



THE VERONA AQUATIC CLUB PRESENTS

10 & Under Summer Season Kick-off Meet

Sunday, May 23, 2010

Single age

- Approval:** WI2010-213A*
- Location:** Verona Area Natatorium, 400B N. Main Verona, Wisconsin 53593
Map and directions available on VAC website- www.swimvac.com
- Facility:** Indoor 25 meter pool with six 7-ft lanes, non-turbulent lane markers, backstroke flags, flat 29-inch high starting blocks, and guttered pool. Pool depth is 11-ft at the starting block end and 3.5-ft at the opposite end. Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100 Meter relays will start in the water. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).
- Timing:** Colorado Timing System with horn start, backup button, and manual stop watches, using two timers per lane. All events will be timed finals.
- Head Official:** Patty Kramer
- Official Rules:** 2010 United States 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.

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Warm-ups: Warm-ups will be 8:00am - 9:00am, with the meet starting at 9:10am

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. Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. Meet Marshals will be on deck during the entire warm-up with the authority to recommend disqualification from individual events.

Entry Deadline: Completed entry forms, signed waiver, and fees must be received by **Friday, May 14, 2010**. Seed times may be submitted in Yard or Meter times. Preferred method of entry is by e-mail in HYTEK COMMLINK format. If sending a disk, it must be accompanied by a hard-copy listing of entries.

Send Entry Materials To:

Brad Jebbia, P.O. Box 930273 Verona, Wisconsin 53593

e-mail: **vaccoach @charter.net**

Entry Limit: Swimmers may swim four (4) individual events plus two (2) relays.

Fees: Individual events \$4.00 per event and \$12.00 per relay. A \$3.00 Wisconsin Swimming LSC surcharge per swimmer, swimming in at least one individual event. Entry fees must accompany the official entry forms and are not refundable.

Deck Seeding: Deck seeding will be allowed only to the limit of filling partially filled heats. An additional \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 9:00am.

Final Results: One copy of the final results will be sent to each team represented. Results will also be available at the Wisconsin Swimming Inc. website.

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Awards: Awards for individual events Awards for relay events
1st through 3rd place: Medals 1st through 6th place: ribbons
4th through 12th place: ribbons

All swimmers will receive a participation gift. A fun raffle will also be held for all participants and Heat Sheet purchasers.

Heat winner awards will be given in all events.

Group distribution of awards to coaches will be permitted. Awards will not be mailed.

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& under swimmers.

Swimmers with Disabilities: We invite and encourage any swimmer with a disability to compete in this meet. Please indicate on the entry form any special needs or requirements.

Admission: Admission is free. Heat sheets will be sold for \$5.00. Coach's packets will be available at the admission table.

Concessions: A selection of delicious hot and cold food and drinks will be available.

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.

In accordance with the Federal Video Voyeurism Prevention Act of 2004 - the use of camera phones or video recording devices in the locker rooms is prohibited.

Meet Director: Brad Jebbia
P.O. Box 930273
Verona, Wisconsin 53593 (608) 341-7104
e-mail: bjebbia@dishmail.net
Submit Entries to: vaccoach @charter.net

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APPROVAL NUMBER: WI2010-213A*

GIRLS	ORDER OF EVENTS	BOYS
1	10 & UNDER 100 METER IM	2
3	8 & UNDER MIXED 100 METER FREESTYLE RELAY	4
5	10 & UNDER MIXED 200 METER FREESTYLE RELAY	6
	OPTIONAL 5 MINUTE BREAK	
7	6 & UNDER 25 METER BUTTERFLY	8
9	8 & UNDER 25 METER BUTTERFLY	10
11	10 & UNDER 50 METER BUTTERFLY	12
13	6 & UNDER 25 METER BACKSTROKE	14
15	8 & UNDER 25 METER BACKSTROKE	16
17	10 & UNDER 50 METER BACKSTROKE	18
	SUMMER SEASON KICK-OFF HALFTIME BREAK	
19	6 & UNDER 25 METER BREASTSTROKE	20
21	8 & UNDER 25 METER BREASTSTROKE	22
23	10 & UNDER 50 METER BREASTSTROKE	24
25	6 & UNDER 25 METER FREESTYLE	26
27	8 & UNDER 25 METER FREESTYLE	28
29	10 & UNDER 50 METER FREESTYLE	30
	OPTIONAL 5 MINUTE BREAK	
31	8 & UNDER 100 METER MIXED MEDLEY RELAY	32
33	10 & UNDER 200 METER MIXED MEDLEY RELAY	34

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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 \$4.00 = \$ _____

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 \$3.00 = \$ _____

Number of Relay Swims _____ x \$12.00 = \$ _____

Total Entry Fee due \$ _____

Make Checks Payable to **Verona Aquatic Club**

Mail Entries to: Brad Jebbia
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(608) 341-7104

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