

Polar Plunge 2017
Hosted by: Watertown Aquatic Team
Sunday, December 3rd 2017
Sanction # WI2017-432S

Location: Riverside Middle School Indoor Pool
131 Hall St.
Watertown, WI 53094

Meet Director: Shannon Milbrath
801 Richards Avenue
Watertown, WI 53094
920-285-3585
slmilbrath@hotmail.com

Meet Entry Chair: Joan Solofra
920-285-2263
jsolofra@gmail.com

Facility: Riverside Middle School Pool
Six (6) lanes, 25-yard pool with non-turbulent lane markers, backstroke flags, and 30" blocks. Pool depth is 5.0 ft - 3.5 ft. at its shallow end and 5 ft. at its deepest end. The starting block pool depth is 5 ft.

All 100 Yd. Relay starts conducted at shallow end of pool must be in water starts

Currently the Competition Course has not been certified in accordance with USA Swimming Rule 104.2.2C (4).

Timing: Colorado System 5 electronic timing system with strobe/horn start touch pads and manual backup timing buttons, and Dolphin Wireless stopwatches as backup. 25 yard events will be hand timed with Dolphin stopwatches; each lane will have 2 timers with Dolphin wireless stopwatches. All events will be timed finals.

Rules: Official 2017 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Age is as of December 3, 2017. Coaches must display their Coaches Card while on deck.

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

Meet Format: Clerk of Course will be staging 8&U swimmers near the starting blocks. All other swimmers must be at the starting blocks at the start of their events.

Schedule: AM Session Warm-ups: 7:00 AM
AM Session Start: 8:10 AM

A 20 minute warm up for Session 2 will begin immediately following Session 1, but not before 10:00 AM. Warm ups for Session 3 will begin immediately following Session 2, but not before 11:00 AM.

Warm ups will be done in two ½ hour sessions. Teams will be notified of their warm up times and lanes.

Officials: Head Official/Officials Coordinator: RoseAnn Tobakos dfswimmom@charter.net
Administrative Official: Jason Schaefer jason@veronasafety.com

Entries & Eligibility: **Completed entry form, signed waiver, and fees must be received no later than Wednesday, November 22nd. Any questions concerning entries should be directed to Shannon Milbrath, Meet Director at 920-285-3585.** Preferred method of entry is by diskette/email in HY-TEK COMMLINK format to isolofra@gmail.com Diskettes MUST be accompanied by a hard-copy listing. Current USA-S ID number MUST be included on the entry form. All deck entries must be able to prove USA-S membership. Out of state swimmers must show their current USA-S card prior to swimming. All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events, plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event.

All swimmers must be registered with USA Swimming and their USA number MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK/EMAIL AND INCLUDE A PRINTED COPY OF THE ENTRIES.)

Entries: Mail forms, signed waiver and fees (payable to WAT) to:
Shannon Milbrath
801 Richards Avenue
Watertown WI, 53094
If able, also email a copy of the waiver form with the HYTEK entries to the entry chair

Entry Fees: \$4.50 per individual event
\$3.00 per swimmer in an individual event for LSC tax (splash fee)
\$12.00 per relay
Entry fees must accompany the official entry forms and are not refundable unless the meet is full.

Admissions: Admission: \$3.00
Heat sheets: \$3.00

Awards: Individual Events:
Heat Winner ribbons for both 8 & Under and 10 & Under Events
1st – 12th place: Ribbons
Relays 1-3 place: Ribbons

Coaches must pick up awards at the end of the meet. **Awards will not be mailed.**

Final Results: Final results will be emailed to all competing teams. Extra copies may be ordered for \$8.00 each.

Seeding: All events will be pre-seeded. 8 & under events will be staged.

Conduct: Each team is responsible for the behavior of their swimmers. *The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.*

In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phone or video cording devices in the locker rooms 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.

Deck Change: **Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.**

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 Coach's 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 and competition.

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.

General: Radios are permitted only with the use of headphones. TV's are not permitted in the pool area.

SMOKING IS NOT PERMITTED ON THE PROPERTY OF THE WATERTOWN SCHOOL DISTRICT.

A variety of hot and cold food and beverages will be available for purchase and must be consumed in the cafeteria. Please no carry-ins.

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.

WATERTOWN AQUATIC TEAM—POLAR PLUNGE DECEMBER 3, 2017

Session 1		
Girls	Event	Boys
1	8 & U 100 Medley Relay	2
3	10 & U 200 Medley Relay	4
5	8 & U 50 Free	6
7	10 & U 100 Free	8
9	8 & U 25 Fly	10
11	10 & U 50 Fly	12
13	8 & U 100 IM	14
15	10 & U 100 IM	16
17	8 & U 25 Breast	18
19	10 & U 50 Breast	20
21	8 & U 50 Back	22
23	10 & U 100 Back	24
25	8 & U 100 Free Relay	26
27	10 & U 200 Free Relay	28
Session 2		
29	Open 500 Free	30
Session 3		
31	11-12 200 Medley Relay	32
33	13-14 200 Medley Relay	34
35	Senior/Open 200 Medley Relay	36
37	11-12 50 Free	38
39	13-14 200 Free	40
41	Senior/Open 100 Free	42
43	11-12 50 Fly	44
45	13-14 50 Fly	46
47	Senior/Open 100 Fly	48
49	11-12 100 IM	50
51	13-14 200 IM	52
53	Senior/Open 200 IM	54
55	11-12 50 Breast	56
57	13-14 50 Breast	58
59	Senior/Open 100 Breast	60
61	11-12 50 Back	62
63	13-14 200 Back	64
65	Senior/Open 100 Back	66
67	11-12 200 Free Relay	68
69	13-14 200 Free Relay	70
71	Senior/Open 200 Free Relay	72

Polar Plunge

Hosted by: Watertown Aquatic Team

Sunday, December 3, 2017

Sanction # WI2017-432S

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 United States Swimming and the Wisconsin Swimming Committee, Watertown Aquatic Club, and the Watertown School District, 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 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.

Completed entry form, signed waiver, and fees must be received no later than Wednesday, November 22nd 2017

Team Name: _____

Team Abbreviation: _____

Signature of Club Official, Parent or Guardian: _____

Name: _____ Phone: _____

Title: _____ Email: _____

Address: _____

Entry Fee Recap:

Individual Events _____ x \$4.50=	\$ _____
Relay Events _____ x \$12.00=	\$ _____
Minus Reservation Paid =	\$ _____
Bal. Due for Ind. Swims =	\$ _____
Splash Fee x (# of swimmers in IEs) _____ X3.00	\$ _____
Total Entry Fee Due =	\$ _____

Name of coach or team representative at meet:

Name: _____ Phone: _____

Email: _____

Make checks payable to: WAT

**Mail Entries to:
Shannon Milbrath
801 Richards Avenue
Watertown, WI 53094**