THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK WINTER THAW

January 10-11, 2015

Single Age High Point Meet

25 Yards

Sanction: **WI2015-005S**

Location: UW-Whitewater, Williams Center Pool

Facility: Six lanes, 25 yards flush deck, non-turbulence lane markers and backstroke flags, with 30" height starting blocks. Pool is 7 feet deep at starting blocks and 4 feet deep on the shallow end. The Competition course has not been certified in accordance with 104.2.2C(4)**.** Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard relays will start in the water.

Timing: Colorado System with backup watches. All events are timed final. Computerized scoreboard for all lanes.

Head Official: Joe Domitrz e-mail: josephdomitrz@sbcglobal.net phone: 608-449-0823
Administrative Ref: Kelley Dammen e-mail: klibe227@gmail.com

Official Rules: Official 2015 Short Course USA-S Rules shall prevail for this meet. Age as of January 10, 2015.

Warm-up:

Saturday morning :	8:15am (55 min)	Competition starts	9:15am
Mile Session:	immediately following event #	(15 minutes : lanes 2-5 circle swim; 1 & 6 pace)	
12&Under Session:	immediately following the mile session (1 hour)		
11-12 yr old 400 IM:	immediately following event #	(15 minutes : lanes 2-5 circle swim; 1 & 6 pace)	

Sunday morning	7:15am	Competition starts	8:15am
12&Under Session:	immediately following the morning session (1 hour)		
12&U 500 free:	immediately following event #	(15 minutes : lanes 2-5 circle swim; 1 & 6 pace)	

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

Warm-up lanes will be assigned. Teams will be able to do starts at the end of their assigned times.

Entry Chair/Meet Director/Administrative Official

Kelly Dammen
8405 N. Ridge Trail
Milton, WI 53563

E-Mail: klibe227@gmail.com

Phone: 608-868-9066

Entry Limit: Swimmers may swim four (4) individual events per day, plus one (1) relay a day. The 1650 free, 400 IM, and 500 free are check-in events and may be limited to the top 30 swimmers. Any swimmer unable to compete due to the limitation will be refunded the entry fee for this event.

Fees: Individual events $4 per event and $12.00 per relay. $3 LSC surcharge per swimmer swimming in at least one individual event. Entry fees must accompany the official entry forms and are not refundable.

Entry Deadline: The entry chair must receive **e-mail entry files** and **paper entries** (no hy-tek software) ***no later than Sunday, January 4, 2015***. This meet is being run with Hy-Tek swim software. Deck entries will be accepted in open lanes only. Completed waiver and fees must be received no later than Thursday, January 9, 2015 by the entry chair. No phone entries will be accepted.

Disabled Swimmers: If you have any disabled swimmers, please notify the Meet Director by e-mail or phone no later than Friday, January 9, 2015.

Video Use: Use of cell phones or any other device that has video recording capabilities is NOT PERMITTED in the locker room or bathroom areas.

Admissions: Spectators over 13 years old are $3. Heat sheets are $2.

Final Results: One copy of final results will be sent to each team represented. Teams will be responsible to pick up their commlinked disk following the completion of the meet. No awards or disks will be mailed with the final results.

Concessions: A concession stand with a wide and delicious variety of food and beverages will be available.

Conduct: Each team is responsible for the conduct of its' swimmers. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited

Camera and Cell Phone Use: No cameras or camera phones are allowed in the locker rooms.

Awards: Please pick up your awards in a timely manner. ***No Saturday awards or Sunday morning awards will be given out once the <u>Sunday afternoon</u> session has begun***.

Individual events:	$1^{st} – 6^{th}$	Ribbons in each age division (6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older)
All relay events:	1^{st}-3^{rd}	Rosette Ribbons

All 6&Under swimmers will receive a fun participation award.

Single-Age Highpoint Awards

6&U, 7, 8, 9, 10, 11, 12, 13, 14&Older
Deck entry results will not count toward highpoint.

Highpoint Medals $1^{st} – 3^{rd}$ in each age group

Place	**1st**	**2nd**	**3rd**	**4th**	**5th**	**6th**
Points	7	5	4	3	2	1

Unaccompanied Swimmer: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the J-Hawk Aquatic Club, the Swim Parents Association, the University of Wisconsin-Whitewater and their staffs for the injuries and/or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes currently registered with United States Swimming and in good standing with Wisconsin Swimming, Inc. and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We also are aware that it is our responsibility to ensure that every athlete and coach participating in the meet are registered United States members. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials: _____

Signature of Club Official, Parent or Guardian (final results will be mailed to this address)

Name: _____ Phone: _____
Address: _____ E-Mail: _____
City, State, Zip: _____

Name of coach(es) or team representative(s) at meet: _____

Entry Fee Recap: _____ Individual Events x $4 = $ _____
_____ Relay Teams x $12.00 = $ _____

TOTAL EVENT FEES = $ _____
LESS RESERVATION = - $ _____

A: ADDITIONAL OWED A: $ _____*

If reservation amount is more than the event fees, write zero (0) on line A.

_____ LSC Surcharge x $3 = B: $ _____

TOTAL OF LINES A & B = $ _____

Make checks payable to: ***J-HAWK AQUATIC CLUB***

Mail Entries to: Kelly Dammen
8405 N. Ridge Trail
Milton, WI 53563

E-Mail: klibe227@gmail.com

Phone: 608-868-9066

Questions? Please contact Kelly.

J-HAWK WINTER THAW

January 10-11, 2015

25 Yards

Women's Event #	SATURDAY MORNING ORDER OF EVENTS	Men's Event #
1	Senior 200 Yd Mixed Medley Relay	1
	5 minute break	
2	13 & Over 200 Yd Backstroke	3
4	13 & Over 50 Yd Freestyle	5
	Optional 5 minute break	
6	13 & Over 100 Yd Breaststroke	7
8	13 & Over 200 Yd Freestyle	9
	Optional 5 minute break	
10	13 & Over 100 Yd Butterfly	11
12	13 & Over 200 Yd IM	13
	MILE SESSION	
14	13&Older Mixed 1650 Yd Freestyle	14
	May be limited to 5 Heats *Awards will be separated for Girls and Boys and by age group*	

Women's Event #	SATURDAY 12&UNDER ORDER OF EVENTS	Men's Event #
15	8 & Under 100 Yd Mixed Medley Relay	15
16	10 & Under 200 Yd Mixed Medley Relay	16
17	12 & Under 200 Yd Mixed Medley Relay	17
	Optional 5 minute break	
18	8&Under 25 Yd Backstroke	19
20	10&U 50 Yd Backstroke	21
22	11-12 100 Yd Backstroke	23
24	10&U 100 Yd Freestyle	25
26	11-12 50 Yd Freestyle	27
28	8&Under 25 Yd Breaststroke	29
30	10&U 50 Yd Breaststroke	31
32	11-12 200 Yd Breaststroke	33
34	10&U 100 Yd Butterfly	35
36	11-12 50 Yd Butterfly	37
	Optional 5 minute break	
38	12&U 200 Yd Freestyle	39
	400 IM SESSION	
40	11-12 Mixed 400 Yd IM	40
	Awards will be separated for Girls and Boys and by age group	

J-HAWK WINTER THAW

January 10-11, 2015

25 Yards

Women's Event #	SUNDAY MORNING ORDER OF EVENTS	Men's Event #
41	Senior 200 Yd Mixed Free Relay	41
	Optional 5 minute break	
42	13 & Over Mixed 400 Yd IM*	43
44	13 & Over 100 Yd Freestyle	45
	Optional 5 minute break	
46	13 & Over 200 Yd Breaststroke	47
48	13 & Over 100 Yd Backstroke	49
	Optional 5 minute break	
50	13 & Over 200 Yd Butterfly	51
	500 FREE SESSION	
52	13 & Over Mixed 500 Yd Freestyle	52
	Awards will be separated for Girls and Boys.	

Women's Event #	SUNDAY 12&U ORDER OF EVENTS	Men's Event #
53	8 & Under 100 Yd Mixed Free Relay	41
54	10 & Under 200 Yd Mixed Free Relay	42
55	12 & Under 200 Yd Mixed Free Relay	43
	Optional 5 minute break	
56	10&U 100 Yd Backstroke	57
58	11-12 50 Yd Backstroke	59
60	8&U 25 Yd Freestyle	61
62	10&U 50 Yd Freestyle	63
64	11-12 100 Yd Freestyle	65
66	10&U 100 Yd Breaststroke	67
68	11-12 50 Yd Breaststroke	69
70	8&Under 25 Yd Butterfly	71
72	10&U 50 Yd Butterfly	73
74	11-12 200 Yd Butterfly	75
	Optional 5 minute break	
76	12&U 100 Yd IM	76
	500 FREE SESSION	
77	12&Under Mixed 500 Yd Free*	78
	Awards will be separated for Girls and Boys and by age group.	

J-HAWK WINTER THAW

January 10-11, 2015
25 Yards

Team Name: _____ Team Code: _____

LAST NAME		AGE	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
FIRST NAME	USA-S	F/M	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										

Event #:	A	B	C	Event #:	A	B	C
Event #:	A	B	C	Event #:	A	B	C
Event #:	A	B	C	Event #:	A	B	C