

**CLINTONVILLE AREA SWIM TEAM**

# 2019 GROUND HOG MEET

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| DATE: |  | January 19-20, 2019 |
| 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** |
| APPROVAL NUMBER: |  | WI2019-052A  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: |  | Sat. AM Session: 10 & Under  Sat. PM Session: 11-12, 13 & Over  Sunday (Combined Age Group)  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 4 individual events on Saturday, 3 individual events on Sunday plus relays for both days. 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 Shannon Skar  91 7th St  Clintonville, WI 54929  (Email to: [cast.meet-director@cast-swimmers.com](mailto:cast.meet-director@cast-swimmers.com) |
| DEADLINE: | | Entry and waiver forms must be received no later than January 9th, 2019. |
| DISABLED SWIMMERS: | | Coaches please inform meet officials of disabled swimmer’s needs. |

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| 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: |  | | Shannon Skar  Call/Text (715) 460-0621  cast.meet-director@castswimmers.com |
| TIME SCHEDULE: |  | | Saturday (10 & Under AM; 11 & Over PM)  8:00-9:00 AM Warm-ups  8:45 AM Timers Meeting  9:05 AM Meet Begins  Afternoon warm-ups will start immediately after completion of AM session 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.  Sunday (Combined Session)  9:00 AM Warm-ups  9:45 AM Timers Meeting  10:05 AM 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). |
| 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: |  | 1. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is strictly prohibited. 2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 3. 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. 4. 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. 5. 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.   1. 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. | | |
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| 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 9, 2017**

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

Mail Entries To:

CAST: Clintonville Area Swim Team

c/o Shannon Skar

91 7th Street

Clintonville, WI 54929

(Email to: cast.meet-director@cast-swimmers.com)

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## SATURDAY, JANUARY 19, 2017 – ORDER OF EVENTS

**WARM-UPS 8:00 AM MEET STARTS AT 9:05 AM**

**SATURDAY MORNING EVENTS**

**GIRLS BOYS**

1 8 & UNDER 100 MEDLEY RELAY 2

3 10 & UNDER 200 MEDLEY RELAY 4

5 8 & UNDER 25 FREE 6

7 10 & Under 200 FREE 8

9 8 & Under 100 IM 10

11 9 & 10 100 IM 12

13 8 & UNDER 25 FLY 14

15 9 & 10 50 FLY 16

17 CO-ED 10 & Under 100 FREE RELAY

19 8 & UNDER 25 BACK 20

21 9 & 10 100 BACK 22

23 8 & UNDER 25 BREAST 24

25 9 & 10 100 BREAST 26

27 8 & UNDER 50 FREE 28

29 9 & 10 50 FREE 30

31 8 & UNDER 100 FREE RELAY 32 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* 10 MINUTE IN WATER BREAK \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

33 OPEN 500 FREE 34

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**AFTERNOON SESSION**

## WARM-UPS AFTER MORNING SESSION ENDS (NOT BEFORE 11:00 AM)

**SATURDAY AFTERNOON EVENTS**

**GIRLS BOYS**

35 OPEN 200 FLY 36

37 11 & 12 200 MEDLEY RELAY 38

39 OPEN 200 MEDLEY RELAY 40

41 11 & 12 50 FREE 42

43 OPEN 50 FREE 44

45 11 & 12 100 IM 46

47 OPEN 400 IM 48

49 CO-ED 11 & 12 200 free Relay

51 CO-ED open 200 free relay

53 11 & 12 50 FLY 54

55 OPEN 100 FREE 56

57 11 & 12 50 BACK 58

59 OPEN 100 BACK 60

61 11 & 12 50 BREAST 62

63 OPEN 200 BREAST 64

65 11 & 12 100 FREE 66

67 OPEN 200 FREE RELAY 68

69 11 & 12 200 FREE RELAY 70

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* 15 MINUTE IN WATER BREAK \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

71 OPEN 1650 FREE 72

## CLINTONVILLE AREA SWIM TEAM – 2017 GROUND HOG MEET

**SUNDAY, JANUARY 20th, 2017 – ORDER OF EVENTS COMBINED SESSION**

**WARM-UPS 9:00 AM MEET STARTS AT 10:05 AM**

**SUNDAY EVENTS**

**GIRLS BOYS**

73 10 & UNDER 200 FREE RELAY 74

75 12 & UNDER 400 FREE RELAY 76

77 OPEN 400 FREE RELAY 78

79 12 & UNDER 100 FREE 80

81 10 & UNDER 50 FLY 82

83 12 & UNDER 100 FLY 84

85 OPEN 100 FLY 86

87 10 & UNDER 50 BACK 88

89 10 & UNDER 200 IM 90

91 11-12 200 IM 92

93 OPEN 200 IM 94

95 10 & UNDER 50 BREAST 96

97 12 & UNDER 100 BREAST 98

99 OPEN 100 BREAST 100

101 CO-ED 10 & UNDER 100 MEDLEY RELAY

103 CO-ED 11-12 200 MEDLEY RELAY

105 CO-ED Open 200 Medley relay

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* 10 MINUTE IN WATER BREAK \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

## 107 OPEN 1000 FREE 108

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