



## **2012 SPRING TUNEUP**

WI Sanction WI2012-200S

- DATE:** **April 28-29, 2012. Saturday AM and Sunday AM sessions only.** Each AM session includes all age events, 8 and under, 9/10, 11/12 and Senior.
- CLASSIFICATION:** A-B-BB-C
- LOCATION:** Middleton-Cross Plains High School Pool, 2230 Bristol Avenue Middleton, WI 53562. Map and directions will be 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. The Competition Course has not been certified in accordance with USA Swimming 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 2012 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 April 28, 2012. Coaches must display their Coaches Cards while on deck.
- SCHEDULE:**
- |            |            |         |
|------------|------------|---------|
| Saturday & | Warm-ups   | 7:30 AM |
| Sunday AM  | Meet Start | 8:35 AM |
- 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).
- EVENTS:** All events will be timed final events. Heats will be swum slowest to fastest seeded heats. An event schedule is included in this meet announcement. Events 44, 45/46, 47, 50, 95, 96/97, 98, and 101 may be limited to three heats based on submitted entry times. Please review the event list to verify heat limitation. Coaches will be notified of heat-limited events by Monday April 23, 2012.
- OFFICIALS:** Head Official: Don Heinz



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- 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.
- 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. Current USA-S ID number must be included on the entry form.
- ENTRY DEADLINE:** **Friday April 20, 2012.** Confirmation of your entry will be sent within 24 hours. Please confirm that it matches your entry. If you have not received confirmation of our entry, please contact Galen Craig at 608-437-5890. If e-mailing entries, the hard copy, waiver and fees must be received by Friday April 20, 2012.
- SEND ENTRY MATERIALS TO:**  
Galen Craig  
624 S. Second Street  
Mt. Horeb, WI 53572  
e-mail: [vaccoach@charter.net](mailto:vaccoach@charter.net)
- ENTRY FEES:** \$2.00 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 \$4.00 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.
- CHECK IN:** The 500 Free is a check-in event. Check in for the 500 Free must be done the start of each session. Events 50/51 and 101/102 may be combined.



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**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>	<u>Awards for relay events</u>
8 and Under 1 <sup>st</sup> – 3 <sup>rd</sup> place Medals	All ages: 1 <sup>st</sup> – 8 <sup>th</sup> place: Ribbons
8 and Under 4 <sup>th</sup> – 8 <sup>th</sup> place: Ribbons	
All other age groups 1 <sup>st</sup> – 8 <sup>th</sup> 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. 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:** Galen Craig  
P.O Box 930273  
Verona, WI 53593  
608-437-5890  
Personal e-mail: [3craigspug@charter.net](mailto:3craigspug@charter.net)  
Entry Materials: [vaccoach@charter.net](mailto:vaccoach@charter.net)



VERONA AQUATIC CLUB  
 2012 SPRING TUNEUP  
 WI Sanction WI2012-2005  
 Schedule of Events  
 Timed Finals

<b>Saturday April 28, 2012 --- AM Session</b>		
<b>GIRLS</b>	<b>7:30 Warm-ups, 8:35 Meet Start</b>	<b>BOYS</b>
1	8 & UNDER 100 MEDLEY RELAY	2
3	9/10 200 MEDLEY RELAY	4
5	11/12 200 MEDLEY RELAY	6
7	SENIOR 200 MEDLEY RELAY	8
9	8 & UNDER 50 FREE	10
11	9/10 50 FREE	12
13	11/12 50 FREE	14
15	SENIOR WOMEN 50 FREE	NO EVENT
NO EVENT	SENIOR MEN 100 FREE	16
17	8 & UNDER 25 BREAST	18
19	9/10 50 BREAST	20
21	11/12 100 BREAST	22
23	SENIOR WOMEN 100 BREAST	NO EVENT
NO EVENT	SENIOR MEN 200 BREAST	24
NO EVENT	SENIOR MEN 50 BREAST	25
26	8 & UNDER 25 FLY	27
28	9/10 100 FLY	29
30	11/12 50 FLY	31
32	SENIOR WOMEN 50 BACK	NO EVENT
NO EVENT	SENIOR MEN 200 FLY	33
34	SENIOR WOMEN 50 BACK	NO EVENT
NO EVENT	SENIOR MEN 50 FLY	35
36	8 & UNDER 50 BACK	37
38	9/10 100 BACK	39
40	11/12 50 BACK	41
42	SENIOR WOMEN 100 FLY	NO EVENT
NO EVENT	SENIOR MEN 100 BACK	43
44	8 & UNDER 100 IM*	NO EVENT
45	9/10 100 IM*	46
NO EVENT	11/12 200 IM*	47
48	SENIOR WOMEN 100 IM	NO EVENT
NO EVENT	SENIOR MEN 200 IM	49
	10 MINUTE BREAK	
50	11/12 500 FREE*	NO EVENT
51	SENIOR WOMEN 500 FREE	NO EVENT
	<b>END SATURDAY AM SESSION</b>	

\* This event may be limited to 3 heats



2012 SPRING TUNEUP

WI Sanction WI2011-2005

Schedule of Events

Timed Finals

<b>Sunday April 29, 2012 --- AM Session</b>		
<b>GIRLS</b>	<b>7:30 Warm-ups, 8:35 Meet Start</b>	<b>BOYS</b>
52	8 & UNDER 100 FREESTYLE RELAY	53
54	9/10 200 FREESTYLE RELAY	55
56	11/12 200 FREESTYLE RELAY	57
58	SENIOR 200 FREESTYLE RELAY	59
60	8 & UNDER 25 FREE	61
62	9/10 100 FREE	63
64	11/12 100 FREE	65
66	SENIOR WOMEN 100 FREE	NO EVENT
NO EVENT	SENIOR MEN 50 FREE	67
68	8 & UNDER 50 BREAST	69
70	9/10 100 BREAST	71
72	11/12 50 BREAST	73
74	SENIOR WOMEN 200 BREAST	NO EVENT
NO EVENT	SENIOR MEN 100 BREAST	75
76	SENIOR WOMEN 50 BREAST	NO EVENT
77	8 & UNDER 50 FLY	78
79	9/10 50 FLY	80
81	11/12 100 FLY	82
83	SENIOR WOMEN 200 FLY	NO EVENT
NO EVENT	SENIOR MEN 100 FLY	84
85	SENIOR WOMEN 50 FLY	NO EVENT
NO EVENT	SENIOR MEN 50 BACK	86
87	8 & UNDER 25 BACK	88
89	9/10 50 BACK	90
91	11/12 100 BACK	92
93	SENIOR WOMEN 100 BACK	NO EVENT
NO EVENT	SENIOR MEN 200 BACK	94
NO EVENT	8 & UNDER 100 IM*	95
96	9/10 200 IM*	97
98	11/12 200 IM*	NO EVENT
99	SENIOR WOMEN 200 IM	NO EVENT
NO EVENT	SENIOR MEN 100 IM	100
<b>10 MINUTE BREAK</b>		
NO EVENT	11/12 500 FREE*	101
NO EVENT	SENIOR MEN 500 FREESTYLE	102

\*This event may be limited to 3 heats



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WI Sanction WI2012-2005

**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 \$2.00 = \$ \_\_\_\_\_

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

Total Entry Fee due: \$ \_\_\_\_\_

**Make Checks Payable to Verona Aquatic Club**

Mail Entries to:

Galen Craig

624 S. Second Street

Mt. Horeb, WI 53572

(608) 437-5890

**Entries Must be received by Friday April 20, 2012**