

**Polar Plunge**  
**Hosted by: Watertown Aquatic Team**  
**Saturday February 5th 2011**  
**Sanction #WI2011-140S**

**Location:** Riverside Middle School Indoor Pool  
131 Hall St.  
Watertown, WI 53094

**Meet Director:** Paul Else  
PO Box 23  
Watertown, WI 53094  
920-988-6599  
paulelse.wat@gmail.com

**Meet Entry Chair:** Jon Moldenhauer  
528 Carriage Hill Dr  
Watertown, WI 53098  
(920)261-1696  
jsmold@charter.net

**Facility:** Riverside Middle School Pool  
Six (6) lanes, 25-yard pool with non-turbulent lane markers, backstroke flags, and 30" blocks. Pool depth is 5.0 ft - 3.5 ft. at its shallow end and 5 ft. at its deepest end. The starting block pool depth is 5 ft.

All 100 Yd. Relay starts conducted at shallow end of pool must be in water starts

Currently the Competition Course has not been certified in accordance with USA Swimming Rule 104.2.2C(4), it is expected that the course will be certified by conduct of the meet.

**Timing:** Colorado System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons, and Dolphin Wireless stopwatches as backup. 2 yard events will be hand timed with Dolphin stopwatches; each lane will have 2 timers with Dolphin wireless stopwatches. All events will be timed finals.

**Rules:** Official 2011 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Age is as of February 5th, 2011. Coaches must display their Coaches Card while on deck.

**Meet Format:** Clerk of Course will be staging 8&U swimmers near the starting blocks. All other swimmers must be at the starting blocks at the start of their events.

**Schedule:**

AM Session Warm-ups: 8:00 AM  
AM Session Start: 9:05 AM

PM Session Warm-ups: immediately following the conclusion of the AM Session but not before 11:00AM  
PM Session Start: after one hour of warm-ups

## WARM UP GUIDELINES

First 30 minutes: All lanes circle swim

Last 30 minutes: Sprint lanes in 1- 4

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

**Officials:** Head Official/Officials Coordinator: Jim Merrill

**Entries & Eligibility:** **Completed entry form, signed waiver, and fees must be received no later than Monday, January 31st. Any questions concerning entries should be directed to Paul Else, Meet Manager at 920-988-6599.** Preferred method of entry is by diskette/email in HY-TEK COMMLINK format. Diskettes **MUST** be accompanied by a hard-copy listing. Current USA-S ID number **MUST** be included on the entry form. 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. All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events, plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event.

All swimmers must be registered with USA Swimming and their USA number **MUST** be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

**(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK/EMAIL AND INCLUDE A PRINTED COPY OF THE ENTRIES.)**

**Entries:** Mail forms, signed waiver and fees (payable to WAT) to:

**Watertown Aquatic Team**

**P.O. Box 23**

**Watertown WI, 53094**

If able, also email a copy of the waiver form with the HYTEK entries to the entry chair

**Entry Fees:** \$4.00 per individual event  
\$2.00 per swimmer in an individual event for LSC tax (splash fee)  
\$12.00 per relay

*Entry fees must accompany the official entry forms and are not refundable unless the meet is full.*

**Admissions:** Admission: \$3.00  
Heat sheets: \$3.00

**Awards:** Individual Events:  
Heat Winner ribbons for both 8 & Under and 10 & Under Events  
1st – 12th place: Ribbons  
Relays 1-3 place: Ribbons

Awards will be mailed the first Monday following the meet.

**Final**

**Results:** Final results will be emailed to all competing teams. Extra copies may be ordered for \$8.00 each.

**Seeding:** All events will be pre-seeded. 8 & under events will be staged.

**Conduct:** Each team is responsible for the behavior of their swimmers. *The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.*

In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phone or video cording devices in the locker rooms is prohibited.

**Coaches:** All coaches must pick up their coach's packets in person and must show their coach's card. If a coach does not present an USA Swimming Coach's card, they will not be allowed on deck and the swimmers for the team will be assigned to an USA Swimming certified coach for warm-ups and competition.

**Medical:** Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean up required.

**General:** Radios are permitted only with the use of headphones. TV's are not permitted in the pool area.

**SMOKING IS NOT PERMITTED ON THE PROPERTY OF THE WATERTOWN SCHOOL DISTRICT.**

A variety of hot and cold food and beverages will be available for purchase and must be consumed in the cafeteria. Please no carry-ins.

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.

## Polar Plunge 2011

<b>GIRLS</b>	<b>Saturday, February 5TH, 2011</b>	<b>BOYS</b>
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### AM EVENTS

1	11 & 12 200 Medley Relay	2
3	13 & 14 200 Medley Relay	4
5	Senior/Open 200 Medley Relay	6
7	11 & 12 50 Free	8
9	13 & 14 50 Free	10
11	Senior/Open 50 Free	12
13	11 & 12 50 Fly	14
15	13 & 14 100 Fly	16
17	Senior/Open 100 Fly	18
19	11 & 12 100 IM	20
21	13 & 14 200 IM	22
23	Senior/Open 200 IM	24
25	11 & 12 50 Breast	26
27	13 & 14 100 Breast	28
29	Senior/Open 100 Breast	30
31	11 & 12 50 Back	32
33	13 & 14 100 Back	34
35	Senior/Open 100 Back	36
37	11 & 12 200 Free Relay	38
39	13 & 14 200 Free Relay	40
41	Senior/Open 200 Free Relay	42

### PM EVENTS

43	8 & U 100 Medley Relay	44
45	10 & U 200 Medley Relay	46
47	8 & U 25 Free	48
49	10 & U 50 Free	50
51	8 & U 25 Fly	52
53	10 & U 50 Fly	54
55	8 & U 100 IM	56
57	10 & U 100 IM	58
59	8 & U 25 Breast	60
61	10 & U 50 Breast	62
63	8 & U 25 Back	64
65	10 & U 50 Back	66
67	8 & U 100 Free Relay	68
69	10 & U 200 Free Relay	70

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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 United States Swimming and the Wisconsin Swimming Committee, Watertown Aquatic Club, and the Watertown 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 also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. All swimmers entered are current members of WI/USA Swimming Inc.

**Completed entry form, signed waiver, and fees must be received no later than Tuesday, October 19th, 2010**

Team Name: \_\_\_\_\_

Team Abbreviation: \_\_\_\_\_

Signature of Club Official, Parent or Guardian: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Title: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Entry Fee Recap:**

Individual Events _____ x \$4.00=	\$ _____
Relay Events _____ x \$12.00=	\$ _____
Minus Reservation Paid =	\$ _____
Bal. Due for Ind. Swims =	\$ _____
Splash Fee x (# of swimmers in IEs) _____ X2.00 =	\$ _____
Total Entry Fee Due =	\$ _____

Name of coach or team representative at meet:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name and address for mailing of final results:

Name:

Address:

City, State, Zip:

**Make checks payable to: WAT**

**Mail Entries to:**

**WAT**  
**P.O. Box 23**  
**Watertown, WI 53094**