

**VERONA AQUATIC CLUB FALL SINGLE AGE MEET**  
**October 8, 2006**  
**A – BB – B – C**

SANCTION NO: **2006-112WI**

DATE: SUNDAY October 8, 2006  
AM Session:  
Warm-ups: 7:30 AM - 8:30 AM  
First Event: 8:40 AM  
  
PM Session: Will 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: Verona Schools Natatorium  
400B N. Main  
Verona, Wisconsin 53593

FACILITY: Indoor 25 meter pool with six 7-ft lanes, non-turbulent lane markers, backstroke flags, flat 29-inch high starting blocks, guttered pool. Pool depth is 11-ft at the starting block end and 3.5 ft. at the opposite end.

TIMING: Colorado Timing System with horn start, backup button, and manual stop watches, using two timers per lane. All events will be timed finals.

OFFICIAL RULES: 2006 USA-Swimming and Wisconsin Swimming Rules shall govern this meet.

RELAYS: First and last names of competing swimmers and order of swimming must be listed on the relay card, along with age, prior to swimming the relay.

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 2, 3, 4, and 5 will be for sprints (one directional swimming from the starting end only, diving from the blocks permitted); Lanes 1 and 6 will be for circle swimming. Meet Marshals will be on deck during the entire warm-up with the authority to recommend disqualification from individual events.

ENTRIES: Seed times may be submitted in YARD or METER times. Completed entry forms, signed waiver, and fees must be received by **Wednesday, September 27, 2006**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a diskette, it MUST be accompanied by a hard-copy listing of entries. Current USA-Swimming ID number MUST be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Saturday September 30, 2006. All deck entries must be able to prove USA-Swimming membership. Out of state swimmers must show their current USA-Swimming membership card prior to swimming.

SEND ENTRY MATERIALS TO:  
Deb Nickels  
7901 Hamilton Meadows Rd.  
Verona, WI 53593  
e-mail: [debnickels@tds.net](mailto:debnickels@tds.net)  
(608) 848-6354

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- DISABLED ATHLETES: Please indicate on the entry form any special needs for those athletes requiring them.
- ENTRY LIMIT: Only the first 1050 individual entries will be accepted. Entries not accepted will be notified by phone as soon as possible. SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS ONE (1) RELAY.
- ENTRY FEE: Individual Events: \$3.00  
Relays: \$10.00  
Splash Fee: \$2.00  
Please make checks payable to Verona Aquatic Club.
- 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<sup>st</sup> through 6<sup>th</sup> place. Awards for individual events will consist of medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place and ribbons for 4<sup>th</sup> through 12<sup>th</sup> places. Heat winners for 7&U, 8, 9, and 10 events will receive ribbons. 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 only to the limit of filling partially filled heats. A \$5.00 charge per event in addition to the event fee will be assessed for deck seeding. Deck seeding will close at 8:30 AM for the AM Session and at the end of the PM warm-ups for the PM Session. Swimmers unable to prove USA-Swimming membership will be charged a deck registration fee of \$65.
- 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 assistance will be provided for 8&U swimmers.
- ADMISSION: Admission is free. Heat sheets will be sold for \$5.00. Coach's packets will be available at the admission table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA-Swimming membership at all times.
- CONCESSIONS: A selection of delicious hot and cold food and drinks will be available at reasonable prices in the Verona High School Annex Cafeteria adjoining the Natatorium.
- MEET CONDUCT: All teams are responsible for the conduct of their swimmers. The meet director, at his discretion, shall remove from competition any swimmer who behaves in a disruptive or disorderly manner.
- OFFICIALS: TBD
- MEET DIRECTOR: Dale Nickels  
7901 Hamilton Meadows Rd.  
Verona, WI 53593  
Home: (608) 848-6354  
Work: (608) 227-6100  
e-mail: dale@stdnet.com

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**LIST OF EVENTS**

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:40 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10 & U	200 Freestyle Relay	2
3	11-12	200 Freestyle Relay	4
5	9	100 IM	6
7	10	100 IM	8
9	11	200 IM	10
11	12	200 IM	12
13	9	50 Breaststroke	14
15	10	50 Breaststroke	16
17	11	50 Breaststroke	18
19	12	50 Breaststroke	20
21	9	50 Freestyle	22
23	10	50 Freestyle	24
25	11	50 Freestyle	26
27	12	50 Freestyle	28
29	9	50 Butterfly	30
31	10	50 Butterfly	32
33	11	50 Butterfly	34
35	12	50 Butterfly	36
37	9	50 Backstroke	38
39	10	50 Backstroke	40
41	11	50 Backstroke	42
43	12	50 Backstroke	44
45	12 & U	200 Freestyle	46

**BREAK/WARM-UPS**

(Warm-ups for PM session will not start before 11:00 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
47	13 & O	200 Freestyle Relay	48
49	8 & U	100 Freestyle Relay	50
51	13	200 IM	52
53	14 & O	200 IM	54
55	7 & U	100 IM	56
57	8	100 IM	58
59	13	50 Freestyle	60
61	14 & O	50 Freestyle	62
63	7 & U	25 Freestyle	64
65	8	25 Freestyle	66
67	13	100 Breaststroke	68
69	14 & O	100 Breaststroke	70
71	7 & U	25 Breaststroke	72
73	8	25 Breaststroke	74
75	13	100 Backstroke	76
77	14 & O	100 Backstroke	78
79	7 & U	25 Backstroke	80
81	8	25 Backstroke	82
83	13	100 Butterfly	84
85	14 & O	100 Butterfly	86
87	7 & U	25 Butterfly	88
89	8	25 Butterfly	90
		<b>*** Possible 5-10 Minute Break ***</b>	
91 *	13 & O	400 Freestyle	92 *

\* These events are positive check-in events with a check-in deadline at the completion of warm-ups for each session. While consolidated for seeding purposes, the meet-defined single age groups will be scored separately.

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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 USA Swimming, Wisconsin Swimming, Inc., Verona Aquatic Club, and the Verona Area School District, 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 \$3.00 = \$ \_\_\_\_\_

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 \$2.00 = \$ \_\_\_\_\_

Number of Relay Swims \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Total Entry Fee due \$ \_\_\_\_\_

Make Checks Payable to Verona Aquatic Club

Mail Entries to:

Deb Nickels email: debnickels@tds.net  
7901 Hamilton Meadows Rd.  
Verona, WI 53593  
(608) 848-6354

**Entries Must be received by Wednesday September 27, 2006**