

# SCHROEDER YMCA "A+" AGE GROUP & SENIOR MEET

February 4, 5, 6, 2000

**LOCATION:** Schroeder YMCA & Aquatic Center  
9250 N. Green Bay Road  
Brown Deer, WI 53209  
(414) 354-9622, Ext. 133

**HOST TEAM:** The Schroeder YMCA Swim Team

## TIME SCHEDULE:

SESSION	Athlete	WARM UP TIME	MEET START
Friday PM Timed Final	11 & Over	4:30 PM	5:35 PM
Saturday AM	13 & Over	7:00 AM	8:05 PM
Saturday PM	12 & under	*	*
Saturday Finals	9 & over	5:00 PM	6:05 PM
Sunday AM Timed Final	12 & U	9:00 AM	10:05 AM
Sunday PM Timed Final	13 & Over	*	*

\* Sat. & Sun. PM, warm up session will not start before noon with a minimum of an hour for warm up.

**FACILITY:** The Walter Schroeder Aquatic Center is the site of Mary T. Meagher's World Record in butterfly. It is an indoor 50-meter pool with two eight-lane, 25-yard courses, with two bulkheads, 16 starting blocks (starting block height is 30 inches), 6-1/2' - 17' depth and 7' wide lanes. Colorado Swim 4 timing equipment, 10 panel numeric and 2 panel numeric scoreboards will be used. Two manual back-up timers will be used in each lane.

## MEET

**DIRECTORS:** TBA

**SANCTION:** **Wisconsin Sanction #** \_\_\_\_\_  
2000 Wisconsin and USA Swimming Rules shall prevail at this meet.

**MEET OFFICIALS:** TBA

## 2000 A+

### MEET FORMAT:

TIMED FINALS for all groups on Friday and Sunday  
TIMED FINALS for 8 & U Saturday and Sunday  
PRELIMS/FINALS (final) for 9/10 & 11/12 on Saturday  
PRELIMS/FINALS (final and consolation) for 13-14 on Sat.  
PRELIMS/FINALS (final, consl, & bonus) for Senior on Sat.

The following events will be TIMED FINALS:

All Friday and Sunday events; all relays, 500 and 1650 free.  
On Saturday, Top 8 relays and Top 8 in the Sr. 500 free swum with finals.

All events will be pre-seeded, except the 400 IM and 500, 1000, 1650 Freestyles and relays. Swimmers must check in with the Clerk of Course to swim these events by the following guidelines:

#### Friday's Events -

Events 1 and 2 before 5:00 p.m.  
Events 3 and 4 before 5:15 p.m.  
Events 5 and 6 before 5:30 p.m.  
Events 7 and 8 before 5:45 p.m.  
Events 9 and 10 before 6:00 p.m.

Relays by the end of the main warm up session  
Saturday's Senior 500 Free – 9:00 AM  
Sunday's 1650 Free – 2:00 PM

### AWARDS:

**Custom Award:** 1-8 for individual events; 1-3 for Relays; **Ribbons:** 4-8 Relays; **Team Trophies:** Top 3 teams (host team ineligible).  
**High Point Awards:** Each Age Group and Senior. Awards must be picked up prior to the end of the meet on Sunday. Awards will not be mailed.

### SCORING:

Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2

### ELIGIBILITY:

All swimmers must be registered with USA Swimming and their USA Swimming numbers included on the entry. Age is as of Friday, February 4, 2000.

## 2000 A+

- ENTRIES:** Total entries for the meet will be limited to 2500 swims per day.
- LIMIT:** Enter no more than seven individual events for the meet. On Saturday, athletes may enter a maximum of three individual events as it is a prelim/final session
- FEES:** \$ 4.00 per individual event  
\$12.00 per relay  
\$1.25 Wisconsin LSC Splash fee per individual swimmer.

**HY-TEK Meet Manager System:** This meet will be run using the HY-TEK MEET MANAGER SYSTEM. If you are using either MEET MANAGER or TEAM MANAGER, send a computer disk as your entry. Upon completion of the meet, your disk will be returned with the Final Results. YOU MUST ALSO INCLUDE A PRINTED COPY OF YOUR ENTRIES. You may enter using e-mail. E-mail your Com-Link file to: **[schroeder@swimmail.com](mailto:schroeder@swimmail.com)**

**MEET FINES:** Swimmers who are disqualified or who fail to swim qualifying times in events must either prove the qualifying time or pay a **\$50.00 fine**. Swimmers who fail to make the cut-off time, but still make Finals, may swim Finals only if they can prove the time. Printed Meet Results are acceptable proofs of time and we will convert your times to short course yards using the NCAA conversion factors. The host team reserves the right to make exceptions for its swimmers.

## ENTRY

**DEADLINE:** **Monday, January 10, 2000**  
Teams are encouraged to return their entries well before the deadline. Because of an LSC rule, entries from teams from outside Wisconsin may not be accepted until November 24, although out of state teams returning their entries before November 24, will be prioritized by their entry's arrival date.

SEND ENTRY INFORMATION AND WAIVER TO:

Schroeder YMCA or e-mail to: [schroeder@swimmail.com](mailto:schroeder@swimmail.com)  
Attn. Dave Anderson  
9250 N. Green Bay Road  
Brown Deer, WI 53209

**CONDUCT:** Each club is responsible for the conduct of its swimmers. Please remind your swimmers to bring locks for their lockers, or plan to provide a SUPERVISED team area in the pool area.

**2000 A+**

**SCHROEDER YMCA A+ SWIM MEET WAIVER**

February 4, 5, 6, 2000

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), the Wisconsin Association of the USS, the YMCA of Metropolitan Milwaukee, the Schroeder YMCA & Aquatic Center, The Schroeder Y Swim Team and its Swim Team Committee and all other staff for injuries and/or expenses incurred by me/us at the meet, or while on the road to and from the meet.

\_\_\_\_\_  
SIGNATURE OF CLUB OFFICIAL / TITLE

\_\_\_\_\_  
CLUB NAME TEAM USS CODE/TEAM ABBREVIATION

\_\_\_\_\_  
CLUB ADDRESS CITY/STATE ZIP CODE

\_\_\_\_\_  
COACH/TEAM REP. AT MEET PHONE #

\_\_\_\_\_  
PERSON TO CONTACT FOR QUESTIONS REGARDING THIS ENTRY PHONE #

FAX # \_\_\_\_\_

e-mail \_\_\_\_\_

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If you have this information and can help us by completing the remainder of this form, we thank you in advance

NAME OF HOTEL(s) for meet:

NUMBER OF ROOMS: \_\_\_\_\_ NUMBER OF NIGHTS: \_\_\_\_\_  
ROOM RATE (per night) \$ \_\_\_\_\_

**2000 A+**

**RECAP OF SCHROEDER YMCA A+ SWIM MEET ENTRIES**

TEAM NAME: \_\_\_\_\_

individual events \_\_\_\_\_ x \$ 4.00 = \$ \_\_\_\_\_  
relay entries \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_  
# of individual swimmers \_\_\_\_\_ x \$ 1.25 = \$ \_\_\_\_\_  
Total = \$ \_\_\_\_\_

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# of Sr. Nat. individual qualifiers \_\_\_\_\_  
total # of their individual swims \_\_\_\_\_ x \$ 4.00 = \$ \_\_\_\_\_  
# of Jr Champ. Individ. qualifiers \_\_\_\_\_  
total # of their individual swims \_\_\_\_\_ x \$ 2.00 = \$ \_\_\_\_\_

Total Discounted Athletes Entry Fees \$ \_\_\_\_\_

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**Total Entry Fees** \$ \_\_\_\_\_  
**Total Discounted Entry Fees** ( -- ) \$ \_\_\_\_\_  
**Grand Total (minus Jr. and Sr. athletes)** \$ \_\_\_\_\_

Please make checks payable to: **Schroeder YMCA**

Waiver and Entry Forms must be received by: **Monday, JANUARY 10, 2000**

mail to: Schroeder YMCA  
attn: Dave Anderson  
9250 N. Green Bay Road  
Brown Deer, WI 53209

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RELAY ENTRY SHEET

C	B	A	GIRLS	RELAYS	BOYS	A	B	C
			59	8 & U 100 MR	60			
			113	8 & U 100 FR	114			
			61	10 & U 200 MR	62			
			115	10 & U 200 FR	116			
			63	11 - 12 400 MR	64			
			117	11 - 12 400 FR	118			
			33	13 - 14 400 MR	34			
			87	13 - 14 400 FR	88			
			35	SENIOR 400 MR	36			
			85	SENIOR 400 FR	86			

RELAY ONLY ATHLETES

NAME	AGE	USS #
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_

Schroeder YMCA A+

Friday, February 4, 2000

warm up: 4:30 pm / meet start: 5:35 pm

time standard	girls	event	boys	time standard
5:15.59	1	13 - 14 400 IM	2	5:02.89
5:02.99	3	senior 400 IM	4	4:51.09
6:09.29	5	11 - 12 500 free	6	6:15.99
5:38.29	7	13-14 500 free	8	5:40.99
11:20.09	9	senior 1000 free	10	11:00.19

*all of Friday's timed final events will be swum fastest to slowest*

Saturday, February 5, 2000

AM Session

warm up: 7:00 am / meet start: 8:05 am

59.09	11	senior 100 free	12	55.39
59.99	13	13 - 14 100 free	14	58.09
1:05.59	15	senior 100 back	16	1:02.39
1:06.89	17	13 -14 100 back	18	1:04.99
1:13.79	19	senior 100 breast	20	1:09.89
1:14.79	21	13 -14 100 breast	22	1:12.29
1:04.49	23	senior 100 fly	24	1:00.79
1:05.59	25	13 - 14 100 fly	26	1:04.09
2:20.09	27	senior 200 IM	28	2:16.59
2:23.49	29	13 - 14 200 IM	30	2:22.49

*ten minute break*

* 31	senior 400 med relay	32
* 33	13 - 14 400 med relay	34

*five minute break*

5:27.19	35	** senior 500 free	36	5:25.29
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*( \* relays will be timed final, top eight at night)  
( \*\*will be swum after the relays, fastest to slowest, timed final, top 8 at night)*

Saturday PM Session

warm up: not before 12:00 pm

42.39	37	8 & under 50 fr	38	42.39
32.39	39	9 - 10 50 fr	40	31.89
1:05.29	41	11 - 12 100 fr	42	1:03.19
54.99	43	8 & under 50 br	44	54.99
41.99	45	9 - 10 50 br	46	42.49
1:22.19	47	11 - 12 100 br	48	1:21.29
2:36.39	49	9 - 10 200 fr	50	2:31.89
1:49.59	51	8 & under 100 IM	52	1:49.59
1:14.09	53	11 - 12 100 fly	54	1:12.49
1:23.19	55	9 - 10 100 IM	56	1:21.49
2:39.49	57	11 - 12 200 IM	58	2:37.29

*five minute break*

59		8 & u 100 med.relay	60
61	*	10 & under 200 med. r	62
63	*	11 -12 400 med. relay	64

Saturday Finals Order of Events

girls	event	boys
1	senior 100 free	2
3	9-10 50 fr	4
5	11 - 12 100 fr	6
7	13 - 14 100 free	8
9	** senior 500 free	10
11	13-14 100 back	12
13	senior 100 back	14
15	9 - 10 50 breast	16
17	11 - 12 100 breast	18
19	13 -14 100 breast	20
21	senior 100 breast	22
23	9 - 10 200 fr	24
25	11 - 12 100 fly	26
27	13 - 14 100 fly	28
29	senior 100 fly	30
31	9 - 10 100 IM	32
33	11 - 12 200 IM	34
35	13 - 14 200 IM	36
37	senior 200 IM	38
39	*10 & under 200 med.	40
41	*11 -12 400 med. relay	42
43	*13 - 14 400 med relay	44
45	*senior 400 med relay	46

*\* top eight seeded relays at night, timed final*

*\*\* top eight seeded 500 free timed final*

Sunday, February 6, 2000  
AM Session

warm up: 9:00 am / meet start: 10:05 am

2:20.19	65	11 - 12 200 free	66	2:16.89
50.69	67	8 & under 50 back	68	50.69
38.19	69	9 - 10 50 back	70	38.49
1:14.89	71	11 -12 100 back	72	1:13.29
2:55.99	73	9 - 10 200 IM	74	2:55.29
1:38.59	75	8 & under 100 free	76	1:38.59
29.89	77	11 - 12 50 free	78	28.89
1:12.39	79	9 - 10 100 free	80	1:10.79
54.19	81	8 & under 50 fly	82	54.19
37.29	83	9 - 10 50 fly	84	36.69
1:14.59	85	11 - 12 100 IM	86	1:12.79

*5 minute break*

87	8 & under 100 fr relay	88
89	10 & under 200 fr relay	90
91	11 - 12 400 fr relay	92

Sunday PM Session

warm up: not before 12:00 pm

<b>time standard</b>	<b>girls</b>	<b>event</b>	<b>boys</b>	<b>time standard</b>
2:06.99	93	senior 200 free	94	2:00.79
2:08.59	95	13 - 14 200 free	96	2:06.69
2:38.39	97	senior 200 breast	98	2:31.09
2:40.99	99	13 - 14 200 breast	100	2:38.79
27.19	101	senior 50 free	102	25.49
27.59	103	13 - 14 50 free	104	26.59
2:20.79	105	senior 200 back	106	2:14.89
2:23.39	107	13 - 14 200 back	108	2:19.69
2:21.19	109	senior 200 fly	110	2:14.59
2:22.39	111	13 - 14 200 fly	112	2:22.49

*ten minute break*

113	senior 400 free relay	114
115	13 - 14 400 free relay	116

*15 minute warm up period*

18:35.59	117	**senior 1650 free	118	18.00.99
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(\*\* will be swum after the relays, fastest to slowest, to its conclusion.  
Swimmers must provide their own timers)

## The 2000 Schroeder A+

1. Saturday: Prelim / final program for 9/10 and 11/12 age groups, consolation / final for 13/14, and a bonus final for seniors. 8 & U remains timed final.
2. Friday evening and Sunday events are timed final. Sunday the 12 and Unders start at 9:00 am and the Seniors swim in the afternoon.
3. USS Senior National individual qualifiers swim free in all of their individual events, Junior Championship individual qualifiers swim for half off the entry fees.
4. Entries will be taken on a first come, first served basis until the meet is filled.
5. Proof of time: bring proof of time to the meet, **\$50.00** fine for not making the entry standards and not proving the times.
6. Please make sure that you follow the entry limits. Each swimmer is allowed seven total events!

2000 A+

**SCHROEDER YMCA A+ SWIM MEET  
VOLUNTEER FORM**

Please indicate your timers' names and where they would like to time (North end, South end, or no preference). Visiting timers will receive a complimentary lunch and a copy of the Final Results.

Please have your timers report to the Schroeder Club Room north of the pool 20 minutes before the start of their session.

**TEAM NAME:**

	<u>Name</u>	End of Pool: No Preference <u>North/South</u>
FRIDAY SESSION:	1. _____	_____
	2. _____	_____
SATURDAY: A.M. SESSION	1. _____	_____
	2. _____	_____
P.M. SESSION	1. _____	_____
	2. _____	_____
FINALS	1. _____	_____
	2. _____	_____
SUNDAY: A.M. SESSION	1. _____	_____
	2. _____	_____
P.M. SESSION	1. _____	_____
	2. _____	_____
FINALS	1. _____	_____

2. \_\_\_\_\_

2000 A+

"TENTATIVE" POOL ASSIGNMENT

SCHROEDER YMCA A+ AGE GROUP & SENIOR MEET  
February 2 - 4, 1996

"Approximate"  
time line -based  
on 1995 meet

All Friday Events are Timed Finals

FRIDAY:

NORTH:	ALL BOYS EVENTS, 11-12 GIRLS 500 FREE	2 hrs. 50 mins.
SOUTH:	SENIOR, 13-14, GIRLS EVENTS	3 hrs.

SATURDAY:

A.M.	SOUTH:	SENIOR GIRLS	3 hrs. 45 mins.
	NORTH:	ALL 13-14 EVENTS, SENIOR BOYS	2 hrs. 30 mins.

All P.M. Events are Timed Finals

P.M.	NORTH:	11-12 GIRLS, ALL 8&U EVENTS	2 hrs. 40 mins.
	SOUTH:	11-12 BOYS, ALL 10&U EVENTS	2 hrs. 35 mins.

SUNDAY:

A.M.	NORTH:	ALL 13-14 EVENTS, SENIOR BOYS	3 hrs. 15 mins.
	SOUTH:	SENIOR GIRLS	4 hrs. 25 Mins.

All P.M. Events are Timed Finals

P.M.	NORTH:	11-12 BOYS, ALL 10&U EVENTS	2 hrs. 20 mins.
	SOUTH:	11-12 GIRLS, ALL 8&U EVENTS	2 hrs. 30 mins.

**SCHROEDER "A+" MEET  
WARMUP PROCEDURE**

FRIDAY, JANUARY 31                      WARMUPS                      4:30 - 5:30 P.M. START 5:35 P.M.

SATURDAY, FEBRUARY 1

A.M.                      WARMUPS                      7:00 - 8:00 A.M. START 8:05 A.M.

P.M.                      WARMUPS PM warmup not before 12:00 noon

FINALS                      WARMUPS                      5:00 - 6:00 P.M.                      START 6:05 P.M.

SUNDAY, FEBRUARY 4

A.M.                      WARMUPS                      7:00 - 8:00 A.M.                      START 8:05 A.M.

P.M.                      WARMUPS PM warmup not before 12:00 noon

FINALS                      WARMUPS                      5:00 - 6:00 P.M.                      START 6:05 P.M.

**GENERAL WARM-UP**

First Half-Hour of All Sessions

**SPECIFIC WARM-UP**

Second Half-Hour of All Sessions

Lane 1	General	Push/Pace
Lane 2	General	Sprint
Lane 3	General	General
Lane 4	General	General
Lane 5	General	General
Lane 6	General	Sprint
Lane 7	General	Sprint
Lane 8	General	Push/Pace

I. General Warmup: First half-hour of all sessions:

- A. No racing starts allowed from the blocks or edge of pool.
- B. No sprinting or pace work allowed during general warm up.
- C. All lanes used for general warm-ups.

II. Specific Warmup: Second half-hour of all sessions:

- A. Push/pace lanes - circle swimming only.
- B. Sprint lanes - for racing starts from blocks or backstroke starts only. Swim the full length and exit at the end of the pool.
- C. General warm-up lanes - no racing starts allowed. Circle swimming only.





















