

# **WAM JANUARY SENIOR MEET**

**HOSTED BY : WAM SWIM TEAM**

**SANCTION # 2010-123WI**

**DATE:** SATURDAY JANUARY 2 ,2010

**PLACE:** WAUKESHA SOUTH HIGH SCHOOL  
401 E. Roberta Drive  
Waukesha, WI 53186

**ENTRY CHAIR:** Doug Conradt Email: [dconradt@wi.rr.com](mailto:dconradt@wi.rr.com)  
1514 Frances St.  
Port Washington, WI 53074  
262-284-2028

**MEET DIRECTOR:** Steve Schiessl Email: [wamcoach@charter.net](mailto:wamcoach@charter.net)  
320 Hillcrest Dr.  
Kiel WI 53042  
920-286-2306

**WARM UP:** Warm up: 9:00-10:00 AM as follows: 9:00-9:30 circle  
Swim all lanes NO DIVING. 9:30-10 AM one way sprints  
With dive lanes 3&4, push 50's 1&6, circle lanes 2&5  
Failure to follow warm-up guidelines may result in  
disqualification from the next individual event. Meet  
starts at 10:10. Sit and slide entries during general  
warm up will be enforced.

**FACILITY:** Eight or Ten lane 25 yard pool as needed,13 foot at start  
end 5'10" at turn end.  
30" blocks with non-turbulent lane markers and  
backstroke flags. The pool features a 12 and one half  
by 14 and a half foot full color ,digital display  
scoreboard.  
Concessions will be available, No food or beverage is  
allowed in the pool area.  
This Course has not been certified in accordance with  
USA Swimming's Rule 104.2.2(c).

**TIMING:** Colorado System 6 timing system with aqua grip touch  
pads

**OFFICIAL RULES:** Current official 2010 Short Course USA and Wisconsin  
Rules shall prevail.  
Swimmers must be registered USA swimming members.  
Age as of  
January 2,2010 Out of state entrants must bring current  
USA Swimming cards  
Coaches must display their current Coaches Card while on  
deck. Coaches should notify meet officials of any disabled  
swimmers upon arrival at the meet

**OFFICIALS:** TBA, Head official Don Steinberg

**ENTRY LIMIT:** Swimmers may compete in Four[4] individual events

**LIMITED EVENTS:** The 400 IM and 500 free will be positive check in and may be limited to the top 30 entered times. The 1650 will be a positive check in event and may be limited to the top 20 entered times. Swimmers must provide their own counters for the 500FREE and counters/timers for the 1650. The 1650 will be swum fastest to slowest alternating women and men.

**FEES:** Individual events \$4.00 per event. \$3.00 LSC surcharge per swimmer swimming in at least one individual event. Deck entries will be \$6.00 and will be at the discretion of the meet director. No new heats will be created . Entry fees must accompany the official entry forms and are not refundable.

**Entry DEADLINE :** Completed entry form ,waiver and fees must be received no later than Tuesday December22,2009.No phone entries will be taken. This meet is being run with Hy-Tek swim software. Please submit entries via disk or e-mail. No seed times will be changed once the meet is seeded

**ADMISSIONS:** Admission for spectators over 13 years old is \$3.00. Heat sheets are \$3.00.

**CONDUCT:** Each team is responsible for the conduct of it's swimmers In compliance with the VIDEO PREVENTION ACT the use of Any recording device is prohibited in the locker rooms.

**AWARDS:** None

**FOOD:** A selection of hot and cold food and beverage will be available in the cafeteria.

# WAM JANUARY SENIOR MEET

January 2, 2010

Saturday AM Session

Warm-up 9:00-10:00 AM, Meet 10:10

Girls Event #	Event Description	Boys Event #
1	100 Butterfly	2
3	500 Free	4
5	100 Breast	6
7	200 Back	8
9	50 Free	10
11	400 IM	12
	10 minute Warm up break	
13	200 Free	14
15	200 Butterfly	16
17	200 Breast	18
19	100 Back	20
	10 minute Warm up break	
21	100 Free	22
23	200 IM	24
25	1650 Free	26

The 400 IM ,500 Free, and 1650 Free are positive check in. Swimmers need to provide their own counters for the 500 free and counters and timers for the 1650

**Waiver**

In consideration of the acceptance of this entry, I/We hereby for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against United States Swimming [USS], Wisconsin Swimming Inc., Waukesha South HS, the WAM Swim Team Inc. and their staffs for injuries and/or expenses occurred by me/us at the meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and are eligible to compete in all the events I/ we have entered

Signature of club Official, Parent or Guardian \_\_\_\_\_

Address, City , State , Zip \_\_\_\_\_

Coaches Names \_\_\_\_\_

Club Name \_\_\_\_\_ Initials \_\_\_\_\_

Name and Telephone Number of Entry Person

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Results Mailed To: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Entry Fee Recap  
Individual events \_\_\_\_\_ x \$4.00 \_\_\_\_\_

Less reservation Money \_\_\_\_\_

Subtotal \_\_\_\_\_ A

Number of swimmers \_\_\_\_\_ x \$3.00 LSC surcharge \_\_\_\_\_ B

TOTAL add lines A & B Balance Due \_\_\_\_\_

Make checks payable to WAM SWIM TEAM  
Mail entries, disk, recap, and check to

Steve Schiessl  
320 Hillcrest Dr.  
Kiel, WI 53042