

**SOUTHWEST AQUATIC TEAM-WINTER WARM-UP**  
**SWIM YOUR OWN AGE**  
**SANCTION # 2004-144WI**  
SATURDAY, DECEMBER 11, 2004

- LOCATIONS** Carthage College, Koenitzer Aquatic Center  
1700 Sheridan Road  
Kenosha, WI 53140
- MEET DIRECTOR** Dale Schrank : email: [swatswimteam@wi.rr.com](mailto:swatswimteam@wi.rr.com)  
5365 S. Brennan Drive  
New Berlin, WI 53146  
262-679-9929
- TIME LINE:** Morning session: Warm ups 7:30-8:30am  
Competition will start at 8:35 am
- Afternoon session: Warm-ups will start immediately after the morning session and run for one hour. Competition will start five minutes after warm-ups end. A time line will be available December 10<sup>th</sup> at [www.swimswat.org](http://www.swimswat.org)
- WARM UPS:** FEET FIRST ENTRY ONLY FROM THE STARTING END OF THE POOL  
30 minutes of circle swimming with no racing starts, The next 30 minutes sprint lanes will be opened as needed. PM Session will use the same format. Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualification.
- SEEDING:** All age groups will be pre-seeded.
- TIMING:** A fully automatic IST timing system will be used with manual back-up button, plus two back-up timers for each lane. A horn start will be used to start events. Should the automatic system fail, a gun or horn start will be used. All events will be timed finals. Please submit correct YARD seed times.
- POOL:** 25 yard pool. 10 lanes with non-turbulant lane lines. Pool depth at both ends is twelve (12) feet with 30" starting blocks. An additional six (6) lanes for warm-up and cool down will be available during the meet.
- ELIGIBILITY** All swimmers must be currently registered with United States Swimming and the USA numbers must appear on the entry form/disk. Out of state entrants must bring their USA swimming cards and be prepared to show them to Clerk of Course.
- ENTRIES:** **EACH SWIMMER WILL BE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS RELAYS.**  
Swimmers may swim the Open 500 Freestyle event as a 5<sup>th</sup> event, however, the 500 Freestyle will be excluded from swimmer high point totals. Swimmer's age as of December 11, 2004 will determine his/her age group. **Deck entries will be accepted if open lanes are available and number of entries permit.** Deck registration will not be accepted. Entries for the 500 Freestyle may be limited by Meet Management to adhere with the (4)hour session rule. Swimmers must provide their own counters for the 500 Free events.
- ENTRY DEADLINE:** Completed individual and relay entry forms, waiver and fees must be received no later than **Tuesday, November 30<sup>th</sup>, 2004.** This meet will be computerized using Hy-tek Meet Manager. All entries should be submitted either on the enclosed entry form or on a Hy-tek Team Manager diskette. Please include hard copy with all disk entries.
- ENTRY FEES:** \$3.00 per individual event. \$10.00 per relay team and \$2.00 splash fee per swimmer. Entry fees must accompany entry forms. Recap statement must be complete and the waiver form signed. Money used for reservations is nonrefundable and cannot be used to offset cost of relays, deck seeding or splash fees. The entry fee for deck entries will be \$5.00 for individual and \$12.00 per relay.  
**Checks should be made payable to SOUTHWEST AQUATIC TEAM**
- ENTRY CHAIR** Todd Roberts  
8439 E. Windlake Road  
Windlake, WI 53185  
262-895-3312  
[shirleyr@wi.rr.com](mailto:shirleyr@wi.rr.com)

- AWARDS:** Medals – 1<sup>st</sup> – 3rd  
Ribbons- 4th through 16<sup>th</sup>  
Relay Events Ribbons 1<sup>st</sup> through 6<sup>th</sup>  
High Point Awards 1<sup>st</sup> through 12<sup>th</sup> in each age group including Seniors  
(The 500 Freestyle will not be counted in total High Point scores)  
High Point awards will be presented to the individual winners at the conclusion of each session. All individual and relay ribbons will be available for pick up during the meet. No awards will be mailed.
- ADMISSION:** \$3.00 plus \$3.00 for a heat sheet.
- COACHES  
PACKETS** Coaches may pick up their packets at the Scoring Table. Any monies owed must be paid before you can obtain your packet. Please be prepared to show your USS coaches card at the time you pick up your team packet. Coach's cards must be visible at all times on deck.
- OFFICIAL RULES** 2004 USS Wisconsin Swimming Rules shall govern this meet.
- OFFICIALS** Jackie Vargas, Bob Wesel, Keith Lederich, , Marlowe Larsen, Kris Wolf, Randy Briggs
- ADAPATIVE  
SWIMMER** The coach is responsible to inform the meet referee on the day of the meet of any swimmers special needs.
- FOOD:** A concession stand will offer a wide selection of food and beverage at reasonable prices.
- CONDUCT:** All teams will be responsible for the conduct of their own swimmers. The meet marshalls and Meet Director shall have authority to disqualify swimmers for misconduct.
- FIRST AID:** Injuries must be reported to the Lifeguard and to the Meet Director. A first aid kit will be located at the Lifeguard station.
- LOST & FOUND:** An area for lost and found will be designated at the meet. After the meet contact: Cindy Budnik at 262-679-7928.
- FINAL RESULTS** One hard copy of meet results will be mailed to each participating team.
- DIRECTIONS:** From Milwaukee: South on I-94 to Exit 339, Hwy E, East. Remain on Hwy E until you reach Hwy 32(also known as Sheridan Road). This will be approximately 10 miles. Hwy E will dead end at this intersection. Turn right (south) on Hwy 32 (Sheridan Road). Carthage College will be on the left hand side of the road. Please park on the lower level and enter the building through the lower level doors.

# ORDER OF EVENTS

## MORNING SESSION

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	10 Year old 200 Free	2
3	9 Year old 200 Free	4
5	8 Year old 25 Free	6
7	7 Year old 25 Free	8
9	6 & Under 25 Free	10
11	10&U 200 MEDLEY RELAY	12
13	8 & Under 100 MEDLEY RELAY	14
15	10 Year Old 50 Fly	16
17	9 year Old 50 Fly	18
19	8 Year Old 25 Fly	20
21	7 Year Old 25 Fly	22
23	6&Under 25 Fly	24
25	10 Year Old 50 Breast	26
27	9 Year Old 50 Breast	28
29	8 Year Old 25 Breast	30
31	7 Year Old 25 Breast	32
33	6 & Under 25 "Breast	34
35	10 Year Old 50 Back	36
37	9 Year Old 50 Back	38
39	8 Year Old 25 Back	40
41	7 Year Old 25 Back	42
43	6 &Under 25 Back	44
45	10&U 200 FREE Relay	46
47	8 & Under 100 FREE Relay	48

## AFTERNOON SESSION

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	SR 200 FREE	50
51	13 200 FREE	52
53	12 100 FREE	54
55	11 100 FREE	56
57	SR 200 MEDLEY RELAY	58
59	11/12 200 MEDLEY RELAY	60
61	SR 100 FLY	62
63	13 100 FLY	64
65	12 50 FLY	66
67	11 50 FLY	68
69	SR 100 BREAST	70
71	13 100 BREAST	72
73	12 50 BREAST	74
75	11 50 BREAST	76
77	SR 100 BACK	78
79	13 100 BACK	80
81	12 50 BACK	82
83	11 50 BACK	84
85	SR 200 FREE RELAY	86
87	11/12 200 FREE RELAY	88
89	OPEN – 500 FREESTYLE Will be run fastest to slowest womens heats, followed by mens heats	90

**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 United States Swimming (USS), UWM, the Southwest Aquatic Team, Inc. and their staffs for injuries and/or expenses occurred by me/us at the meet, or while on the road to and from the meet. I/we are bonafide amateur athletes and eligible to compete in all the events I/we have entered.

Signature of Club Official, parent or guardian: \_\_\_\_\_

Address, City, State, Zip: \_\_\_\_\_

\_\_\_\_\_

Coaches Names: \_\_\_\_\_

\_\_\_\_\_

Club Name: \_\_\_\_\_ CLUB INITIALS (4) \_\_\_\_\_

Name and telephone number to who questions of this entry may be directed:

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

RESULTS MAILED TO: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Entry Fee Recap:**

INDIVIDUAL EVENTS	_____ X \$3.00	= \$ _____
LESS RESERVATION TOTAL PREVIOUSLY SENT IN (Only to be used for Individual Events)	-	= \$ _____
	<b>SUBTOTAL (If less than 0 enter 0)</b>	= \$ _____ <b>A</b>
RELAY EVENTS	_____ X \$10.00	= \$ _____ <b>B</b>
NUMBER OF SWIMMERS IN MEET	_____ X \$2.00 LSC SURCHARGE	= \$ _____ <b>C</b>
<b>TOTAL LINES A, B, &amp; C FOR TOTAL BALANCE DUE:</b>		= \$ _____

**Make checks payable to: SOUTHWEST AQUATIC TEAM** CK # \_\_\_\_\_

Mail Entries,Recap, Disk and Check to:

Todd Roberts  
8439 E. Windlake Road  
Windlake, WI 53185

**(Entries must be received by November 30,2004\_**



