

Fort Atkinson Swim Team
A-B-C Fall Frenzy 2009 Saturday, November 14, 2009
Sanction # 2009-236WI

Location: The Fort Atkinson High School
925 Lexington Blvd.
Fort Atkinson, WI 53538

Meet Director: Vincent Kent
331 Lucile St
Fort Atkinson, WI 53538
vlkent@compufort.com

Meet Entry Chair: Vincent Kent
331 Lucile St.
Fort Atkinson, WI 53538
vlkent@compufort.com

Facility: Eight lane, 25 yard pool. Pool depth is 9 feet at the start end and 5' feet at turn end. Blocks are 30 inches high. The pool features Colorado blocks with individual start horns. Concessions will be available. No food or beverage is allowed in the pool area. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).

Timing: Colorado System 6 timing system with aqua grip touch pads, with 2 manual stop watches.

Rules: Official 2009 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall Govern the conduct of this meet. Swimmers must be registered USA swimmers. Age is as of November 14, 2009. Coaches must display their Coaches Card while on deck.

Schedule: Saturday: Warm-up 8:00 – 9:00 AM, meet starts at 9:05 AM
The afternoon warm-ups will start as soon as the morning session has been completed, with the afternoon session beginning one hour after the start of warm-ups. The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received.
Failure to follow warm-up guidelines may result in disqualification from the next individual event. Feet first three point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).

First ½ hour. Circle swim all lanes.
Second ½ hour. Circle swim lanes 1, 2&8
Push/Pace 50's lanes 3 & 7
One way sprints lanes 4, 5 & 6
Procedure will be repeated for the afternoon session.

Officials: Head Official, Jim Merrill of Watertown Aquatics

Entries & Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in FOUR (4) individual events per day plus relays. All swimmers must be registered USA Swimming swimmers and MUST be listed on the official entry form. This includes relay Only swimmers. Submit current yard times. All events will be timed finals. Completed entry form, signed waiver, and fees must be received no later than November 10, 2009. Any questions concerning entries should be directed to Vincent Kent, Meet Manager at 920-563-7623. (If you choose to e-mail your entry file it must be received by November 10th and the signed waiver and fees should be received by meet director by November 10th).

(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE.)

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- Entry Fees: \$4.00 per individual event
\$10.00 per relay event
\$3.00 per swimmer in an individual event for LSC tax (splash fee)
Entry fees must accompany the official entry forms and are not refundable.
- Admissions: \$3.00 per spectator over the age of 12. Heat sheets are \$3.00.
- Entries: Each swimmer is allowed 4 individual events and 2 relays.
- Seeding: Regular event seeding. All deck seeding will stop at 8:00 AM
(1 hour before the start of the meet).
- Eligibility: Age as of Nov. 14, 2009, swimmer must be registered with USS and Wisconsin swimmers must be registered with the Wisconsin LSC of the USS. Non-Wisconsin swimmers must present their USS card.
- Awards: Ribbons for individual events places 1-16 and relay events places 1-3.
Top 3 swimmers per team per event will score team points.
Only the top relay per team per event will score team points.
Team trophies will be presented to the top 6 teams.
Team points: (16 places) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1,
Relays and the "Mixed Open 200 Fly" (event 42) & "10 and U Mixed 100 Fly" (event 73)
will score double points.
- Medical: Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean up required.
- Final Results: Final results will be posted at www.wisconsinswimming.org.
- Seeding: All individual events will be pre-seeded.
- Conduct: Each team is responsible for the behavior of their swimmers. 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.
The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.
- Coaches: All coaches must pick up their coach's packets in person and must show their coach's card. If a coach does not present an USA Swimming registration card, they will not be allowed on deck and the swimmers for the team will be assigned to an USA Swimming certified coach for warm-ups.
- Food: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the Pool area. NO CARRY IN COOLERS
- Age Groups: 6 & U, 7-8, 9-10, 11-12, 13-14, Senior. (6&U swimmers will swim with the 8&U swimmers,

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but will be scored separately. There will be no 6&U relays). The "Mixed Open 400 IM" will be scored separately by gender and age group (10&U, 11-12, 13-14, Senior) and The "10 and U Mixed 100 Fly" will be scored separately by gender and age group (6&U, 7-8, 9-10).

Girls	AM EVENTS	BOYS
1	11 & 12 200 Medley Relay	2
3	13 & 14 200 Medley Relay	4
5	Senior/Open 200 Medley Relay	6
7	11 & 12 50 Free	8
9	13 & 14 50 Free	10
11	Senior/Open 50 Free	12
13	11 & 12 50 Fly	14
15	13 & 14 100 Fly	16
17	Senior/Open 100 Fly	18 (optional 5 minute break after #18)
19	11 & 12 100 IM	20
21	13 & 14 200 IM	22
23	Senior/Open 200 IM	24 (optional 5 minute break after # 24)
25	11 & 12 50 Breast	26
27	13 & 14 100 Breast	28
29	Senior/Open 100 Breast	30
31	11 & 12 100 Back	32
33	13 & 14 100 Back	34
35	Senior/Open 100 Back	36
37	11 & 12 200 Free Relay	38
39	13 & 14 200 Free Relay	40
41	Senior/Open 200 Free Relay	42
-	-Optional 5 min. Break-	-
43	Mixed Open 200 Fly	43

GIRLS	PM EVENTS	BOYS
45	8 and U 100 Medley Relay	46
47	10 and U 200 Medley Relay	48

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-	-Optional 5 min. Break-	-
49	8 and U 25 Free	50
51	10 and U 50 Free	52
53	8 and U 25 Fly	54
55	10 and U 50 Fly	56
-	-Optional 5 min. Break-	-
57	8 and U 100 IM	58
59	10 and U 100 IM	60
61	8 and U 50 Breast	62
63	10 and U 50 Breast	64
65	8 and U 25 Back	66
67	10 and U 100 Back	68
-	-Optional 5 min. Break-	-
69	8 and U 100 Free Relay	70
71	10 and U 200 Free Relay	72
-	-Optional 5 min. Break-	-
73	10 and U Mixed 100 Fly	73

WAIVER

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my heirs, administrators, and assigns waive and release any and all claims, against the Fort Atkinson School District, USA Swimming, the Fort Atkinson Swim Team (FAST), Wisconsin Swimming, Inc., and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona-fide amateur athletes and eligible to compete in all the 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. All swimmers entered are current members of WI/USA Swimming Inc.

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Signature of the Club Official, Parent or Guardian: _____

Position: _____

Phone Number: (____)____-____ E-Mail: _____

Contact Person if different than above: _____

Phone Number: (____)____-____

Team Name and Abbreviation: _____

Coach's Name: _____

Coach's E-Mail: _____

Coach's Phone Number: (____)____-____

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