

WAUNAKEE RURAL AQUATIC TEAM
Veterans Day Meet
October 31-1 2009
Open

- SANCTION NO: **2009-219WI**
- DATE: Saturday October 31 and November 1, 2009
- WARM-UP/START: Saturday AM Session: Warm-up 7:00-8:00 am. The meet will begin at 8:05 am.
Note: There is no Saturday PM session.
Sunday AM Session: Warm-up 7:30-8:30 am. Meet will begin at 8:40 am.
PM Session: Begins just after the AM session, but not before 11:00 AM.
Please read "WARM-UPS:" below for the more details.
- LOCATION: Waunakee High School Pool - Community Drive - Waunakee, WI 53597
- FACILITY: Eight 7 foot lanes, 25 yards, standard 12" deck level gutter system, pool depth of 3 feet 6 inches at the non-starting end; non-turbulent Wave Eater II lane markers, backstroke flags, and 18 inch, above surface starting platforms at the deep end. Pool depth of 7'0" at the starting end. 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 Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).
- TIMING: Colorado System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons; manual timing with 2 watches per lane
- OFFICIAL RULES: Official 2009 USAS and Wisconsin Swimming Rules shall govern this meet. Swimmers must be registered USAS swimmers. Swimmer's age is as of October 31, 2009. No recall starts.
- MEET FORMAT: This is a two-day meet with a distance-focused session on Saturday morning. There is no Saturday PM session. Sunday has AM and PM sessions.
- RELAYS: All relay events will be awarded ribbons based on 1st - 6th place.
- WARM-UPS: The first 30 minutes of each warm-up session is circle swimming only, no diving from the starting blocks. The next 30 minutes: Lanes 2, 3, 4, 5, and 6 will be open for sprints with diving from the blocks permitted. Lanes 1, 7 and 8 will be for circle swimming. Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- ENTRIES: Completed entry forms, signed waiver, and fees must be received by **Friday, October 16th, 2009**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. All entries submitted by disk **MUST** be accompanied by a hard-copy listing of entries. Current USAS ID number **MUST** be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Tuesday, October 20, 2009. All deck entries must be able to prove USAS membership. Teams are encouraged to submit estimated times for swimmers rather than "No Times".
- Send entries to: Wagner da Silva - 278 N. Musket Ridge Dr. - Sun Prairie WI, 53590 **wagnerdasilva@verizon.net**
608-335-2318
- SWIMMERS WITH DISABILITIES: Please indicate on the entry form any special needs for those athletes requiring assistance. Also, please inform the head official of those needs prior to the start of the meet.
- ENTRY LIMIT: Individual entries will be accepted up to a maximum of 1600 entries for the meet. Entries for the 1000 yard freestyle will be limited to 4 heats. Host club reserves the right to limit the Saturday AM entries in order to complete that session by 12:00 PM. Entries not accepted will be notified as soon as possible. **SWIMMERS ARE LIMITED TO THREE (3)**

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INDIVIDUAL EVENTS ON SATURDAY AND FOUR (4) INDIVIDUAL EVENTS ON SUNDAY PLUS TWO (2) RELAYS ON SUNDAY.

- FEES: Individual Events: \$3.00
Relays: \$12.00
Splash Fee: \$3.00
- POSITIVE CHECK-IN: Positive check-in will be required for the 400 and 1000 yard events on Saturday and for the 500 freestyle on Sunday. Check-in will close 15 minutes after the start of session warm-ups. Swimmers not checked in by the close of check-in will be scratched from the event. Positive check-in station will be located at the admissions table. Seeding for these events will be posted in the pool area and a copy given to each coach. Any swimmer unable to compete due to the limitation will be refunded the entry fee for this event or may deck enter for an event that has open lanes (additional heats will not be added).
- FINAL RESULTS: One copy of the final results will be mailed to all participating clubs. Additional copies may be ordered at \$5.00 per copy.
- AWARDS: Awards for relay events will consist of ribbons for 1st through 6th place. Awards for individual events will consist of ribbons for 1st - 12th places by gender for each individual age 6&U,7,8,9,10,11,12,13,14 and Sr (15+). Open events will be awarded based on individual age by gender. Heat winner awards will be presented for all individual events (12 and under). Individual swimmers are requested to claim their own awards throughout the day. All awards **MUST** be picked up the day of the meet, by individuals or coaches.
- DECK SEEDING: Deck seeding will be allowed at the sole discretion of the meet director to the extent that time and space are available but only to the limit of filling partially filled heats. No relay deck seeding accepted, but relay changes may be made. An \$8.00 charge per event will be assessed for deck seeding. Deck seeding will close at 7:30 AM for the Saturday Session, 8:00 AM for the Sunday AM Session and 30 minutes after the start of PM warm-ups for the Sunday PM Session. Coaches must be able to prove swimmer's USS membership.
- SEEDING: This is a PRE-SEEDED meet. IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HIS/HER EVENT. Staging provided for 8&U.
- ADMISSION: Admission is \$2.00 on Saturday and \$3.00 on Sunday (10 and under free). Heat sheets will be sold for \$3.00. Coaches' packets will be available at the pool office. Coaches and Club Officials desiring to be on deck will be required to display proof of current USAS membership at all times.
- CONCESSIONS: A selection of delicious hot and cold food and drinks will be available at reasonable prices on Sunday in the high school commons. A more limited menu will be available on Saturday. No food allowed in the pool area.
- MEET CONDUCT: All teams are responsible for the conduct of their swimmers. The meet referee 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.
- OFFICIALS: Meet Referee: Rose Ann Tobakos
- MEET DIRECTOR: Steve Hall 6112 Harvest Hill Court Waunakee, WI 53597
Home: (608) 849-8544 email: stephenkhall@msn.com

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LIST OF EVENTS

Saturday AM Session

(Warm-ups 7:00 - 8:00 AM. Meet starts at 8:05 AM.)

Girls	Age	Event	Boys
1	Open	1000 freestyle	2
3	12 & Under	200 Backstroke	4
5	Open	200 Backstroke	6
7	12 & Under	200 Breaststroke	8
9	Open	200 Breaststroke	10
11	12 & Under	200 Butterfly	12
13	Open	200 Butterfly	14
15	11 & Over	400 IM	16

Sunday AM Session

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:40 AM.)

Girls	Age	Event	Boys
17	13&Over	200 Freestyle	18
19	8&U	50 Freestyle	20
21	13&Over	200 Medley Relay	22
23	8&U	100 Medley Relay	24
25	13&Over	50 Freestyle	26
27	8&U	25 Freestyle	28
Optional 10 minute break			
29	13&Over	100 Breaststroke	30
31	8&U	25 Breaststroke	32
33	13&Over	100 Butterfly	34
35	8&U	25 Butterfly	36
37	13&Over	100 Backstroke	38
39	8&U	25 Backstroke	40
41	13&Over	400 Freestyle Relay	42
43	8&U	200 Freestyle Relay	44
45	Open*	500 Freestyle**	46

Sunday PM Session

(Warm-ups for PM session will not start before 11:00 AM.)

Girls	Age	Event	Boys
47	11-12	200 Freestyle	48
49	9-10	200 Freestyle	50
51	11-12	200 Medley Relay	52
53	9-10	200 Medley Relay	54
55	11-12	50 Freestyle	56
57	9-10	50 Freestyle	58
Optional 10 minute break			
59	11-12	100 Breaststroke	60
61	9-10	100 Breaststroke	62
63	11-12	50 Butterfly	64
65	9-10	50 Butterfly	66
67	11-12	100 Backstroke	68
69	9-10	100 Backstroke	70
71	11-12	200 Freestyle Relay	72
73	9-10	200 Freestyle Relay	74

** Before the 500 freestyle there will be a 15 minute break to give swimmers a chance to warm up before swimming. Swimmers in the 500 and the 1000 freestyle need to provide their own counters.

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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 USAS, Wisconsin Swimming, Inc., Waunakee Rural Aquatic Club, and the Waunakee area School District including the Waunakee High School, 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 \$3.00 = \$ _____

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 **WRAT Operating Fund**
Mail Entries to: Wagner da Silva - 608-335-2318
278 N. Musket Ridge Dr.
Sun Prairie WI, 53590
wagnerdasilva@verizon.net

Entries Must be received by Friday, October 16th, 2009