

Waunakee Rural Aquatic Team hosts the Frosty Plunge
Saturday, December 2, 2006
WI Sanction # 2006-129WI

- DATE: Saturday, December 2, 2006
- LOCATION: Waunakee Community 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 shallow end; nonturbulent 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 deep (starting) end.
- SCHEDULE: AM Session: 7:30-8:30 AM Warm-ups
8:45 AM Meet Starts
PM Session: Warm-ups for PM session will last 60 minutes and will not begin before 11:00 AM. Afternoon session will begin 70 minutes after the morning session but not before 12:15 PM
- WARM UPS: The first half hour of each warm up session will be circle swim only in all lanes. The last half hour lanes 3, 4, 5, and 6 will be for one way sprints, diving from the block permitted. Other lanes may be open for sprints if agreed to by a majority of the teams.
- A coach from your team must be on deck during warm-ups. Swimmers not following procedures could be disqualified at the discretion of meet officials.
- ENTRIES: Only entries from teams invited to the meet will be accepted. Swimmers may compete in four (4) individual events per day plus two (2) relays. Entries will be accepted up to a maximum of 1200 entries for the meet. This meet will be run using Hy-Tek meet manager. All teams are encouraged to submit entries on a disk in the Hy-Tek commlink format. A hard copy of entries must accompany a disk.
- ENTRY DEADLINE: The entry chair must receive a completed entry form and signed waiver no later than **Friday, November 17th**. No entries will be taken over the phone. Meet waiver must be sent via standard mail and postmarked by the entry deadline.
- ENTRY CHAIR: David Stamsta
126 Winston Way
Waunakee, WI 53597
(608) 213-3300
davstamsta@aol.com
- MEET DIRECTOR: Kevin Schlittler
1030 Ganser Drive
Waunakee, WI 53597
(608) 850-3727
Kevin.Schlittler@hotmail.com

- ENTRY FEES:** \$3.00 per individual event plus \$2.00 splash fee per swimmer. \$10.00 per relay event. Entry fees are not refundable unless the meet is full.
- ADMISSION:** Admission will be \$2. Heat sheets may be purchased for \$3.00. Coaches' packets will be available in 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.
- TIMING SYSTEM:** Colorado System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons except for 25 yard events which will be hand timed with electronic stopwatches; each lane will have 2 timers with electronic stopwatches. All events will be timed finals.
- OFFICIAL RULES:** Official 2006 Short Course USA Swimming Rules shall prevail for this meet. Swimmers must be registered WISCONSIN USA Swimming swimmers. Swimmers' age is as of December 2, 2006. No Recall Starts.
- MEET CONDUCT:** It is expected that each club will be responsible for the conduct of their swimmers. If in the opinion of the Meet Director/Marshall a swimmer's or spectators conduct is harmful or disruptive he/she will be asked to leave the pool area.
- ADAPTIVE SWIMMERS:** 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.
- AGE GROUPS:** 8&Under, 10&Under, 11-12, 13&Over/Open.
- AWARDS:** Medals will be awarded to the 1st-3rd place winners in each individual event; ribbons will be awarded to the 4th-12th place winners in each individual event. Ribbons will be awarded for each relay team member of the 1st through 3rd place winners in each relay event.
- OFFICIALS:**
- | | | |
|-----|-----------------|-----|
| AM: | Stroke/Turn | TBD |
| | Starter/Referee | TBD |
| PM: | Stroke/Turn | TBD |
| | Starter/Referee | TBD |
- MEET CONDUCT:** Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property will be required to leave the competition.
- FINAL RESULTS:** One copy of the meet's final results will be sent to each team's designated recipient.

WRAT Frosty Plunge
Saturday, December 2, 2006
WI Sanction # 2006-129WI

AM Session

GIRLS

1	8&U 100 Medley Relay
3	10&U 200 Medley Relay
5	8&U 50 back
7	10&U 100 Backstroke
9	8&U 25 Freestyle
11	10&U 50 Freestyle
13	8&U 25 Butterfly
15	10&U 50 Butterfly
17	8&U 25 Breaststroke
19	10&U 50 Breaststroke
21	8&U 25 Backstroke
23	10&U 50 Backstroke
25	8&U 100 IM
27	10&U 100 IM
29	8&U 50 freestyle
31	10&U 100 freestyle
33	8&U 100 Freestyle Relay
35	10&U 200 Freestyle Relay

BOYS

2
4
6
8
10
12
14
16
17
20
22
24
26
28
30
32
34
36

PM Session

GIRLS

37	11-12 200 Medley Relay
39	13&Over/Open 200 Medley Relay
41	11-12 200 backstroke
43	13&Over/Open 200 backstroke
45	11-12 50 Freestyle
47	13&Over/Open 50 Freestyle
49	11-12 50 Butterfly
51	13&Over/Open 100 Butterfly
53	11-12 50 Breaststroke
55	13&Over/Open 100 Breaststroke
57	11-12 50 Backstroke
59	13&Over/Open 100 Backstroke
61	11-12 100 IM
63	13&Over/Open 200 IM
65	11-12 100 freestyle
67	13&Over/Open 100 Freestyle
69	11-12 200 Freestyle Relay
71	13&Over/Open 200 Freestyle Relay

BOYS

38
40
42
44
46
48
50
52
54
56
58
60
62
64
66
68
70
72

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 United States Swimming and the Wisconsin Swimming Committee, WRAT, and the Waunakee Community 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.

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: WRAT

Mail Entries to:

David Stamsta
126 Winston Way
Waunakee, WI 53597
(608) 213-3300
davstamsta@aol.com

Entries must be received by Friday, November 17th