



2018 GROUND HOG MEET

DATE: January 19-20, 2018

SPONSORED BY: Clintonville Area Swim Team

LOCATION: Clintonville High School Rec Center Pool
330 N. Harriet Street
Clintonville, WI 54929
Enter through Field House doors

SANCTION NUMBER: WI2018-043S
USA and Wisconsin LSC Rules Apply
In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

AGE DIVISION: Friday (Combined Age Group)
Sat. AM Session: 10 & Under
Sat. PM Session: 11-12, 13 & Over
Age as of January 19 will determine swimmers class

ENTRY FEES: \$3.00 per Swimmer Splash Fee
\$3.00 facility fee
\$4.00 per Individual Event
\$16.00 per Relay

ADMISSION: Adults \$4.00, Under 12 No Charge Heat
Sheets: \$4.00 per session

- ENTRY INFORMATION:** Swimmers are limited to 3 individual events on Friday, 4 individual events on Saturday plus relays for both days and must be USA Swimming registered. If open heats/lanes are available, deck seeding will be permitted at \$5.00 per individual event. And \$20 for Relays. Teams are encouraged to submit entries on HyTek by disk or email. A printed copy of your entries must also be included. Swimmers shall provide timers for 500, 1000, & 1650 free.
- ENTRY CHAIR:** Checks should be made payable to Clintonville Area Swim Team (CAST) and be sent with your entry forms to:
- CAST: Clintonville Area Swim
Team c/o Joanna Davies
45 19th Street
Clintonville, WI 54929
(Email to: cast.meet-director@cast-swimmers.com)
- DEADLINE:** Entry and waiver forms must be received no later than January 8th, 2017.
- DISABLED SWIMMERS:** Coaches please inform meet officials of disabled swimmer's needs.
- FACILITY:** Eight (8) Lane, 25 Yard, 7' Lane Width, Backstroke Flags, Non-Turbulence Lane Dividers. Starting Depth – 6'8" on edge, sloping down to 10' in center; turn side depth – 3'6", Block Height – 26". Colorado Timing System with backup stop watches (2 per lane). 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/Meter relays will start in the water.
- MEET DIRECTOR:** Joanna Davies
Call/Text (715) 460-4859 cast.meet-director@cast-swimmers.com
- TIME SCHEDULE:**
- Friday (Combined Session)
5:00-6:00 PM Warm-ups
5:45 PM Timers Meeting
6:05 PM Meet Begins
Positive check-in for 1000 Free no later than 30 minutes after warm-ups begin. 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).
- Saturday (10 & Under AM; 11 & Over PM)
7:00-8:00 AM Warm-ups
7:45 AM Timers Meeting
8:05 AM Meet Begins
Afternoon warm-ups will not begin before 11:00 AM and will last 1 hour. 12:00 PM (approx.) afternoon session begins. Positive check-in for 500 & 1650 Free no later than 30 minutes after warm-ups begin.
- EVENT STAGING:** 8 & Under swimmers report to designated staging area. All other swimmers report to your blocks prior to your event. This is a pre-seeded meet.

- HEAD OFFICIAL: Lead Official: Mark Kohrell
 Administrative Official: Cindy Maltry
- LOCKERS: Women’s and Men’s lockers are available. Swimmers are responsible for securing their belongings. Clintonville Area Swim Team will not be responsible for lost articles.
- LOST & FOUND: Located at the awards table during the meet. After the meet please contact the Rec Center at (715) 823-7215
- FOOD: Delicious hot and cold foods will be available for purchase during the meet.
 No food or drink (except water) allowed on the pool deck.
- FIRSTAID KIT: Available during the meet in pool office.
- CONDUCT:
- a) Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is strictly prohibited.
 - b) Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - c) Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the meet director or meet marshal, is harmful to others or to other’s property will be required to leave the competition.
 - d) Please sit in the designated areas for teams and spectators. Spectator seating is in the bleachers on the North side of the pool deck. All swimmers must keep their bags in the Gymnasium.
 - e) In accordance with USA Swimming rules, no spectators are allowed on the pool deck. 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.
 - f) Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.
- AWARDS: Results will be posted in the Gym. 1st– 16th ribbons for individual events, 1st– 3rd for the relay. All awards must be picked up during the meet. We will no longer mail awards to participating teams. Please have someone from your team pick up the awards after the last event.
- FINAL RESULTS: Each team in the meet will receive a copy of the final results via email.
- COACHES NOTES: A USA Swimming coach must be on deck at all times with swimmers. All teams must keep the pool deck as clean as possible. Per USA Swimming rules and State of Wisconsin – No Smoking is allowed on the premises.

Thank you!

CLINTONVILLE AREA SWIM TEAM WAIVER

Official Entry Form – all meet and relay entry forms must be submitted with this waiver.

Name of Club: _____ USS Club Code: _____

Number of:

_____ Facility Fee @ \$3.00	\$ _____
_____ Swimmers (Splash Fee) @ \$3.00	\$ _____
_____ Individual Events @ \$4.00	\$ _____
_____ Relay Events @ \$16.00	\$ _____
Subtract reservation already paid	(\$ _____)

Make check payable to CAST

TOTAL \$ _____

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 USA SWIMMING. THE WISCONSIN ASSOCIATION OF THE USA, THE CITY OF CLINTONVILLE, CLINTONVILLE PUBLIC SCHOOL DISTRICT, THE CLINTONVILLE AREA SWIM TEAM AND THEIR STAFF FOR INJURIES AND/OR EXPENSES INCURRED BY ME/US AT THE MEET, OR WHILE ON THE ROAD TO AND FROM THE MEET. I/WE ARE BONAFIDE AMATEUR ATHLETES AND ELIGIBLE TO COMPETE IN ALL OF THE EVENTS I/WE HAVE ENTERED.

Signature of Club Official: _____ Position: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Name of Coach(s): _____

Contact Person Regarding This Entry: _____

Email: _____ Phone: _____

Deadline for Entries: **January 6, 2017**

Make Checks Payable To: Clintonville Area Swim Team (CAST)

Mail Entries To:

CAST: Clintonville Area Swim Team
c/o Joanna Davies
45 19th Street
Clintonville, WI 54929
(Email to: cast.meet-director@cast-swimmers.com)

**CLINTONVILLE AREA SWIM TEAM – 2017 GROUND HOG MEET
FRIDAY, JANUARY 13th, 2017 – ORDER OF EVENTS
COMBINED SESSION
WARM-UPS 5:00 PM MEET STARTS AT 6:05 PM**

FRIDAY EVENING EVENTS

GIRLS		BOYS
1	10 & UNDER 200 FREE RELAY	2
3	12 & UNDER 400 FREE RELAY	4
5	OPEN 400 FREE RELAY	6
7	12 & UNDER 100 FREE	8
9	10 & UNDER 50 FLY	10
11	12 & UNDER 100 FLY	12
13	OPEN 100 FLY	14
15	10 & UNDER 50 BACK	16
17	10 & UNDER 200 IM	18
19	11-12 200 IM	20
21	OPEN 200 IM	22
23	10 & UNDER 50 BREAST	24
25	12 & UNDER 100 BREAST	26
27	OPEN 100 BREAST	28
	***** 10 MINUTE IN WATER BREAK *****	
29	OPEN 1000 FREE	30

SATURDAY, JANUARY 14, 2017 – ORDER OF EVENTS
WARM-UPS 7:00 AM MEET STARTS AT 8:05 AM
SATURDAY MORNING EVENTS

GIRLS		BOYS
31	8 & UNDER 100 MEDLEY RELAY	32
33	10 & UNDER 200 MEDLEY RELAY	34
35	8 & UNDER 25 FREE	36
37	10 & Under 200 FREE	38
39	8 & Under 100 IM	40
41	9 & 10 100 IM	42
43	8 & UNDER 25 FLY	44
45	9 & 10 50 FLY	46
47	8 & UNDER 25 BACK	48
49	9 & 10 100 BACK	50
51	8 & UNDER 25 BREAST	52
53	9 & 10 100 BREAST	54
55	8 & UNDER 50 FREE	56
57	9 & 10 50 FREE	58
59	8 & UNDER 100 FREE RELAY	60
***** 10 MINUTE IN WATER BREAK *****		
61	OPEN 500 FREE	62

AFTERNOON SESSION
WARM-UPS AFTER MORNING SESSION ENDS (NOT BEFORE 11:00 AM)
SATURDAY AFTERNOON EVENTS

GIRLS		BOYS
63	OPEN 200 FLY	64
65	11 & 12 200 MEDLEY RELAY	66
67	OPEN 200 MEDLEY RELAY	68
69	11 & 12 50 FREE	70
71	OPEN 50 FREE	72
73	11 & 12 100 IM	74
75	OPEN 400 IM	76
77	11 & 12 50 FLY	78
79	OPEN 100 FREE	80
81	11 & 12 50 BACK	82
83	OPEN 100 BACK	84
85	11 & 12 50 BREAST	86
87	OPEN 200 BREAST	88
89	11 & 12 100 FREE	90
91	OPEN 200 FREE RELAY	91
93	11 & 12 200 FREE RELAY	94
***** 15 MINUTE IN WATER BREAK *****		
95	OPEN 1650 FREE	96