

**Waunakee Orcas of Wisconsin
WOW Splash and Dash Open
October 16-17, 2010**

Sanction #: WI2010-313S

Location: Waunakee HS Pool, 100 School Dr., Waunakee, WI 53597

Facility: Eight lanes, 25 yards flush deck, non-turbulence lane dividers and backstroke flags, with 18" height starting blocks. Pool is 7.5 feet deep at the starting blocks and 3.5 feet deep at the non starting end of the pool.
The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2C(4).
100 yard relays will have the 2nd and 4th leg of the relay start in the water.

Timing: Colorado System 5 with backup watches. All events are timed finals.
Computerized score board for all lanes.

Officials: Meet Referee: **Cathie Marty**
There will be at least three certified USA Swimming Officials on deck at all times.

Rules: Current USA Swimming and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered with USA Swimming. Events/heats may be combined as directed by the Meet Referee during the meet and by Meet Director for pre-meet seeding. Breaks may be added if need is determined by Meet Referee.

Check-ins: Open 400 IM, Open 1000 Freestyle, and Open 500 Freestyle will be positive check-in events. Check-in with clerk of course in the pool office. Check-in will close 30 minutes prior to the start of the session in which the event is contested. Heats may be limited for these events. A swimmer who checks-in and fails to swim in his/her individual checked-in event is barred from his/her next individual event.

Warm-ups: Saturday am warm-ups are 7:00-8:00 am with competition starting at 8:10 am. Saturday pm warm-up session will begin not sooner than 11:30 AM or 10 minutes after the completion of the am session and will last 60 minutes with competition starting 10 minutes after the end of warm-ups. Sunday pm warm-ups are 11:00 am-12:00 pm with competition starting at 12:10 pm.

All lanes open for circle swim for the first 30 minutes; sprint lanes open for second 30 minutes in lanes one and eight with the other lanes remaining open for circle swim. Team lane assignments will be available in the coaches' packets. "THREE POINT ENTRY" ONLY. Meet Marshals will be on deck during the entire warm-up, with the authority to recommend disqualification. Session time line and psych sheet will be posted on the WOW website, www.waunakeeorcas.org as soon as they are available.

Meet Director: Tim Amundsen, 911 Turnberry Dr., Waunakee, WI 53597
tim.amundsen@waunakeeorcas.org 608-218-4652

Entries/Deadline: Swimmers may compete in 4 individual events per day and 2 relays. All teams are requested to submit entries in the Hy-Tek Commlink format. Emailed **Hy-Tek Entries**

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are due October 4, 2010. You will receive an e-mail confirmation of your entry within 48 hours. If you have not received that confirmation, please call Tim Amundsen at 608-218-4652. A check for meet entry fees, a hard copy of the entry fee remittance, and signed waiver may be sent via standard mail and postmarked by Monday, October 4, 2010. *For entries NOT submitted by Hy-Tek Commlink; hard copy, waiver and fees, must be received by Friday, September 24, 2010.*

Mail paper entries, signed waiver and check to: WOW, 911 Turnberry Dr.,
Waunakee, WI 53597

Entry Fees: \$3.00 LSC splash fee per swimmer, \$3.00 per individual event, and \$12.00 per relay

Deck Entries: The entry fee for deck entries will be \$5.00 (\$15.00 for relays) in addition to the \$3.00 entry fee (\$12 for relays). Deck entries will be allowed to fill open lanes. No additional heats will be added. Deck seeding will close 30 minutes prior to the start of each session.

Deck USAS Registration WOW will not accept deck USAS registration. An unregistered swimmer may not compete.

Age Groups: 6 and under, 7-8, 9-10, 11-12, 13-14, Senior (15-18)
Age as of the first date of the meet.

Awards & Scoring: Individual Events, places 1st thru 16th: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.
Relay Events, places 1st thru 8th: 40, 34, 32, 30, 28, 26, 24, 22, 18, 17, 12, 10, 8, 6, 4, 2.

Awards for relay events will consist of ribbons for 1st-8th place. Awards for individual events will consist of ribbons for 1st-16th place. Coaches will be permitted to pick up awards at the end of each session. Awards will not be mailed.

Coaches: All coaches can pick up their coaches packets in the pool office. Coach USAS membership cards will be check at that time. A Meet Marshal will check other coaches' USAS membership cards during the Meet. Entry changes are due in writing on Computer Change forms provided to the clerk of course in the pool office 30 minutes prior to the start of each session.

Admissions: 12 and older: \$3.00
11 and younger: Free

\$3.00 heat sheets

Concessions: A large selection of hot and cold food and drinks will be available throughout the day.

Meet Flyovers starts will be used.

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Conduct:

All teams are responsible for the conduct of their swimmers. The Meet Director/Marshall, at his/her discretion, shall remove any swimmers or spectators who behave 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.

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.

Final Results: One copy of the Meet's final results will be emailed to the email address designated on the waiver form.

Saturday AM Session: Warm-ups: 7:00-8:00 am.
Meet start: 8:10 am.

Event # Girls	Event	Event # Boys
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	6 & Under 25 Butterfly	6
7	7-8 25 Butterfly	8
9	9-10 50 Butterfly	10
11	6 & Under 25 Freestyle	12
13	7-8 25 Freestyle	14
15	9-10 50 Freestyle	16
17	6 & Under 25 Breaststroke	18
19	7-8 25 Breaststroke	20
21	9-10 50 Breaststroke	22
23	6 & Under 25 Backstroke	24
25	7-8 25 Backstroke	26
27	9-10 50 Backstroke	28
29	8 & Under 100 Freestyle Relay	30
31	9-10 200 Freestyle Relay	32
33	8 & Under 100 IM	34
35	9-10 100 IM	36
Chuck a duck		
20 minute, in water break for 500 Freestyle participants		
37	Open 500 Freestyle ^{1,1}	38

¹ Heats may be limited due to time constraints. Coaches will be notified by no later than 11 pm, Wednesday, October 13, 2010 by e-mail if their swimmers are not seeded.

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WOW Splash and Dash Open
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Saturday PM Session: Warm-ups: Not earlier than 11:30 AM or 10 minutes after AM session ends, 60 minutes long.
Meet start: 10 minutes after the conclusion of warm-ups.

Event # Girls	Event	Event # Boys
39	11-12 100 IM	40
41	13-14 50 Freestyle	42
43	Senior 50 Freestyle	44
45	11-12 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49	Senior 200 Medley Relay	50
51	11-12 50 Butterfly	52
53	13-14 100 Butterfly	54
55	Senior 100 Butterfly	56
57	11-12 50 Freestyle	58
59	13-14 100 Freestyle	60
61	Senior 100 Freestyle	62
63	11-12 50 Breaststroke	64
65	13-14 100 Breaststroke	66
67	Senior 100 Breaststroke	68
69	11-12 50 Backstroke	70
71	13-14 100 Backstroke	72
73	Senior 100 Backstroke	74
Chuck a duck		
75	11-12 200 Freestyle Relay	76
77	13-14 200 Freestyle Relay	78
79	Senior 200 Freestyle Relay	80
81	Open 200 IM ^{2,3}	82

¹ Note: All open events will be seeded from slowest to fastest times, but will be separated by age groups, 10 & Under, 11-12, 13-14, and Senior, for scoring and awards.

² Heats may be limited due to time constraints. Coaches will be notified by no later than 11 pm, Wednesday, October 13, 2010 by e-mail if their swimmers are not seeded.

³ Note: All open events will be seeded from slowest to fastest times, but will be separated by age groups, 10 & Under, 11-12, 13-14, and Senior, for scoring and awards.

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Sunday PM Session: Warm-ups: 11:00 am -12:00 pm.
Meet start: 12:10 pm.

Event # Girls	Event	Event # Boys
83	Open 400 IM ^{1, 2}	84
85	12 & Under 100 Freestyle	86
87	Open 200 Butterfly ⁶	88
89	12 & Under 100 Butterfly	90
91	Open 200 Breaststroke ⁶	92
93	12 & Under 100 Breaststroke	94
95	Open 200 Backstroke ⁶	96
97	12 & Under 100 Backstroke	98
20 minute, in water break for 1000 Freestyle participants		
99	Open 1000 Freestyle ^{5, 6}	100

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WOW Meet 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 USA Swimming, Wisconsin Swimming Inc., Waunakee Orcas of Wisconsin (WOW), Waunakee School District, and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered. I/we have only entered USA swimming swimmers in this meet.

Signature of Club Official, parent or guardian: _____

Position _____ Phone # _____

Team Name & Abbreviation _____

Team Coach _____ Phone # _____

Cell # _____

Name (if other than coach) & address for sending final results:

Name: _____

Street: _____

City: _____ State _____ Zip _____

E-mail address to send final results: _____

Entry Fee Remittance

ENTRY FEE RECAP - Email entries due Monday, October 4, 2010 to tim.amundsen@waunakeeorcas.org.

Paper entries, if no electronic entries submitted, due Friday, September 24, 2010.

Total # of individual events: _____ X \$3.00 = \$ _____

Total # of Relays: _____ X \$12.00 = \$ _____

Total # of swimmers: _____ X \$3.00 = \$ _____

Total Entry Fee Due: \$ _____

Make all checks payable to WOW
911 Turnberry Dr.
Waunakee, WI 53597