

THE J-HAWK AQUATIC CLUB PRESENTS THE

# J-HAWK WINTER THAW

January 4-6, 2019  
Single Age High Point Meet  
25 Yards

**Sanction:** WI2019 – 001S

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 2<sup>nd</sup> and 4<sup>th</sup> 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  
**Administrative Ref:** Kelley Dammen e-mail: klibe227@gmail.com

**Official Rules:** Official 2019 Short Course USA-S Rules shall prevail for this meet. Age as of January 4, 2019.

**Warm-up:** Friday evening: 4:30pm Competition starts 5:30pm

**Saturday morning:** 8:15am (55 min) Competition starts 9:15am  
10&Under Session: immediately following the morning session (45 minutes)

**Sunday morning:** 7:15am (55 min) Competition starts 8:15am

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 E-Mail: j\_hawkswim@charter.net  
430 Assembly Court  
Whitewater, WI 53190 Phone: 608-449-5150

**Entry Limit:** Swimmers may swim four (4) individual events per day (may be limited to 3/session if a session's tentative timeline is over 4 hours). Relay limit is one (1) relay a day. The 1000 free, 1650 free, 400 IM, and 500 free are check-in events.

**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 Sunday, December 30, 2018.*** 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. No phone entries will be accepted.

**Disabled Swimmers:** If you have any disabled swimmers, please notify the Meet Director by e-mail or phone no later than Friday, January 4, 2019.

**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 sent to each team represented. Teams will be responsible to pick up their commlinked disk following the completion of the meet. No awards or disks 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.

**Camera and Cell Phone Use:** No cameras or camera phones are allowed in the locker rooms.

**Awards:** Please pick up your awards in a timely manner. ***All awards will be bagged for coaches.***

|                    |                                   |  |
|--------------------|-----------------------------------|--|
| Individual events: | 1 <sup>st</sup> – 6 <sup>th</sup> | Ribbons in each age division<br>(6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older) |
| All relay events:  | 1 <sup>st</sup> -3 <sup>rd</sup>  | Rosette Ribbons  |

## 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      1<sup>st</sup> – 3<sup>rd</sup> in each age group

|               |            |            |            |            |            |            |
|---------------|------------|------------|------------|------------|------------|------------|
| <b>Place</b>  | <b>1st</b> | <b>2nd</b> | <b>3rd</b> | <b>4th</b> | <b>5th</b> | <b>6th</b> |
| <b>Points</b> | 7          | 5          | 4          | 3          | 2          | 1          |

**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.

# 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:** Cheri Zimdars  
430 Assembly Court  
Whitewater, WI 53190

E-Mail: j\_hawkswim@charter.net

Phone: 608-449-5150

**Questions?** Please contact Cheri.

# J-HAWK WINTER THAW

January 4-6, 2019

25 Yards

| Women's Event # | FRIDAY<br>ORDER OF EVENTS   | Men's Event # |
|-----------------|---|---------------|
| 1               | Mixed 500 Yd Free   | 1             |
| 2               | Mixed 11&Over 400 Yd IM   | 2             |
| 3               | Mixed 11-12 1000 Yd Free  | 3             |
| 4               | Mixed 13&Over 1650 Yd Free  | 4             |
|                 | <i>Awards will be separated for Girls and Boys and by age group</i> |               |

| Women's Event # | SATURDAY<br>MORNING ORDER OF EVENTS                                   | Men's Event # |
|-----------------|---|---------------|
| 5               | 100 Yd Mixed Medley Relay*<br>* Your relay must have two (2) 8&Unders | 5             |
| 6               | Senior 200 Yd Mixed Medley Relay                                      | 6             |
|                 | <i>**5 minute break**</i>   |               |
| 7               | 8&Under 25 Yd Fly   | 8             |
| 9               | 13 & Over 50 Yd Freestyle   | 10            |
| 11              | 8&Under Mixed 50 Yd Free  | 11            |
| 12              | 13 & Over 100 Yd Fly  | 13            |
| 14              | 8&Under 25 Yd Back  | 15            |
| 16              | 13 & Over 50 Yd Breaststroke  | 17            |
| 18              | 8&Under Mixed 50 Yd Breast  | 18            |
| 19              | 13 & Over 100 Yd Back   | 20            |
| 21              | 8&Under 25 Yd Breast  | 22            |
| 23              | 13 & Over 50 Yd Back  | 24            |
| 25              | 8&Under Mixed 50 Yd Back  | 25            |
| 26              | 13 & Over 100 Yd Breaststroke   | 27            |
| 28              | 8&Under 25 Yd Free  | 29            |
| 30              | 13 & Over 50 Yd Fly   | 31            |
| 32              | 8&Under Mixed 50 Yd Fly   | 32            |
| 33              | 13 & Over Mixed 200 Yd IM   | 33            |
| 34              | 8&Under 100 Mixed Yd IM   | 34            |
|                 | <i>Awards will be separated for Girls and Boys and by age group</i>   |               |

| Women's Event # | SATURDAY<br>AFTERNOON ORDER OF EVENTS                               | Men's Event # |
|-----------------|---|---------------|
| 35              | 9-10 yr old 200 Yd Mixed Medley Relay                               | 35            |
| 36              | 9-12 yr old 200 Yd Mixed Medley Relay                               | 36            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 37              | 9-12 Mixed 25 Yd Fly  | 37            |
| 38              | 9-10 50 Yd Free   | 39            |
| 40              | 11-12 50 Yd Free  | 41            |
| 42              | 9-12 Mixed 25 Yd Back   | 42            |
| 43              | 9-10 50 Yd Breast   | 44            |
| 45              | 11-12 50 Yd Breast  | 46            |
| 47              | 9-12 Mixed 25 Yd Breast   | 47            |
| 48              | 9-10 50 Yd Back   | 49            |
| 50              | 11-12 50 Yd Back  | 51            |
| 52              | 9-12 Mixed 25 Yd Free   | 52            |
| 53              | 9-10 50 Yd Fly  | 54            |
| 55              | 11-12 50 Yd Fly   | 56            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 57              | 9-12 yr old Mixed 100 Yd IM   | 57            |
|                 | <i>Awards will be separated for Girls and Boys and by age group</i> |               |

# J-HAWK WINTER THAW

January 4-6, 2019

25 Yards

| Women's Event # | SUNDAY<br>MORNING ORDER OF EVENTS                                   | Men's Event # |
|-----------------|---|---------------|
| 58              | 12&Under 200 Yd Mixed Free Relay                                    | 58            |
| 59              | Senior 200 Yd Mixed Free Relay                                      | 59            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 60              | 11&Over Mixed 200 Yd Fly  | 60            |
| 61              | 12&Under Mixed 100 Yd Fly   | 61            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 62              | 11&Over Mixed 200 Yd Back   | 62            |
| 63              | 12&Under Mixed 100 Yd Backstroke                                    | 63            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 64              | 11&Over Mixed 200 Yd Breast   | 64            |
| 65              | 12&Under Mixed 100 Yd Breast  | 65            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 66              | Mixed 200 Yd Free   | 66            |
|                 | <i>**Optional 5 minute break**</i>                                  |               |
| 67              | Mixed 200 Yd IM   | 67            |
|                 | <i>Awards will be separated for Girls and Boys and by age group</i> |               |

# J-HAWK WINTER THAW

January 4-6, 2019

25 Yards

Team Name: \_\_\_\_\_

Team Code: \_\_\_\_\_

| LAST NAME  |       | AGE | EVENT | EVENT | EVENT | EVENT | EVENT | EVENT | EVENT | EVENT |
|------------|-------|-----|-------|-------|-------|-------|-------|-------|-------|-------|
| FIRST NAME | USA-S | F/M | TIME  | TIME  | TIME  | TIME  | TIME  | TIME  | TIME  | TIME  |
| 1.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 2.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 3.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 4.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 5.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 6.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 7.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 8.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 9.         |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |
| 10.        |       |     |       |       |       |       |       |       |       |       |
|            |       |     |       |       |       |       |       |       |       |       |

|          |   |   |   |          |   |   |   |
|----------|---|---|---|----------|---|---|---|
| Event #: | A | B | C | Event #: | A | B | C |
| Event #: | A | B | C | Event #: | A | B | C |
| Event #: | A | B | C | Event #: | A | B | C |