

THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK FALL STARTER

October 22, 2017

Single Age High Point Meet - Single Session

25 Yards

Sanction: WI2017 – 415S

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.

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

Admin Ref: Kelley Dammen e-mail: klibe227@aol.com

Official Rules: Official 2016 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered swimmers. Age as of October 22, 2017.

Warm-up: 8:30am (55 min) Competition starts 9:30am

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

Entry Chair/Meet Director

Cheri Zimdars
430 Assembly Court, Whitewater, WI 53190

e-mail: j_hawkswim@charter.net
phone: 608-449-5150

Entry Limit: Swimmers may swim four (4) individual events per day, plus one (1) relay. All MIXED individual events, of 400 or longer, are check-in events. These events may be limited to 5 heats if the timeline goes over the 4 hour rule. A separate warm-up will be given, if necessary, for the distance sessions.

Fees: Individual events \$4.50 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.

Mixed Relays: Relays can be any combination of boys and girls.

Entry Deadline: The entry chair must receive **e-mail entry files** and **paper entries** (no hy-tek software) ***no later than Friday, October 13, 2017***. 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 before the meet starts, on Sunday, October 22, 2017.

Disabled Swimmers: If you have any disabled swimmers, please notify the Meet Director by e-mail or phone no later than Friday, **October 20, 2017**.

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 e-mailed to each team represented. No awards 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

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.

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.

Awards: Please pick up your awards in a timely manner. *Awards will be bagged and given to a coach.*

Individual events: 1st – 6th Ribbons in each age division
(6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older)

All relay events: 1st-3rd 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 1st – 3rd in each age group

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

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 J-Hawk Booster Club, 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 \$4.50 = \$ _____
_____ 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: J-Hawk Aquatic Club
c/o Cheri Zimdars
430 Assembly Court
Whitewater, WI 53190

Questions: 608-449-5150 or j_hawkswim@charter.net

J-HAWK FALL STARTER

Sunday, October 22, 2017

25 Yards

LARGE MEET FORMAT (over 175 swimmers)

Women's Event #	13&OVER - SESSION #1	Men's Event #
1	Senior 200 Yd Mixed Medley Relay	1
	<i>**Optional 5 minute break**</i>	
2	13&Over Mixed 400 yd IM	2
3	13 & Over 100 Yd Backstroke	4
5	13&Over Mixed 200 Yd Breaststroke	5
6	13 & Over Mixed 200 Yd Freestyle	6
7	13 & Over 100 Yd Butterfly	8
9	13 & Over Mixed 200 Yd IM	9
10	13&Over 100 Yd Freestyle	11
12	13 & Over Mixed 200 Yd Backstroke	12
13	13&Over 100 Yd Breaststroke	14
15	13 & Over 50 Yd Freestyle	16
17	13 & Over Mixed 200 Yd Butterfly	17
	SESSION 2 - DISTANCE	
18	13 & Over Mixed 1000 yard Freestyle	18

*** Optional 5 minute breaks will be added if swimmers' need it and upon coaches' request.*

Women's Event #	12&UNDER - SESSION #3	Men's Event #
19	8&Under 100 Yd Mixed Relay	19
20	10 & Under 200 Yd Mixed Medley Relay	20
21	12 & Under 200 Yd Mixed Medley Relay	21
	<i>**Optional 5 minute break**</i>	
22	8&Under 25 Yard Freestyle	23
24	12&Under 50 Yd Backstroke	25
26	8&Under 25 Yd Backstroke	27
28	11-12 Yr Old Mixed 200 Yd Butterfly	28
29	12&Under 50 Yd Breaststroke	30
31	8&Under 25 Breaststroke	32
33	11-12 Yr Old Mixed 200 Freestyle	33
34	12&Under 50 Yd Butterfly	35
36	8&Under 25 Yd Butterfly	37
38	11-12 Yr Old Mixed 200 Yd Backstroke	38
39	12&Under 50 Yd Freestyle	40
41	8&Under Mixed 100 Yd IM	41
	SESSION 4: DISTANCE SESSION	
42	9-12 Yr Old Mixed 500 Yd Free*	42
43	11-12 Yr Old Mixed 400 IM	43
44	11-12 Yr Old Mixed 1000 Yd Free	44

*** Optional 5 minute breaks will be added if swimmers' need it and upon coaches' request.*

SMALL MEET FORM (less than 175 swimmers)

Women's Event #	SUNDAY MORNING	Men's Event #
1	10 & Under 200 Yd Mixed Medley Relay	1
2	Senior 200 Yd Mixed Medley Relay	2
	<i>**Optional 5 minute break**</i>	
3	8&Under 25 Yard Freestyle	4
5	11&Over Mixed 400 yd IM	5
6	10&Under Mixed 50 Yd Backstroke	6
7	11-12 Mixed 50 yd Backstroke	7
8	11&Over Mixed 100 Yd Backstroke	8
9	8&Under 25 Yd Backstroke	10
11	11-12 50 Mixed Yd Breaststroke	11
12	11&Over Mixed 200 Yd Breaststroke	12
13	10&Under Mixed 50 Yd Breaststroke	13
14	8&Under 25 Breaststroke	15
16	11-12 Mixed 50 Yd Butterfly	16
17	Mixed 200 Yd Freestyle	17
18	11&Over Mixed 100 Yd Butterfly	18
19	10&Under Mixed 50 Yd Butterfly	19
20	8&Under 25 Yd Butterfly	21
22	11&Over Mixed 200 Yd IM	22
23	11&Over Mixed 100 Yd Freestyle	23
24	10&Under Mixed 50 Yd Freestyle	24
25	11&Over Mixed 200 Yd Backstroke	25
26	11&Over Mixed 100 Yd Breaststroke	26
27	11&Over Mixed 50 Yd Freestyle	27
28	10&Under Mixed 100 Yd IM	28
29	11&Over Mixed 200 Yd Butterfly	29
	SESSION 2 - DISTANCE	
30	Mixed 500 yd free	30
31	11&Over Mixed 1000 yard Freestyle	31

*** Optional 5 minute breaks will be added at the discretion of the meet director.*