

THE MADISON EAST YMCA OCTOPI PRESENTS THE
YMCA SECTIONALS SWIM MEET

March 13-14, 2010

YMCA Sanction: CAQ 09-2010 8051

Location: Middleton-Cross Plains Area Indoor Pool
2230 Bristol Street
Middleton, WI 53562
608-829-9863

Facility: Middleton High School is an eight-lane 25-yard course with 30" starting blocks and a starting end depth of 8'. The pool is equipped with 7' lanes and features a Daktronic Timing system with in deck wiring and an eight line LED Scoreboard.

Timing: Daktronic System with backup watches. All events are timed final. Computerized scoreboard for all lanes.

Official Rules: All swimmers must be YMCA members. Official 2010 Short Course Technical USA Rules shall prevail for this meet. This meet will use fly-over starts where deemed necessary.

Warm-Ups: AM Warm-ups start at 7:30am – Meet starts at 8:30am
PM Warm-ups not before 10:30 - Meet start not before 11:30am.

Warm-up procedures for all sessions: the first half is circle swimming with no racing starts. The second half, sprint lanes will be opened as needed. FEET FIRST THREE-POINT ENTRY ONLY FROM THE STARTING END OF THE POOL, unless performing one way starts. Violators of the Wisconsin Swimming warm-up procedures may be subject to disqualifications. Lane assignments will be available in the coach's packets.

Entry Limit: Swimmers may swim seven (7) individual events for the meet with no more than four (4) a day, plus relays.

Fees: Individual events \$4.00 per event and \$12 per relay.

Entry Deadline: Entries must be received by e-mailing to entry chair by March 3rd. Completed waiver form and fees must be received by March 8, 2010. Checks payable to Madison East YMCA. This meet will be run using HY-TEK Meet Manager.

Entry Chair: Robin Berg
Madison East YMCA
711 Cottage Grove Road
Madison, WI 53716
E-Mail: robin.berg@ymcadanecounty.org
Phone: 608-221-1571

Meet Director: David Ruhde
E-Mail: meyomeet@gmail.com
Phone: 608-335-2678

- Deck Entries:** The entry fee for deck entries will be \$5.00 per individual event (\$14.00 for relays). Deck entries will be allowed to fill open lanes (additional heats will not be added). Deck entries close 30 minutes prior to the start of the session.
- Clerk of Course:** All 8 and Unders will be required to be staged through the Clerk of Course and will be escorted into the pool area.
- Positive Check-In:** Positive check-in will be required for the following events: 500 freestyle, 1000 freestyle, 1650 freestyle, and 400 IM. Swimmers not checked in 15 minutes after the start of the session warm-ups will be scratched from the event. These events will be swum fastest to slowest, alternating girls and boys. Positive check-in station will be located at the admissions table. Seeding for these events will be posted in the pool area and a copy given to each coach. Swimmers will have to provide their own counters for the 500, 1000, and 1650.
- Consolidation:** To expedite the meet and provide the best competition forum for swimmers, within each session, the following events will be seeded and combined without regard to age or gender and swum fastest to slowest: 500 freestyle, 1000 freestyle, 1650 freestyle, and 400 IM. **Entries for 400 yard events or longer should be submitted with an estimated swim time, even for NT swimmers, to allow meet management to seed swimmers appropriately.**
- Swimmer with Disabilities:** If you have any swimmers with special needs, please notify the Meet Director by March 3, 2010.
- Awards:** The awards will be handed out at the meet and must be picked up.
Medals for Individual 1st – 3rd
Ribbons for Individual Places 4th – 16th (8 & Unders)
4th – 12th (9 & Up)
Ribbons for Relays 1st-3rd
- Admissions:** Spectators over 13 years of age admission fee per day is \$3.00. Heat sheets per day is \$3.00
- Coaches Packet:** Coaches may pick up their packets at the Admissions Table. Any monies owed must be paid before you can obtain your packet. Please be prepared to show your YMCA coach's certification at the time you pick up your team packet. Coach's cards must be visible at all times on deck. Coaches and officials will have access to a hospitality room with food, snacks and beverages. Deck seeding slips will be placed in the coaches packets or available in the office and should be filled out completely.
- Relay Cards:** Relay cards will be in the coach's packet. Cards must list the swimmers' last and first names (names must be listed in order of swim) and the ages of the swimmers.
- Final Results:** One copy of final results will be sent to each team represented. Teams will be responsible to provide and pick up their flashdrive following the completion of the meet. No awards will be mailed with the final results.

- Rest Area:** The gym will be used as a rest area for swimmers. Please inform your swimmers that no running, throwing or rough play will be tolerated for safety reasons. Teams are responsible for cleaning up their areas at the end of the meet.
- Concessions:** A concession stand with a wide and delicious variety of food and beverages will be available.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals shall have the authority to remove any swimmer(s) from the meet for any violation such as improper behavior, damage to property, etc. Such teams are responsible financially for damage of property. Cell phones and other recording devices are not allowed in the locker rooms. There shall be No Smoking permitted at any time on the premises. Please make sure your team's area on deck and rest area is picked up at the end of each session.
- First Aid:** Injuries must be reported to the Lifeguard AND to the Meet Director. A first aid kit will be located at the Lifeguard station.
- Lost & Found:** An area for lost and found will be designated at the meet. After the meet contact Robin Berg, Aquatics Director, at 608-221-1571.
- Swim Supplies:** Simply Swimming will be on site Saturday-Sunday to provide swim accessories and supplies.

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 National YMCA, the YMCA of Dane County, Madison East YMCA Swim Club, the Swim Parents Association, the Middleton High School 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 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 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:

Name and address for sending final results

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Entry Fee Recap: _____ Individual Events x \$4.00 = \$ _____

_____ Relay Teams x \$12 = \$ _____

TOTAL EVENT FEES = \$ _____

Entry Deadline: Monday, March 8, 2010

Email Entries to: robin.berg@ymcadanecounty.org

Make checks payable to: *Madison East YMCA*

**Mail entries to: Robin Berg
Madison East YMCA
711 Cottage Grove Road
Madison, WI 53716**

+Saturday am - Session 1

Wup	7:30 am	Meet	8:35 am
W			M
1	8 Un	100 MR	2
3	9-10	200 MR	4
5	8 Un	25 Breast	6
7	9-10	50 Breast	8
9	8 Un	50 Free	10
11	9-10	100 Free	12
13	8 Un	25 Back	14
15	9-10	50 Back	16
17	8 Un	50 Fly	18
19	9-10	100 Fly	20
21	8 Un	100 IM	22
23	9-10	200 IM	24

Saturday pm - Session 2**

Wup	TBA	Meet	TBA
W			M
25	Open	200 Free Relay	26
27	13-14	200 Free Relay	28
29	11-12	200 Free Relay	30
31*	13 +	400 IM	32*
33	11-12	100 IM	34
35*	Open	100 Free	36*
37*	13 +	100 Back	38*
39	11-12	50 Back	40
41*	Open	200 Free	42*
43	Open	800 Free Relay	44
45*	13+	100 Fly	46*
47	11-12	50 Fly	48
49*	13 +	200 Breast	50*
51	11-12	100 Breast	52
53	Open	400 MR	54
55	Open	1000 Free	56

Sunday am – Session 3

Wup	7:30 am	Meet	8:35 am
W			M
57	9-10	200 Free Relay	58
59	8 Un	100 Free Relay	60
61	9-10	100 IM	62
63	8 Un	50 Breast	64
65	9-10	100 Breast	66
67	8 Un	25 Free	68
69	9-10	50 Free	70
71	8 Un	50 Back	72
73	9-10	100 Back	74
75	8 Un	25 Fly	76
77	9-10	50 Fly	78
79	8 Un	100 Free	80
81	9-10	200 Free	82

Sunday pm – Session 4**

Wup	TBA	Meet	TBA
W			M
83	Open	200 MR	84
85	13-14	200 MR	86
87	11-12	200 MR	88
89*	Open	500 Free	90*
91*	13+	100 Breast	92*
93	11-12	50 Breast	94
95*	13+	200 Fly	96*
97	11-12	100 Fly	98
99	Open	1650 Free	100
101*	Open	200 IM	102*
103*	Open	50 Free	104*
105*	13+	200 Back	106*
107	11-12	100 Back	108
109	Open	400 Free Relay	110

* - indicates events where age groups with like events will be swam together (13+ = 13-14 & Open / Open* = 11-12 & 13-14 & Open), but will be scored and awarded by age group.

** - Breaks will be added to this session to allow swimmers sufficient rest between events. Coaches are encouraged to state any potential problems that might affect their swimmers when they send in their entries.

