

Wahawk Invitational

Waterloo West High School

Saturday, January 9th, 2010



2010 Wahawk Invitational Central Middle School January 9th, 2009

Schedule of Events

IMMEDIATELY Please fax or e-mail your complete roster to Marianne Christensen, Meet Manager. This will allow us to put the athlete names into our system ahead of receiving entries.

Thursday, January 7th, 2010

3:00 PM

Please fax or e-mail your entries to Marianne Christensen by the date and time listed. Please use the form provided. Please print legibly or type your entries. Fill out the entry sheet completely and accurately in order to avoid errors in the seeding process. The meet staff will be the only people allowed to see the entries.

Friday, January 10th, 2010

11:00 AM

In the case you might have adjustments to your meet line-up, please fill out the add/change/scratch sheet and fax or e-mail it to Marianne Christensen at the numbers or addresses listed in this invitation.

Saturday, January 11th, 2010

10:45 AM

Coaches Meeting

All head coaches (or designees) are expected to attend the coaches meeting. At this meeting, final changes (scratches and seeding errors only) can be made. The lead official will review all rules pertaining to the meet. A meet committee will be selected to handle special situations during the meet. The meet committee will consist of two coaches (one from the metro area and one from outside the metro area), the two meet officials, and Marianne Christensen, the Meet Director. Upon the conclusion of this meeting, the meet program becomes final. Further changes will not be made to the meet program.

11:00 AM

Swimming Warm-Ups

	Warm-Ups 11:00 AM – 12:15 AM
Lane One	
Lane Two	
Lane Three	Waterloo West
Lane Four	
Lane Five	
Lane Six	

12:15 PM

Pool Closes

12:30 PM

Competition Starts

Order of Events

Event One	200 Yard Medley Relay	4 X 50 Medley Relay
Event Two	200 Yard Freestyle	2 X 100 Freestyle
Event Three	200 Yard Individual Medley	2 X 100 Individual Medley
Event Four	50 Yard Freestyle	Open
Twenty Minute Break (15 Minute Warm-Up)		
Event Five	100 Yard Butterfly	2 X 50 Butterfly
Event Six	100 Yard Freestyle	Open
Event Seven	500 Yard Freestyle	2 X 200, 1 X 100 Freestyle
Event Eight	200 Yard Freestyle Relay	4 X 50 Freestyle
Fifteen Minute Break (10 Minute Warm-Up)		
Event Nine	100 Yard Backstroke	2 X 50 Backstroke
Event Ten	100 Yard Breaststroke	2 X 50 Breaststroke
Event Eleven	400 Yard Freestyle Relay	4 X 100 Freestyle

Invited Schools:

- Entry Fee:** There will be a \$55.00 entry fee per participating school.
- Entries:** Each school is allowed unlimited entries per event. Individuals are allowed to swim 4 events. Of those 4 events, they may only swim 2 individual events. Relay events for this meet will be the 200 Medley Relay, 200 Freestyle Relay, and the 400 Freestyle Relay (event #2, 9, & 12). ALL other events will be considered individual events for this meet.
- Seeding:** All events will be seeded by time. Coaches should make their best estimate of seed time based on swimmers' individual times.
- Personnel:** Only those individuals with official team warm-ups or apparel will be allowed on the pool deck. This will be strictly enforced.
- Location:** Central Middle School is located at 1320 Katoski Drive in Waterloo. Directions to the site have been provided.
- Facility:** Central Middle School is a 25 yard pool with six, seven foot wide lanes. Seating is available on deck for swimming personnel only.
- Spectator Seating:** Spectator seating accommodates approximately 400 people. All spectators must sit in the pool balcony. Anyone not complying with this will be asked to move to the balcony. Seating accommodations will be made for those with special needs.
- Timing System:** A Daktronics Omnisport 2000 Timing System with touch pads and back-up buttons will be used. Two student timers (female swimmers) per lane and a head timer (scoreboard operator) will also be used. A Daktronics six lane display scoreboard will be used.
- Scoring:** This meet will ***NOT*** be scored.
- Awards:** First through Third Place will receive Medals.
Fourth through Eighth Place will receive Ribbons.
Awards will be given to the head coach of each school with the final results.
- Locker Rooms:** Signs will indicate team locker room locations.

- Valuables:** Lockers will be provided, but you must bring your own padlock. Athletes, coaches and managers are reminded not to bring items of value without proper supervision and security. Waterloo West High School, Waterloo Central Middle School and the Waterloo Community School district are not responsible for stolen items. All team personnel are responsible for supervision of their own valuables, their own locker room and other team areas.
- Admission:** Adults: \$5.00, K – 12 Students: \$4.00, Pre K Children: Free
- Programs:** Each coaching staff will be provided with at least 3 programs. Programs will be sold to the public for \$1.00.
- Concessions:** There will be a concessions stand available.
- Hospitality:** A hospitality room will be available for all coaches and meet staff. Lunch will be provided during the break for all coaches and meet staff.
- Final Results:** Each team will receive at least 3 copies of the final results. If a representative of your cities newspaper is at the meet, please have them check in with the Meet Director. If you would like results faxed to your local newspaper, please bring the fax number to the coaches meeting.
- Meet Contacts:** If you have any questions, comments or concerns, please contact the appropriate Marianne Christensen using the information below.

Person & Title	Phone Number	Fax Number	E-Mail Address
Marianne Christensen Meet Manager	(319) 233-1173 (319) 240-5357	(319) 268-0124	WestSwim@mchsi.com

Wahawk Invitational Add/Change/Scratch Sheet

Please use the following event numbers.

1) 200 Medley Relay (4x50)	2) 200 Free Relay (2x100)	
3) 200 IM (2x100)	4) 50 Freestyle (Open)	5) 100 Butterfly (2x50)
6) 100 Freestyle (Open)	7) 500 Freestyle Relay (2x200, 1x100)	8) 200 Freestyle Relay (4x50)
9) 100 Backstroke (2x50)	10) 100 Breaststroke (2x50)	11) 400 Freestyle Relay (4x100)

Please write the name of the swimmer being scratched or added. Using the event numbers listed, list the event number to scratch an athlete from. If adding or changing an athlete, please make sure to list the event number, time or the position the athlete will be swimming if it is a relay. Submit changes by fax or e-mail to Marianne Christensen by 11:00 AM Friday. If there are any additional changes to be made Saturday morning, those must be submitted prior to the end of the coaches meeting on Saturday.

School:					
	Scratch		Add/Change		
	Swimmer	Event	Swimmer	Event	Time
EX	Dave Davidson	4	Albert Albertson	2	A2
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
25.					
26.					
27.					

