SANCTION NO:	WI2011-230S
DATE:	Sunday, June 5 th , 2011
WARM-UP/START	Sunday AM Session: Warm-up 7:30-8:30 am. Meet will begin at 8:35 am. Sunday PM Session: Begins just after the AM session, but not before 11:30 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 2 nd and 4 th 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 104.2.2C(4).
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 2011 USAS and Wisconsin Swimming Rules shall govern this meet. Swimmers must be registered USAS swimmers. Swimmer's age is as of June 5 th , 2011. No recall starts.
MEET FORMAT	This is a one-day <u>OUALITY meet.</u>
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. <u>Feet first three-point</u> 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 Wednesday, May 21th, 2011. 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 Wednesday, June 1st. All deck entries must be able to prove USAS membership. Teams are encouraged to submit estimated times for swimmers rather than "No Times". Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
SEND ENTRIES TO: SWIMMERS WITH DISABILITIES:	Wagner da Silva - 278 N. Musket Ridge Dr. Sun Prairie WI, 53590 waunakeeswimming@gmail.com 608-335-2318 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.

I

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: Relays: Splash Fee:	\$4.00 \$12.00 \$2.00			
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 1^{st} through 6^{th} place. Awards for individual events will consist of Medals for $1st - 3^{rd}$ and ribbons from 4^{th} to 16^{th} places by gender for each age group; 8 & U, 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:		and cold food and drinks will be available at reasonable prices in No food allowed in the pool area.			
MEET CONDUCT:	from competition any swim In accordance with the Fede	or the conduct of their swimmers. The meet referee shall remove mer who behaves in a disruptive or disorderly manner. eral Video Voyeurism Prevention Act of 2004 – the use of camera levices in the locker rooms is prohibited.			
OFFICIALS:	Meet Referee: Rose Ann To	bakos			
MEET DIRECTOR:	Steve Hall6112 Harvest Hill CourtWaunakee, WI 53597Home:(608) 849-8544email: stephenkhall@msn.com				

LIST OF EVENTS

Sunday A.M. 6/5/2011				
Warm-ups: 7:	30-8:30am			
Girls	Events	Boys		
1	11-12 200 IM	2		
3	13 & Over 400 IM	4		
5	11-12 200 Free Relay	6		
7	Senior/Open 200 Free Relay	8		
9	11-12 50 back	10		
11	13-14 100 back	12		
13	Senior/Open 100 back	14		
15	11-12 50 breast	16		
17	13-14 100 breast	18		
19	Senior/Open 100 breast	20		
21	11-12 50 free	22		
23	13-14 50 free	24		
25	Senior/Open 50 free	26		
27	11-12 50 Fly 28			
29	13-14 100 Fly 30			
31	Senior/Open 100 fly	32		
33	11-12 100 IM	34		
35	13-14 200 IM	36		
37	Senior/Open 200 IM	38		
39	Senior /Open 100 Free	40		
41	11-12 200 Medley Relay	42		
43	Senior/Open 200 Medley Relay	44		
	Optional 10 minutes break			
45	11-12 500 Free	46		
47	Senior 1000 Free	48		

Sunday P.M. 6/5/2011

Warm-ups: not before 11:30am					
Girls	Events	Boys			
49	10 & Under 200 IM	50			
51	8 & Under 100 Free Relay	52			
53	10 & Under 200 Free Relay	54			
55	8&U 25 back	56			
57	9-10- 50 back	58			
59	8&U 25 breast	60			
61	9-10- 50 breast	62			
63	8 & U 25 free	64			
65	9-10- 50 free	66			
67	8 & 25 fly	68			
69	9-10 – 50 fly	70			
71	8 & U 100 IM	72			
73	9-10- 100 IM	74			
75	8 & U 50 free	76			
77	9-10 – 100 Free	78			
79	8 & U - 100 Medley Relay	80			
81	10 & U – 200 Medley relay	82			
Optional 10 minutes break					
83	10 & U – 200 Free	84			

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 ENT	RY FEES				
Number of Individual Swims		x \$4.0 =	\$			
		Reservation	\$			
Balance Due for additional Swims (enter zero if less)			\$			
EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES						
Number of Swimmers		x \$2.00 =	\$			
Number of Relay Swims		x \$12.00 =	\$			
		Total Entry Fee due	e \$			
278 Sur wat	AT Operating Fund gner da Silva - 608-335-2318 5 N. Musket Ridge Dr. 6 Prairie WI, 53590 unakeeswimming@gmail.com	ednesday, May 21 st	<u>.</u>			

Entries, waiver and check must be received by snail-mail by Wednesday, June 1st.