9, 10, 11, 12, 13, )**  
**Awards must be picked up at the meet. Awards will not be mailed after the conclusion of the meet.**
- Admissions:** Admission: \$4.00 per day for spectators over 12 years. Heat Sheets each session: \$2.00
- Food:** Food and beverages will be available on the premises. No food or beverage is allowed in the pool area.
- Conduct:** Each team is responsible for the conduct of its swimmers. In compliance with the Video Prevention Act the use of any recording devices is prohibited in the locker rooms.
- Meet Marshals shall have the authority to remove any swimmer/s from the meet for any violation such as improper behavior damage to property, etc. Such teams are responsible financially for damage of property. There shall be No Smoking permitted at any time on the premises. **Please make sure your team's area on deck and rest area is picked up at the end of each session.**
- First Aid:** Injuries must be reported to the Lifeguard AND to the Meet Director. A first aid kit will be located at the Lifeguard station.
- Lost & Found:** An area for lost and found will be located by the concessions. After the meet items will be donated.
- Meet Results:** Results will be posted on the Wisconsin Swimming website.
- Officials:** ROBERT WESEL

**SWAT Single Age Open**

**Saturday, December 4, 2010**

<b>Saturday AM</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	Senior 200 Fly	2
3	13-year-old 100 Fly	4
5	8-year-old 25 Fly	6
7	7 & Under 25 Fly	8
9	Senior 100 Free	10
11	13-year-old 100 Free	12
13	8-year-old 25 Free	14
15	7 & Under 25 Free	16
17	Senior 200 Medley <b>Relay</b>	18
19	8 & Under 100 Medley <b>Relay</b>	20
21	Senior 200 Breast	22
23	13 year old 100 Breast	24
25	8-year-old 25 Breast	26
27	7 & Under 25 Breast	28
29	Senior 200 Back	30
31	13-year-old 100 Back	32
33	8-year-old 25 Back	34
35	7&Under 25 Back	36
37	Senior 200 Free <b>Relay</b>	38
39	8 & Under 100 Free <b>Relay</b>	40
41	Senior 200 IM	42
43	13 Year old 200 IM	44

**NOTE: Swimmers who swim both Single Age events and Senior events are only eligible for one high point trophy. Points will NOT be combined between age groups. (ie: 13 year olds who swim a combination of 13 year old events and Senior events, will not have those points combined)**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
45	9-year-old 50 Fly	46
47	10-year-old 50 Fly	48
49	11-year-old 50 Fly	50
51	12-year-old 50 Fly	52
53	9-year-old 50 Free	54
55	10-year-old 50 Free	56
57	11-year-old 50 Free	58
59	12-year-old 50 Free	60
61	10 & Under 200 Medley <b>Relay</b>	62
63	11/12 year old 200 Medley <b>Relay</b>	64
65	9-year-old 50 Breast	66
67	10-year-old 50 Breast	68
69	11-year-old 50 Breast	70
71	12-year-old 50 Breast	72
73	9-year-old 50 Back	74
75	10-year-old 50 Back	76
77	11-year-old 50 Back	78
79	12 Year Old 50 Back	80
81	9 Year Old 100 IM	82
83	10 Year Old 100 IM	84
85	11 Year Old 100 IM	86
87	12 Year Old 100 IM	88
89	10 & Under 200 Freestyle <b>Relay</b>	90
91	11/12 200 Freestyle <b>Relay</b>	92

