

**Waunakee Rural Aquatic Team**  
**Frosty Plunge**  
**December 12, 2009**  
**A-BB +B-C**

SANCTION NO: [2009-234WI](#)

DATE: Saturday December 12, 2009  
AM Session:  
Warm-ups: 7:30 AM - 8:30 AM  
First Event: 8:40 AM  
  
PM Session: Warmups begin immediately after the AM session, but not  
Before 11:00 AM.  
Warm-ups: One hour  
First Event: 10 minutes after the end of PM warm-ups.

LOCATION: Waunakee High School 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 non-starting end; non-turbulent 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 starting end. Please be advised that due to the depth of the non-starting end of the pool, the 2<sup>nd</sup> and 4<sup>th</sup> leg of all 100-Yard/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 System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons; manual timing with 2 watches per lane

OFFICIAL RULES: Official 2009 USAS and Wisconsin Swimming Rules shall govern this meet. Swimmers must be registered USAS swimmers. Swimmer's age is as of December 12, 2009. No recall starts.

WARM-UPS: 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, 5, and 6 will be open for sprints with diving from the blocks permitted. Lanes 1, 7 and 8 will be for circle swimming. **Feet first three-point** from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

ENTRIES: Completed entry forms, signed waiver, and fees must be received by **Friday, November 27th, 2009**. Preferred method of entry is by e-mail in HY-TEK COMMLINK format. If sending a disk, it **MUST** be accompanied by a hard-copy listing of entries. Current USAS ID number **MUST** be included on the entry form. If e-mailing entries, hard copy, waiver and fees must be received by Tuesday, December 2nd, 2008. All deck entries must be able to prove USAS membership. Teams are encouraged to submit estimated times for swimmers rather than "No Times".

SEND ENTRY MATERIALS TO:  
Wagner da Silva - 278 N. Musket Ridge Dr. - Sun Prairie WI, 53590  
E-mail: [wagnerdasilva@verizon.net](mailto:wagnerdasilva@verizon.net) - 608-335-2318

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- SWIMMERS WITH DISABILITIES:** 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.
- ENTRY LIMIT:** Individual entries will be accepted up to a maximum of 1600 entries for the meet. Entries not accepted will be notified by phone as soon as possible. **SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PLUS TWO (2) RELAYS.**
- ENTRY FEE:**
- |                    |         |
|--------------------|---------|
| Individual Events: | \$3.00  |
| Relays:            | \$12.00 |
| Splash Fee:        | \$3.00  |
- FINAL RESULTS:** One copy of the final results will be mailed to all participating clubs. Additional copies may be ordered at \$5.00 per copy.
- AWARDS:** All swimmers will swim as one class by age group and gender, but will be separated by A, BB and B-C classes for award purposes in each age group. Medals will be given for 1st place in each individual class and ribbons will be awarded for 2nd – 16th places. Ribbons will be awarded for 1st – 6th in relay events. Swimmers will be eligible for awards in the class in which they finish. Individual swimmers must claim their own awards. Group distribution of awards to coaches will be permitted. Awards will not be mailed.
- DECK SEEDING:** Deck seeding will be allowed at the sole discretion of the meet director to the extent that time and space are available but only to the limit of filling partially filled heats. No relay deck seeding accepted, but relay changes may be made. An \$8.00 charge per event will be assessed for deck seeding. Deck seeding will close at 8:00 AM for the AM Session and 30 minutes after the start of PM warm ups for the PM Session. Coaches must be able to prove swimmer's USAS membership.
- 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 provided for 8&U.
- ADMISSION:** Admission is \$3.00 (10 and under free). Heat sheets will be sold for \$3.00. Coaches' packets will be available at 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.
- CONCESSIONS:** A selection of delicious hot and cold food and drinks will be available at reasonable prices in the Waunakee High School Commons. No food allowed in pool area.
- MEET CONDUCT:** All teams are responsible for the conduct of their swimmers. The meet referee 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.
- OFFICIALS:** Head Referee – Jim Tobakos
- MEET DIRECTOR:** Steve Hall 6112 Harvest Hill Court Waunakee, WI 53597  
Home: (608) 849-8544 e-mail: stephenhall@msn.com

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**LIST OF EVENTS**

(Warm-ups 7:30 - 8:30 AM. Meet starts at 8:45 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10&U	100 Freestyle	2
3	11-12	100 Freestyle	4
5	10&U	200 Free Relay	6
7	11-12	200 Free Relay	8
9	10&U	50 Breaststroke	10
11	11-12	100 Breaststroke	12
13	10&U	50 Backstroke	14
15	11-12	100 Backstroke	16
17	10&U	50 Freestyle	18
19	11-12	50 Freestyle	20
21	10&U	50 Butterfly	22
23	11-12	50 Butterfly	24
25	10&U	100 IM	26
27	11-12	200 IM	28

29	Open*	500 Freestyle**	30
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(Warm-ups for PM session will not start before 11:00 AM.)

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
31	13&O	200 IM	32
33	8&U	100 IM	34
35	13&O	200 Free Relay	36
37	8&U	100 Free Relay	38
39	13&O	100 Breaststroke	40
41	8&U	25 Breaststroke	42
43	13&O	50 Freestyle	44
45	8&U	25 Freestyle	46
47	13&O	100 Butterfly	48
49	8&U	25 Butterfly	50
51	13&O	100 Backstroke	52
53	8&U	25 Backstroke	54

\* The 500 Freestyle will be scored as 10&U, 11-12, and 13&O

\*\* Before the 500 freestyle there will be a 15 minute break to give swimmers a chance to warm up before swimming. Swimmers in the 500 need to provide their own counters.

**WAUNAKEE RURAL AQUATIC TEAM Frosty Plunge  
December 13, 2008**

**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 USAS, Wisconsin Swimming, Inc., Waunakee Rural Aquatic Club, and the Waunakee area School District including the Waunakee High School, 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 \_\_\_\_\_

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**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 \$3.00 =	\$ _____
Number of Relay Swims	_____	x \$12.00 =	\$ _____
		Total Entry Fee due	\$ _____

Make Checks Payable to **WRAT Operating Fund**

Mail Entries to:

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**Entries Must be received by Friday, November 27, 2009**