

Waunakee Rural Aquatic Team
Frosty Plunge
December 11 and 12, 2010
Open

SANCTION NO: [WI2010-334A](#)

DATE: Saturday December 11 and Sunday, December 12, 2010
AM Session:
Warm-ups: 7:30 AM - 8:30 AM
First Event: 8:40 AM

PM Session: Warmups begin immediately after the AM session, but not
Before 11:00 AM.
Warm-ups: One hour
First Event: 10 minutes after the end of PM warm-ups.

LOCATION: Waunakee High School Pool
100 School 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/Meter 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. Swimmer's age is as of December 11, 2010. No recall starts.

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, 3, 7 and 8 will be for circle swimming. Feet first three-point 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 **Thursday, December 2, 2010**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a disk, it **MUST** be accompanied by a hard-copy listing of entries. If e-mailing entries, hard copy, waiver and fees must be received by Tuesday, December 2nd, 2008. Teams are encouraged to submit estimated times for swimmers rather than "No Times".
SEND ENTRY MATERIALS TO:
Wagner da Silva - 278 N. Musket Ridge Dr. - Sun Prairie WI, 53590
E-mail: waunakeeswimming@gmail.com - 608-335-2318

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- SWIMMERS WITH DISABILITIES:** Please indicate on the entries 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. Entries not accepted will be notified by phone as soon as possible. **SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS TWO (2) RELAYS.**
- ENTRY FEE:**
- | | |
|--------------------|---------|
| Individual Events: | \$4.00 |
| Relays: | \$12.00 |
| Splash Fee: | \$3.00 |
- FINAL RESULTS:** Results will be available via the Wisconsin LSC web site as well as e-mailed to the coaches.
- AWARDS:** Medals will be given for 1st thru 3rd places in each individual class and ribbons will be awarded for 4th – 16th places. Ribbons will be awarded for 1st – 6th in relay events. Individual swimmers must claim their own awards. Group distribution of awards to coaches will be permitted. 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. 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 8:00 AM for the AM Session and 30 minutes after the start of PM warm-ups for the PM Session.
- 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 \$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 Waunakee High School Commons. No food allowed in 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. 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.
- OFFICIALS:** Head Referee – Jim Tobakos
- MEET DIRECTOR:** Steve Hall 6112 Harvest Hill Court Waunakee, WI 53597
Home: (608) 849-8544 e-mail: stephenkhall@msn.com

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LIST OF EVENTS

Saturday A.M. 12/11/10

Warm-ups: 7:30-8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13&O 100 IM	2
3	11-12 200 Medley Relay	4
5	Senior 200 Medley Relay	6
7	11-12 yr 100 Back	8
9	13-14 yr 200 back	10
11	Senior 200 Back	12
13	11-12 yr 50 Fly	14
15	13-14 yr 100 Fly	16
17	Senior 100 fly	18
19	11-12 yr 50 free	20
21	13-14 yr 50 free	22
23	Senior 50 free	24
25	11-12 yr 100 breast	26
27	13-14 yr 200 breast	28
29	Senior 200 Breast	30
31	11-12 yr 100 IM	32
33	13-14 yr 200 IM	34
35	Senior 200 IM	36
	15 minutes optional Break	
37	Senior 1000 Free	38

Sunday A.M. 12/12/10

Warm-ups: 7:30-8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	Senior 200 Free	66
67	11-12 200 Free Relay	68
69	Senior 200 Free Relay	70
71	11-12 yr 50 Back	72
73	13-14 yr 100 back	74
75	Senior 100 Back	76
77	11-12 yr 100 Fly	78
79	13-14 yr 200 Fly	80
81	Senior 200 fly	82
83	11-12 yr 100 free	84
85	13-14 yr 100 free	86
87	Senior 100 free	88
89	11-12 yr 50 breast	90
91	13-14 yr 100 breast	92
93	Senior 100 Breast	94
95	11-12 yr 200 IM	96
97	13-14 yr 400 IM	98
99	Senior 400 IM	100

Saturday P.M. 12/11/10

Warm-ups: not before 11:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	10-Under 200 Medley Relay	40
41	8-Under 100 Medley Relay	42
43	9-10 yr 100 back	44
45	8&U yr 50 back	46
47	9-10 yr 50 fly	48
49	8&U yr 50 fly	50
51	9-10 yr 50 free	52
53	8&U yr 50 free	54
55	9-10 yr 100 breast	56
57	8&U yr 25 breast	58
59	9-10 yr 100 IM	60
61	8&U yr 100 IM	62
	15 minutes optional Break	
63	10 & Under 200 free	64

Sunday P.M. 12/12/10

Warm-ups: not before 11:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
101	10-Under 200 Free Relay	102
103	8-Under 100 Free Relay	104
105	9-10 yr 50 back	106
107	8&U yr 25 back	108
109	9-10 yr 100 fly	110
111	8 &U yr 25 fly	112
113	9-10 yr 100 free	114
115	8 &U yr 25 free	116
117	9-10 yr 50 breast	118
119	8 &U yr 50 breast	120
121	9-10 yr 200 IM	122
123	8&U yr 100 free	124
	15 minutes optional Break	
125	10 & Under 500 free	126

**WAUNAKEE RURAL AQUATIC TEAM Frosty Plunge
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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 \$4.00 = \$ _____

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:

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waunakeeswimming@gmail.com

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