

# La Crosse Area Family YMCA Wave Swim Team Frostbite Invite

- Date:** Friday, Saturday & Sunday, January 8-10, 2010
- Location:** La Crosse Area Family YMCA  
1140 Main Street  
La Crosse, WI 54601
- Schedule:** Friday Warm-ups:  
4:30-5:00pm Circle swim all lanes  
5-5:30pm Lanes 1-3, One Way Sprints, Lanes 4-6, Circle swim or pace  
5:35pm MEET BEGINS  
Saturday and Sunday AM Warm-ups: Both days  
7:00-7:30 Circle swim all lanes  
7:30-8am Lanes 1-3, One Way Sprints Lanes 4-6, Circle swim or pace  
7:45 Coaches Meeting (Saturday Only)  
8:05 MEET BEGINS  
PM Warm-ups: Will follow same format and not begin before 11:00am.
- Facility:** Indoor six lane 25 yard pool, non-turbulent lane lines, backstroke flags, and starting blocks. Starting block height 24", pool depth 9' at starting end and 3.5' at turning end. Designated swimmer rest area in large gym. Spectator seating for approximately 150 on pool deck.
- Timing System:** IST Electronic timing with Daktronic touch-pads and six lane scoreboard. Buttons and 2 manual stopwatches per lane as backup.
- Format:** Order of events enclosed. Age as of December 1, 2009. This meet will use USA rules. Fly-over starts will be used. In the 100 Yard relay events the 2<sup>nd</sup> and 4<sup>th</sup> swimmers must start in the water. 13-14 and 15 & over events will be swam combined but scored and awarded separately. 12 and unders swimming in open events will be scored as 13-14
- Entry Limit:** 4 individual events per day and relays with a maximum of nine individual events for the meet.
- Entry Fee:** \$3.00 per individual event; \$12.00 per relay. Entry fees must accompany entries.

- Awards:** All Events: Medals 1<sup>st</sup>-3<sup>rd</sup>; Ribbons 4<sup>th</sup>-12<sup>th</sup>  
Teams trophies for 1<sup>st</sup>-3<sup>rd</sup> place team. Host team is ineligible for team trophies.
- Entries:** Entry Instructions are enclosed. Entries will be accepted beginning December 1, 2008. Entry Deadline is December 29, 2009
- Concessions:** Food, snacks, and beverages will be for sale on Saturday and Sunday.
- Vendor:** Elmore Aquatics will be at the meet.
- Admissions:** There will be no admission fee. Heat Sheets will be on sale for \$3.00 per day.
- Clerk of Course:** There will be a clerk of course for 10 and under swimmers only. There will be no clerk during the Friday evening session.
- Questions:** Coach Melanie Winter (608) 782-9622 ext 223 e-mail: [thewave@laxymca.org](mailto:thewave@laxymca.org)
- Meet Directors:** Dave Wise/Melanie Winter  
La Crosse Area Family YMCA  
1140 Main Street  
La Crosse, WI 54601
- Officials:** TBA
- Adaptive Swimmers:** Please contact the Meet Director to make arrangements for any disabled or adaptive swimmers.

## 2009 Frostbite Invite Entry Instructions

### **Meet Entry Policy**

- Entries will be accepted beginning December 1, 2009 on a first come, first served basis. Entry deadline is December 29, 2008. Meet will be closed when a 4-hour limit per session is reached.
- Team reports will be e-mailed to participating teams to confirm swims. Please provide e-mail address.

### **Meet Entry submission**

- Submit entries in Hy-Tek format.
- Electronic: E-mail Hy-Tek formatted meet entries to Melanie Winter at [thewave@laxymca.org](mailto:thewave@laxymca.org)
- Mail: Signed waiver form and entry fees for receipt on or after December 1, 2009 to Melanie Winter, La Crosse YMCA, 1140 Main, La Crosse WI, 54601.
- Please include seed times for all events. Estimate times when necessary.

**La Crosse Area Family YMCA Wave Swim Team**  
**FROSTBITE INVITE**  
**January 8-10, 2010**  
**Order of Events**

**Friday PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
	Warm-ups 4:30pm	
	Meet Starts 5:35pm	
1	Open 500 yard Freestyle	2
3	8 & Under 100 Yard Individual Medley	4
5	10 & Under 200 Yard Individual Medley	6
7	11-12 200 Yard Individual Medley	8
9	Open 400 Yard Individual Medley	10

**Saturday AM**

	Warm-ups 7:00am	
	Meet Starts 8:05am	
11	10 & Under 200 Yard Medley Relay	12
13	8 & Under Yard 100 Medley Relay	14
15	9-10 50 Yard Freestyle	16
17	8 & Under 25 Yard Freestyle	18
19	9-10 100 Yard Breaststroke	20
21	8 and Under 50 Yard Breaststroke	22
23	9-10 100 Yard Butterfly	24
25	8 & Under 50 Yard Butterfly	26
27	9-10 50 Yard Backstroke	28
29	8 and Under 25 Yard Backstroke	30
31	9-10 200 Yard Freestyle	32
33	8 & Under 100 Yard Freestyle	34

**Saturday PM**

	Warm-ups will not start before 11:00am	
35	Open 200 Yard Medley Relay	36
37	12 & Under 200 Yard Medley Relay	38
39	Open 200 Yard IM	40
41	11-12 100 Yard IM	42
43	Open 100 Yard Backstroke	44
45	11-12 50 Yard Backstroke	46
47	Open 200 Yard Breaststroke	48
49	11-12 100 Yard Breaststroke	50
51	Open 50 Yard Freestyle	52
53	11-12 50 Yard Freestyle	54
55	Open 200 Yard Butterfly	56
57	11-12 100 Yard Butterfly	58

**La Crosse Area Family YMCA Wave Swim Team  
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Order of Events**

**Sunday AM**

Warm-ups 7:00am

Meet Starts 8:05am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
59	10 & Under 200 Yard Free Relay	60
61	8 & Under Yard 100 Free Relay	62
63	9-10 50 Yard Butterfly	64
65	8 & Under 25 Yard Butterfly	66
67	9-10 100 Yard Freestyle	68
69	8 and Under 50 Yard Freestyle	70
71	9-10 50 Yard Breaststroke	72
73	8 & Under 25 Yard Breaststroke	74
75	9-10 100 Yard Backstroke	76
77	8 and Under 50 Yard Backstroke	78
79	9-10 100 Yard Individual Medley	80

**Sunday PM**

Warm-ups will not start before 11:00am

81	Senior 200 Yard Freestyle Relay	82
83	12 & Under 200 Yard Freestyle Relay	84
85	Senior 100 Yard Freestyle	86
87	11-12 100 Yard Freestyle	88
89	Senior 100 Yard Breaststroke	90
91	11-12 50 Yard Breaststroke	92
93	Senior 100 Yard Butterfly	94
95	11-12 50 Yard Butterfly	96
97	Senior 200 Yard Backstroke	98
99	11-12 100 Yard Backstroke	100
101	Senior 200 Yard Freestyle	102
103	11-12 200 Yard Freestyle	104

The WAVE  
**La Crosse Area Family YMCA Swim Team**  
**TEAM ENTRY SUMMARY**

TEAM NAME: \_\_\_\_\_ INITIALS: \_\_\_\_\_

COACH: \_\_\_\_\_ PHONE: \_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

TOTAL BOY SWIMMERS: \_\_\_\_\_ BOYS INDIVIDUAL ENTRIES: \_\_\_\_\_ X \$3.00 = \_\_\_\_\_

TOTAL GIRL SWIMMERS: \_\_\_\_\_ GIRLS INDIVIDUAL ENTRIES: \_\_\_\_\_ X \$3.00 = \_\_\_\_\_

TOTAL RELAY ENTRIES: \_\_\_\_\_ X \$12.00 = \_\_\_\_\_

TOTAL ENTRY FEE ENCLOSED: \_\_\_\_\_

This form must accompany your entries. Please make check payable to the La Crosse Area Family YMCA.

**WAIVER**

In consideration of the acceptance of these entries the undersigned hereby, for myself and all members of the team I represent together with all their heirs, representatives and assigns, waive all claims against the La Crosse Area Family YMCA, the YMCA Swim Team and any other agent of this meet for injuries and any other expenses incurred by any person on behalf of my club at the meet or on the road to and from this meet.

Signed, Team representative: \_\_\_\_\_

Date: \_\_\_\_\_