



## **VERONA AQUATIC CLUB**

### **2010 SPRING TUNEUP**

*WI Sanction WI2010-203S*

- DATE:** May 1 – 2, 2010.
- CLASSIFICATION:** A-B-BB-C
- LOCATION:** Middleton-Cross Plains High School Pool, 2230 Bristol Avenue Middleton, WI 53562  
Map and directions available on the **VAC** website – [www.swimvac.com](http://www.swimvac.com).
- FACILITY:** 8-lane, 25-yard pool with a starting depth of 4.5 – 5 feet and a turn depth of 4 feet. (Please be advised that due to the depth of the non-starting end of the pool, the 2<sup>nd</sup> and 4<sup>th</sup> leg of all 100 Yard relays will start in the water.) The pool has regulation-height starting blocks (30"), non-turbulent lane markers and backstroke flags. Seating is available for athletes and spectators.
- TIMING:** All events (with the exception of 25 yard races) will be timed using a Daktronics Timing System with horn start, touch pads, one button and two watches as backup. All 25-yard races will be timed with two watches.
- RULES:** Official 2010 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered USA swimmers. Age is as of May 1, 2010. Coaches must display their Coaches Cards while on deck.
- SCHEDULE:**
- |                           |   |                  |
|---------------------------|---|------------------|
| Saturday &<br>Sunday A.M. | warm-ups<br>meet start  | 7:30am<br>8:35am |
| Saturday &<br>Sunday P.M. | warm-ups at the conclusion of the A.M. session and<br>lasting one hour. |                  |
- This meet will be run using FLY-OVER starts. The meet director will notify each club as to the approximate time of all sessions once all meet entries have been received. Approximate timeline and general information will be posted at [www.swimvac.com](http://www.swimvac.com).
- OFFICIALS:** Head Official: Don Heinz
- SEEDING:** This is a pre-seeded event. 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& under swimmers. The 400 IM and 500 Free will be swum slowest to fastest, girls then boys, as printed in the heat sheet.

# **VERONA AQUATIC CLUB**

## **2010 SPRING TUNEUP**

### **WI Sanction WI2010-203S**

- WARM-UPS:** General warm-ups/circle swimming for the first 30 minutes. One-way sprint and/or pace lanes will be designated as needed by the meet director for the remainder of the warm-up session. The diving well will be available for warm-up/warm-down during all sessions. Sit and slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- ENTRIES:** Swimmers may compete in four (4) individual events per day and two (2) relays. Entries will be accepted up to a maximum of 1600 swims. Preferred method of entry is by e-mail in HYTECH COMMLINK format. If sending a disk, it must be accompanied by a hard-copy listing of entries. Current USA-S ID number must be included on the entry form.
- ENTRY DEADLINE:** **Monday, April 19<sup>th</sup>**. Confirmation of your entry will be sent within 24 hours. Please confirm that it matches your entry. If you have not received confirmation of your entry, please contact Brad Jebbia at 608-341-7104. If e-mailing entries, the hard copy, waiver and fees must be received by **Friday April 23, 2010**.
- SEND ENTRY MATERIALS TO:**
- Brad Jebbia  
P.O Box 930273  
Verona, WI 53593  
e-mail: [vaccoach@charter.net](mailto:vaccoach@charter.net)
- ENTRY FEES:** \$3.00 Wisconsin Swimming LSC surcharge per swimmer, \$4.00 per individual event and \$12.00 per relay. Entry fees that accompany the official entry forms are not refundable.
- DECK SEEDING:** Deck seeding will be allowed only to the limit of filling partially filled heats. An additional \$5.00 charge per event (\$15.00 for relays) in addition to the \$3.00 entry fee (\$12.00 for relays) will be assessed for deck seeding. Deck seeding will close 30 minutes prior to the start of each session. All swimmers must currently be registered with USA Swimming. Deck USA Swimming registrations will be accepted with a \$15.00 handling fee added to the USA Swimming registration fee.
- CHECK-IN:** **The 500 Free is a check-in event. Check in for the 500 Free must be done by event 24.** Events 39 through 42 may be combined.
- DISABILITY:** 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.

|                |  |  |
|----------------|--|--|
| AWARDS:        | <u>Awards for individual events</u><br>8 and Under 1 <sup>st</sup> -3 <sup>rd</sup> place: Medals<br>8 and Under 4 <sup>th</sup> -8 <sup>th</sup> place: Ribbons<br>All other age groups 1 <sup>st</sup> -8 <sup>th</sup> place: Ribbons<br>Heat winner awards will be given to all 10 and under events.   | <u>Awards for relay events</u><br>All ages: 1 <sup>st</sup> - 8 <sup>th</sup> place: Ribbons |
| 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.<br><br>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. |  |
| ADMISSION:     | \$2.00 per session admission for spectators 13 years of age and older. Heat sheets are available for \$4.00 per session.   |  |
| FINAL RESULTS: | Results will be posted on the Wisconsin Swimming Inc. website. Commlinked meet results will be sent via e-mail upon request.   |  |
| CONCESSIONS:   | A selection of delicious hot and cold food and drinks will be available for purchase during the meet.  |  |
| MEET DIRECTOR: | Brad Jebbia<br>P.O. Box 53593<br>Verona, WI 53593<br>(608) 341-7104<br>Personal e-mail: <a href="mailto:bjebbia@dishmail.net">bjebbia@dishmail.net</a><br>Entry Materials: <a href="mailto:vaccoach@charter.net">vaccoach@charter.net</a>  |  |

**VERONA AQUATIC CLUB**

2010 SPRING TUNEUP

WI Sanction WI2010-203S

Schedule of events

TIMED FINALS

| <b>Saturday May 1, 2010---AM Session</b>  |                                       |             |
|---|---------------------------------------|-------------|
| <b>GIRLS</b>                              | <b>7:30 warm-ups, 8:35 meet start</b> | <b>BOYS</b> |
| 1   | 11-12 200 FREESTYLE RELAY             | 2           |
| 3   | 13-14 200 FREESTYLE RELAY             | 4           |
| 5   | SENIOR 200 FREESTYLE RELAY            | 6           |
| 7   | 11-12 50 BACKSTROKE                   | 8           |
| 9   | 13-14 100 BACKSTROKE                  | 10          |
| 11  | SENIOR 100 BACKSTROKE                 | 12          |
| 13  | 11-12 100 BREASTSTROKE                | 14          |
| 15  | 13-14 200 BREASTSTROKE                | 16          |
| 17  | SENIOR 200 BREASTSTROKE               | 18          |
| 19  | 11-12 50 BUTTERFLY                    | 20          |
| 21  | 13-14 100 BUTTERFLY                   | 22          |
| 23  | SENIOR 100 BUTTERFLY                  | 24          |
| <b>DEADLINE FOR CHECK-IN FOR 500 FREE</b> |                                       |             |
| 25  | 11-12 50 FREESTYLE                    | 26          |
| 27  | 13-14 50 FREESTYLE                    | 28          |
| 29  | SENIOR 50 FREESTYLE                   | 30          |
| 31  | 11-12 100 IM                          | 32          |
| 33  | 13-14 200 IM                          | 34          |
| 35  | SENIOR 200 IM                         | 36          |
| 37  | 11-12 200 FREESTYLE                   | 38          |
| 39  | 13-14 500 FREESTYLE                   | 40          |
| 41  | SENIOR 500 FREESTYLE                  | 42          |

| <b>Saturday May 1, 2010---PM Session</b> |   |             |
|--|---|-------------|
| <b>GIRLS</b>                             | <b>Warm-ups at completion of AM session, lasting one hour</b> | <b>BOYS</b> |
| 43                                       | 10 & UNDER 200 FREESTYLE RELAY                                | 44          |
| 45                                       | 8 & UNDER 100 FREESTYLE RELAY                                 | 46          |
| 47                                       | 10 & UNDER 100 FREESTYLE                                      | 48          |
| 49                                       | 8 & UNDER 25 FREESTYLE  | 50          |
| 51                                       | 6 & UNDER 25 FREESTYLE  | 52          |
| 53                                       | 10 & UNDER 100 BREASTSTROKE                                   | 54          |
| 55                                       | 8 & UNDER 25 BREASTSTROKE                                     | 56          |
| 57                                       | 6 & UNDER 25 BREASTSTROKE                                     | 58          |
| 59                                       | 10 & UNDER 50 BACKSTROKE                                      | 60          |
| 61                                       | 8 & UNDER 50 BACKSTROKE                                       | 62          |
| 63                                       | 10 & UNDER 100 IM   | 64          |
| 65                                       | 8 & UNDER 100 IM  | 66          |
| 67                                       | 10 & UNDER 50 BUTTERFLY                                       | 68          |
| 69                                       | 8 & UNDER 50 BUTTERFLY  | 70          |

**VERONA AQUATIC CLUB**

2010 SPRING TUNEUP

WI Sanction WI2010-203S

Schedule of events

TIMED FINALS

| <b>Sunday May 2, 2010---AM Session</b> |   |             |
|--|---|-------------|
| <b>GIRLS</b>                           | <b>7:30 warm-ups, 8:35 meet start</b>                         | <b>BOYS</b> |
| 71                                     | 11-12 200 MEDLEY RELAY  | 72          |
| 73                                     | 13-14 200 MEDLEY RELAY  | 74          |
| 75                                     | SENIOR 200 MEDLEY RELAY                                       | 76          |
| 77                                     | 11-12 200 IM  | 78          |
| 79                                     | 13-14 400 IM  | 80          |
| 81                                     | SENIOR 400 IM   | 82          |
| 83                                     | 13-14 100 FREESTYLE   | 84          |
| 85                                     | SENIOR 100 FREESTYLE  | 86          |
| 87                                     | 11-12 100 BACKSTROKE  | 88          |
| 89                                     | 13-14 200 BACKSTROKE  | 90          |
| 91                                     | SENIOR 200 BACKSTROKE   | 92          |
| 93                                     | 11-12 50 BREASTROKE   | 94          |
| 95                                     | 13-14 100 BREASTROKE  | 96          |
| 97                                     | SENIOR 100 BREASTSTROKE                                       | 98          |
| 99                                     | 11-12 100 BUTTERFLY   | 100         |
| 101                                    | 13-14 200 BUTTERFLY   | 102         |
| 103                                    | SENIOR 200 BUTTERFLY  | 104         |
| 105                                    | 11-12 100 FREESTYLE   | 106         |
| 107                                    | 13-14 200 FREESTYLE   | 108         |
| 109                                    | SENIOR 200 FREESTYLE  | 110         |
| <b>Sunday May 2, 2010---PM Session</b> |   |             |
| <b>GIRLS</b>                           | <b>Warm-ups at completion of AM session, lasting one hour</b> | <b>BOYS</b> |
| 111                                    | 10 & UNDER 200 MEDLEY RELAY                                   | 112         |
| 113                                    | 8 & UNDER 100 MEDLEY RELAY                                    | 114         |
| 115                                    | 10 & UNDER 50 FREESTYLE                                       | 116         |
| 117                                    | 8 & UNDER 50 FREESTYLE  | 118         |
| 119                                    | 10 & UNDER 100 BACKSTROKE                                     | 120         |
| 121                                    | 8 & UNDER 25 BACKSTROKE                                       | 122         |
| 123                                    | 6 & UNDER 25 BACKSTROKE                                       | 124         |
| 125                                    | 10 & UNDER 50 BREASTSTROKE                                    | 126         |
| 127                                    | 8 & UNDER 50 BREASTSTROKE                                     | 128         |
| 129                                    | 10 & UNDER 100 BUTTERFLY                                      | 130         |
| 131                                    | 8 & UNDER 25 BUTTERFLY  | 132         |
| 133                                    | 6 & UNDER 25 BUTTERFLY  | 134         |
| 135                                    | 10 & UNDER 200 IM   | 136         |

# **VERONA AQUATIC CLUB**

## **2010 SPRING TUNEUP**

**WI Sanction WI2010-203S**

### **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 Middleton-Cross Plains Area Schools, 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 \$4.00 = \$ \_\_\_\_\_

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. Box 930273

Verona, WI 53593

(608) 341-7104

**Entries Must be received by Monday April 19, 2010**