

Lake Country "Phoenix" Swim Team

Winter Single Age High Point Trophy Challenge

Sanction #2009-09WI

- DATE:** Saturday, January 24, 2009
- PLACE:** ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin
- WARMUP:** AM session: 7:30-8:30 AM as follows: 7:30-8:00 circle swim all lanes NO diving.
8:00-8:30 one way sprints and push 50's as needed. Meet starts at 8:35 AM.
PM Session: Warm-ups 45 minutes. Meet starts 50 minutes after conclusion of AM session.
Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- POOL:** Six lane, 25 yard pool, 5'1" starting depth, 3'6" non-starting depth, 30" blocks, non-turbulent lane markers and backstroke flags.
- TIMING:** Colorado System with back-up watches and across the board judging in case of a malfunction. All events are timed finals.
- OFFICIAL RULES:** Official current USA Swimming Rules shall prevail for this meet. Swimmers must be USA-Swimming registered. Age as of January 24, 2009. Please notify meet officials of any disabled swimmers upon arriving at the meet.
- OFFICIALS:** Paul Friedemann/George Geanon
- ENTRY CHAIR:** Darsi Kohnhorst E-Mail: lakecountryswim@sbcglobal.net
- MEET DIRECTOR:** Mark Kohnhorst
PO Box 181
Hartland, WI 53029
(262) 367-7657
- ENTRY DEADLINES:** Completed entry file, waiver and fees must be received no later than Thursday, January 15, 2009 by the entry chair. No phone entries will be taken. This meet is being run with Hy-Tek swim software. Any teams wishing to submit their entries via disk or e-mail are encouraged to do so. No seed times will be changed once completed form or disk has been received by entry chair. Please note any special requirements for disabled swimmers on the entry form.
- ENTRY LIMIT:** Swimmers may compete in four (4) individual events plus relays.
- FEES:** Individual events \$3.50 per event and \$12.00 per relay. \$3.00 LSC surcharge per swimmer entered in at least one individual event. Deck entries shall be \$7.00/individual event and \$18.00/relay entry. Please make checks payable to LAKE COUNTRY SWIM TEAM. Entry fees must accompany the official entry forms and are not refundable.
- ADMISSIONS:** Spectators over 13 years old are \$3.00. Heat sheets are \$2.00.
- PARKING:** Parking is available in the north lot.
- FINAL RESULTS:** One copy of meet results will be sent to each team represented. All others wishing results can order them at the admissions table for \$15.00 per copy. All coaches needing a disk of final results may pick them up in the computer room following the meet. Results will be emailed to teams providing an email address.
- CONDUCT:** Each team is responsible for the conduct of its swimmers. Cell phones and other recording devices are not allowed in the locker room.
- AWARDS:** Senior Events: No Individual or Relay Awards
13&Under Individual Events: Ribbons 1st through 12th
Relay Events: Ribbons 1st through 6th
High Point Awards: 1st through 12th in each age group including Senior.
High Point awards will be presented to the individual winners at the conclusion of each session.
All individual and relay ribbons will be available during the meet. No awards will be mailed.
- SCORING:** 12-place scoring will be used: 16-13-12-11-10-9-7-5-4-3-2-1
- FOOD:** A superb selection of hot and cold food and beverages will be available in the cafeteria.

Lake Country "Phoenix" Swim Team

Winter Single Age High Point Trophy Challenge

January 24, 2009

Girls Event # **Event Description** **Boys Event #**
AM Session: Warm-ups 7:30 am Meet Begins 8:35 am

1	Senior 200 Free Relay	2
	5 minute break	
3	Senior 100 Butterfly	4
5	13 100 Butterfly	6
7	12 50 Butterfly	8
9	11 50 Butterfly	10
11	Senior 200 IM	12
13	13 200 IM	14
15	12 100 IM	16
17	11 100 IM	18
19	Senior 100 Backstroke	20
21	13 100 Backstroke	22
23	12 50 Backstroke	24
25	11 50 Backstroke	26
27	Senior 100 Breaststroke	28
29	13 100 Breaststroke	30
31	12 50 Breaststroke	32
33	11 50 Breaststroke	34
35	Senior 100 Freestyle	36
37	13 100 Freestyle	38
39	12 50 Freestyle	40
41	11 50 Freestyle	42

PM Session: Warm-ups 45 minutes. Meet starts 50 minutes after conclusion of AM session.

43	10&Un. 200 Free Relay	44
45	10 50 Butterfly	46
47	9 50 Butterfly	48
49	8 25 Butterfly	50
51	7&Un. 25 Butterfly	52
53	10 100 IM	54
55	9 100 IM	56
57	8 100 IM	58
59	7&Un. 100 IM	60
61	10 50 Backstroke	62
63	9 50 Backstroke	64
65	8 25 Backstroke	66
67	7&Un. 25 Backstroke	68
69	10 50 Breaststroke	70
71	9 50 Breaststroke	72
73	8 25 Breaststroke	74
75	7&Un. 25 Breaststroke	76
77	10 50 Freestyle	78
79	9 50 Freestyle	80
81	8 25 Freestyle	82
83	7&Un. 25 Freestyle	84

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 the USA Swimming, the Wisconsin Local Swimming Committee of the USA Swimming, the Lake Country Swim Team, the Arrowhead High School, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes currently registered with USA Swimming and in good standing with Wisconsin Swimming, Inc. and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____
(Four Only)

Signature of Club Official, Parent or Guardian

Name: _____ Day Phone Number: _____

Title: _____ Evening Phone Number _____

City, State, Zip _____ E-Mail _____

In the case of facility problem, weather or other unforeseen circumstance which would require cancellation or delay of meet who may we contact as soon as possible for participant notification.

Emergency Contact: _____ **Phone:** _____

Name of coach or team representative(s) at meet: _____ AM / PM
(Must have current Coach's credentials to be on deck)

_____ AM / PM

Entry Fee Recap: _____ Individual Events x \$3.50 = \$ _____

_____ Less Reservation Check = -\$ _____

(Only to be used for Ind. Events! May not be used for relays or surcharges)

A: Entry Fee Total = \$ _____

_____ Relay Teams x \$12.00 = \$ _____

_____ LSC Surcharge x \$3.00 = \$ _____

(# of swimmers in Individual Events only)

B: Relay & Surcharge Total = \$ _____

Total of Lines A & B = \$ _____

Make checks payable to: **Lake Country Swim Team** Check # _____

Mail Entries to: **Lake Country Swim Team c/o Darsi Kohnhorst**
PO Box 181
Hartland, Wisconsin 53029

Email Entries to: **lakecountryswim@sbcglobal.net**

Questions: Lake Country Team Office (262) 367-7657