SANCTION NO: WI2010-212S

DATE: May 22 and 23, 2010

WARM-UP/START Saturday AM Session: Warm-up 7:30-8:30 am. The meet will begin at 8:35 am.

Sunday AM Session: Warm-up 7:30-8:30 am. Meet will begin at 8:35 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 2010 USAS and Wisconsin Swimming Rules shall govern this meet. Swimmers

must be registered USAS swimmers. Swimmer's age is as of May 22, 2010. No recall starts.

MEET FORMAT This is a two-day QUALITY meet.

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 3, 4, 5, and 6 will be open for sprints with diving from the blocks permitted. Lanes 1, 2, 7 and 8 will be for circle swimming. Meet director may open more lanes for one way sprint as needed. 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 **Monday**, **May 10th**,

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 Thursday, May 13th, 2010. 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 per day for the meet.

Entries for the 1000 yard freestyle will be limited to 4 heats. Entries not accepted will be notified as soon as possible. SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL

EVENTS.

FEES: Individual Events: \$3.50

Relays: \$12.00 Splash Fee: \$3.00

POSITIVE CHECK-IN: Positive check-in will be required for the 400 IM, 500 and the 1000 free. Check-in will close

25 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 Open. 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. Awards will not be mailed.

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. An \$8.00 charge per event will be assessed for deck seeding. Deck seeding will close 30 minutes prior to the

start of each 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 only as

assistance.

ADMISSION: Admission is \$3.00 (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 in

the high school commons. 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

LIST OF EVENTS

Saturday A.M. 05/22/10				Sunday A.M. 5/23/10			
	Warm-ups: 7:30-8:30am				Warm-ups: 7:30-8:30am		
<u>Girls</u>	Events	Boys		<u>Girls</u>	Events	Boys	
1	*Senior 1000 Free	2		101	Senior 200 Free	102	
3	11-12 200 Medley Relay	4		103	11-12 500 Free	104	
5	Senior 200 Medley Relay	6		105	11-12 200 Free Relay	106	
7	11 yr 100 Back	8		107	Senior 200 Free Relay	108	
9	12 yr 100 back	10		109	11 yr 50 Back	110	
11	13 yr 200 back	12		111	12 yr 50 back	112	
13 15	Senior 200 Back	14 16		113 115	13 yr 100 back Senior 100 Back	114 116	
17	11 yr 50 Fly 12 yr 50 Fly	18		113	*11 yr 200 Fly	118	
19	12 yr 30 Fly 13 yr 100 Fly	20		117	*12 yr 200 Fly	120	
21	Senior 100 fly	22		121	*13 yr 200 Fly	122	
23	11 yr 50 free	24		123	*Senior 200 fly	124	
25	12 yr 50 free	26		125	11 yr 100 free	126	
27	13 yr 50 free	28		127	12 yr 100 free	128	
29	Senior 50 free	30		129	13 yr 100 free	130	
31	11 yr 200 breast	32		131	Senior 100 free	132	
33	12 yr 200 breast	34		133	11 yr 50 breast	134	
35 37	13 yr 200 breast	36 38		135 137	12 yr 50 breast	136 138	
39	Senior 200 Breast 11 yr 100 IM	38 40		137	13 yr 100 breast Senior 100 Breast	138	
41	12 yr 100 IM	42		141	11 yr 200 IM	140	
43	13 yr 200 IM	44		143	12 yr 200 IM	144	
45	Senior 200 IM	46		145	*13 yr 400 IM	146	
				147	*Senior 400 IM	148	
	Saturday P.M. 2/22/10				Sunday P.M. 5/23/10		
	Warm-ups: not before 11:00am				Warm-ups: not before 11:00am		
Girls	Warm-ups: not before 11:00am	Bovs		Girls	Warm-ups: not before 11:00am	Bovs	
<u>Girls</u> 47	Warm-ups: not before 11:00am <u>Events</u>	<u>Boys</u> 48		<u>Girls</u> 149	Warm-ups: not before 11:00am <u>Events</u>	<u>Boys</u> 150	
	Warm-ups: not before 11:00am	•			Warm-ups: not before 11:00am	•	
47	Warm-ups: not before 11:00am <u>Events</u> 10-Under 200 Medley Relay	48		149	Warm-ups: not before 11:00am <u>Events</u> 10-Under 200 Free Relay	150	
47 49 51 53	Warm-ups: not before 11:00am <u>Events</u> 10-Under 200 Medley Relay 8-Under 100 Medley Relay	48 50 52 54		149 151 153 155	Warm-ups: not before 11:00am <u>Events</u> 10-Under 200 Free Relay 8-Under 100 Free Relay	150 152 154 156	
47 49 51 53 55	Warm-ups: not before 11:00am <u>Events</u> 10-Under 200 Medley Relay 8-Under 100 Medley Relay 10 yr 100 back 9 yr 100 back 8 yr 50 back	48 50 52 54 56		149 151 153 155 157	Warm-ups: not before 11:00am Events 10-Under 200 Free Relay 8-Under 100 Free Relay 10 yr 50 back 9 yr 50 back 8 yr 25 back	150 152 154 156 158	
47 49 51 53 55 57	Warm-ups: not before 11:00am Events 10-Under 200 Medley Relay 8-Under 100 Medley Relay 10 yr 100 back 9 yr 100 back 8 yr 50 back 7 yr 50 back	48 50 52 54 56 58		149 151 153 155 157 159	Warm-ups: not before 11:00am Events 10-Under 200 Free Relay 8-Under 100 Free Relay 10 yr 50 back 9 yr 50 back 8 yr 25 back 7 yr 25 back	150 152 154 156 158 160	
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The 400 IM, 500 Free, 1000 Free will be a check in event and it will be swam fastest to slowest, alternating girls and boys

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 Offici	al		
Геат Name			
Team Abbreviation			
Coach(es)			
Address for Final Results			
Contact Name & Phone			
Contact Face 1			
Contact Email	-		
	SUMMARY OF EN	TRY FEES	
Number of Individual Sw	vims	x \$3.50 =	\$
Number of Swims Reserv		Reservation	\$
Balance Due for addition	al Swims (enter zero if less)		\$
EXCESS RESE	RVATION MAY NOT BE APPLIE	ED TOWARD RELAY	& SPLASH FEES
Number of Swimmers		x \$3.00 =	\$
Number of Relay Swims		x \$12.00 =	\$
•	-		\$
Make Checks Payable to Mail Entries to:	WRAT Operating Fund Wagner da Silva - 608-335-2318 278 N. Musket Ridge Dr. Sun Prairie WI, 53590 wagnerdasilva@verizon.net		

The meet file must be sent by Monday May 10th.

Entries, waiver and check must be received by snail-mail by Thursday May 13th