

VERONA AQUATIC CLUB

SWIM FOR THE CURE

Supporting The Madison Affiliate of Susan G. Komen for the Cure®

May 10, 2009

A + BB + B – C

SANCTION NO:

2009-107WI

DATE:

SUNDAY May 10, 2009

AM Session:

Warm-ups: 7:30 AM - 8:30 AM

First Event: 8:40 AM

PM Session:

Will begin immediately after the AM session, but not Before 11:00 AM.

Warm-ups: One hour

First Event: 10 minutes after the end of PM warm-ups.

LOCATION:

Verona Area Natatorium

400B N. Main

Verona, Wisconsin 53593

FACILITY:

Indoor 25 meter pool with six 7-ft lanes, non-turbulent lane markers, backstroke flags, flat 29-inch high starting blocks, guttered pool. Pool depth is 11-ft at the starting block end and 3.5 ft. at the opposite end. 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 not been certified in accordance with USA Swimming's Rule 104.2.2(c).

TIMING:

Colorado Timing System with horn start, backup button, and manual stop watches, using two timers per lane. All events will be timed finals.

OFFICIAL RULES:

2009 United States Swimming and Wisconsin Swimming Rules shall govern this meet.

RELAYS:

First and last names of competing swimmers and order of swimming must be listed on the relay card, along with age, prior to swimming the relay.

WARM-UPS:

The first 30 minutes of each warm-up session is circle swimming only, no diving from the starting blocks. The next 30 minutes: Lanes 2, 3, 4, and 5 will be for sprints (one directional swimming from the starting end only, diving from the blocks permitted); Lanes 1 and 6 will be for circle swimming. Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. Meet Marshals will be on deck during the entire warm-up with the authority to recommend disqualification from individual events.

ENTRIES:

Seed times may be submitted in YARD or METER times. Completed entry forms, signed waiver, and fees must be received by **Sunday April 26, 2009**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a diskette, it MUST be accompanied by a hard-copy listing of entries. Current USA-S ID number MUST be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by **Sunday May 3, 2009**. All deck entries must be able to prove USA-S membership. Out of state swimmers must show their current USA-S card prior to swimming.

SEND ENTRY MATERIALS TO:

Brad Jebbia

P.O. Box 930273

Verona, WI 53593

e-mail: vaccoach@charter.net

(608) 341-7104

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- SWIMMERS WITH DISABILITES:** We invite and encourage any swimmer with a disability to compete in this meet. Please indicate on the entry form any special needs or requirements.
- ENTRY LIMIT:** Only the first 1050 individual entries will be accepted. Entries not accepted will be notified by phone as soon as possible. **SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS ONE (1) RELAY.**
- ENTRY FEE:**
- | | |
|--------------------|---------|
| Individual Events: | \$3.00 |
| Relays: | \$12.00 |
| Splash Fee: | \$3.00 |
- Please make checks payable to Verona Aquatic Club.
Verona Aquatic Club will donate a portion of each Event fee to the **Susan G. Komen for the Cure®**.
- FINAL RESULTS:** One copy of the final results will be mailed to all participating clubs. Additional copies may be ordered at \$5.00 per copy.
- AWARDS:** Awards for relay events will consist of ribbons for 1st through 6th place. Awards for individual events will consist of ribbons for 1st through 12th places. Heat winners for 8&U and 10&U events will receive ribbons. Individual swimmers must claim their own awards. Group distribution of awards to coaches will be permitted. Awards will not be mailed.
- DECK SEEDING:** Deck seeding will be allowed only to the limit of filling partially filled heats. An additional \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 8:30 AM for the AM Session and 12:00 PM for the PM Session. Swimmers unable to prove **USA- S** membership will be charged a deck registration fee of \$70.
- SEEDING:** This is a PRE-SEEDED meet. **IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HIS/HER EVENT.** Staging assistance will be provided for 8&U swimmers.
- ADMISSION:** Admission is free. Heat sheets will be sold for \$5.00. Coach's packets will be available at the admission table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA-S membership at all times.
- CONCESSIONS:** A selection of delicious hot and cold food and drinks will be available at reasonable prices in the Verona High School Annex Cafeteria adjoining the Natatorium.
- MOTHERS DAY:** In recognition of Mother's Day, each mother will be provided a coupon for a free beverage and pastry.
- MEET CONDUCT:** All teams are responsible for the conduct of their swimmers. The meet director, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.
- OFFICIALS:** Patty Kramer, Matt Schaser, & TBA
- MEET DIRECTOR:** Brad Jebbia
P.O. Box 930273
Verona, WI 53593
Home: (608) 341-7104
e-mail: vaccoach@charter.net

VERONA AQUATIC CLUB***SWIM FOR THE CURE*****Supporting The Madison Affiliate of Susan G. Komen for the Cure®****May 10, 2009****A + BB + B – C****LIST OF EVENTS**

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:40 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10&U	100 Freestyle	2
3	11-12	100 Freestyle	4
5	10&U	200 Free Relay	6
7	11-12	200 Free Relay	8
9	10&U	50 Breaststroke	10
11	11-12	100 Breaststroke	12
13	10&U	100 Backstroke	14
15	11-12	100 Backstroke	16
17	10&U	50 Freestyle	18
19	11-12	50 Freestyle	20
21	10&U	50 Butterfly	22
23	11-12	50 Butterfly	24
25	10&U	100 IM	26
27	11-12	200 IM	28

BREAK/WARM-UPS

(Warm-ups for PM session will not start before 11:00 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
29	13-14	200 IM	30
31	Senior	200 IM	32
33	8&U	100 IM	34
35	13-14	200 Free Relay	36
37	Senior	200 Free Relay	38
39	8&U	100 Free Relay	40
41	13-14	100 Breaststroke	42
43	Senior	100 Breaststroke	44
45	8&U	25 Breaststroke	46
47	13-14	50 Freestyle	48
49	Senior	50 Freestyle	50
51	8&U	25 Freestyle	52
53	13-14	100 Butterfly	54
55	Senior	100 Butterfly	56
57	8&U	25 Butterfly	58
59	13-14	100 Backstroke	60
61	Senior	100 Backstroke	62
63	8&U	25 Backstroke	64
65 *	Open	400 Freestyle	66 *

* The 400 Freestyle will be scored as 10&U, 11-12, 13-14, and Senior

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WAIVER

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with all heirs, representatives and assigns, waive all claims against USA Swimming, Wisconsin Swimming, Inc., Verona Aquatic Club, and the Verona Area School District, and any other agent of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Signature of Team Official _____

Team Name _____

Team Abbreviation _____

Coach(es) _____

Address for Final Results

Contact Name & Phone _____

Contact Email _____

SUMMARY OF ENTRY FEES

Number of Individual Swims _____ x \$3.00 = \$ _____

Number of Swims Reserved _____ Reservation \$ _____

Balance Due for additional Swims (enter zero if less) _____ \$ _____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers _____ x \$3.00 = \$ _____

Number of Relay Swims _____ x \$12.00 = \$ _____

Total Entry Fee due \$ _____

Make Checks Payable to Verona Aquatic Club

Mail Entries to:

Brad Jebbia
P.O. Box930273
Verona, WI 53593
(608) 341-7104

email: vaccoach@charter.net

Entries Must be received by Sunday April 26, 2009