



VERONA AQUATIC CLUB

2010 FALL TUNEUP

WI Sanction WI2010-343S

DATE: **October 2-3, 2010. Saturday AM and Sunday AM sessions only.** Each AM session includes all age events, age 6 & under to Senior. (AM and PM sessions were combined from previous meet information.)

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.

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 2nd and 4th 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. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2C(4).

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 October 2, 2010. Coaches must display their Coaches Cards while on deck.

SCHEDULE:

Saturday &	warm-ups	7:30am
Sunday A.M.	meet start	8:35am

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.

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.

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- 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. 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.
- ENTRIES:** Swimmers may compete in four (4) individual events per day and two (2) relays. Individual entries will be accepted up to a maximum of 1600 entries for the meet. 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:** **Thursday Sept 30.** 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 October 1, 2010.**
- SEND ENTRY MATERIALS TO:**
- Brad Jebbia
P.O Box 930273
Verona, WI 53593
e-mail: 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 40.** Events 65 through 70 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: Awards for individual events Awards for relay events
8 and Under 1st -3rd place: Medals All ages: 1st - 8th place: Ribbons
8 and Under 4th -8th place: Ribbons
All other age groups 1st-8th place: Ribbons
Heat winner awards will be given to all 10 and under events.

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.

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
P.O. Box 930273
Verona, WI 53593
(608) 341-7104
Personal e-mail: bjebbia@dishmail.net
Entry Materials: vaccoach@charter.net

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Schedule of events

TIMED FINALS

Saturday October 2, 2010---AM Session		
GIRLS	7:30 warm-ups, 8:35 meet start	BOYS
1	11-12 200 FREESTYLE RELAY	2
3	13-14 200 FREESTYLE RELAY	4
5	SENIOR 200 FREESTYLE RELAY	6
7	10 & UNDER 200 FREESTYLE RELAY	8
9	8 & UNDER 100 FREESTYLE RELAY	10
11	11-12 50 BACKSTROKE	12
13	13-14 100 BACKSTROKE	14
15	SENIOR 100 BACKSTROKE	16
17	10 & UNDER 100 FREESTYLE	18
19	8 & UNDER 25 FREESTYLE	20
21	6 & UNDER 25 FREESTYLE	22
23	11-12 100 BREASTSTROKE	24
25	13-14 200 BREASTSTROKE	26
27	SENIOR 200 BREASTSTROKE	28
29	10 & UNDER 100 BREASTSTROKE	30
31	8 & UNDER 25 BREASTSTROKE	32
33	6 & UNDER 25 BREASTSTROKE	34
35	11-12 50 BUTTERFLY	36
37	13-14 100 BUTTERFLY	38
39	SENIOR 100 BUTTERFLY	40
DEADLINE FOR CHECK-IN FOR 500 FREE		
41	10 & UNDER 50 BACKSTROKE	42
43	8 & UNDER 50 BACKSTROKE	44
45	11-12 50 FREESTYLE	46
47	13-14 50 FREESTYLE	48
49	SENIOR 50 FREESTYLE	50
51	10 & UNDER 100 IM	52
53	8 & UNDER 100 IM	54
55	11-12 100 IM	56
57	13-14 200 IM	58
59	SENIOR 200 IM	60
61	10 & UNDER 50 BUTTERFLY	62
63	8 & UNDER 50 BUTTERFLY	64
10 MINUTE BREAK		
65	11-12 200 FREESTYLE	66
67	13-14 500 FREESTYLE	68
69	SENIOR 500 FREESTYLE	70

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Schedule of events

TIMED FINALS

Sunday October 3, 2010---AM Session		
GIRLS	7:30 warm-ups, 8:35 meet start	BOYS
71	11-12 200 MEDLEY RELAY	72
73	13-14 200 MEDLEY RELAY	74
75	SENIOR 200 MEDLEY RELAY	76
77	10 & UNDER 200 MEDLEY RELAY	78
79	8 & UNDER 100 MEDLEY RELAY	80
81	11-12 200 IM	82
83	13-14 400 IM	84
85	SENIOR 400 IM	86
87	10 & UNDER 50 FREESTYLE	88
89	8 & UNDER 50 FREESTYLE	90
91	13-14 100 FREESTYLE	92
93	SENIOR 100 FREESTYLE	94
95	10 & UNDER 100 BACKSTROKE	96
97	8 & UNDER 25 BACKSTROKE	98
99	6 & UNDER 25 BACKSTROKE	100
101	11-12 100 BACKSTROKE	102
103	13-14 200 BACKSTROKE	104
105	SENIOR 200 BACKSTROKE	106
107	10 & UNDER 50 BREASTSTROKE	108
109	8 & UNDER 50 BREASTSTROKE	110
111	11-12 50 BREASTSTROKE	112
113	13-14 100 BREASTSTROKE	114
115	SENIOR 100 BREASTSTROKE	116
117	10 & UNDER 100 BUTTERFLY	118
119	8 & UNDER 25 BUTTERFLY	120
121	6 & UNDER 25 BUTTERFLY	122
123	11-12 100 BUTTERFLY	124
125	13-14 200 BUTTERFLY	126
127	SENIOR 200 BUTTERFLY	128
129	10 & UNDER 200 IM	130
131	11-12 100 FREESTYLE	132
133	13-14 200 FREESTYLE	134
135	SENIOR 200 FREESTYLE	136

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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 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 Thursday September 30, 2010