

**2010 Wisconsin Northwest Sectional Championship**  
**March 12, 13, & 14**  
**YMCA SANCTIONED MEET** (sanctioned # will be e-mailed when provided to our team)

Location: Woodson YMCA- Aspirus Branch  
3402 Howland Ave  
Weston, WI 54476

Host Team: Wausau Area YMCA Green Dolphins

Meet Director: Michael Harbert  
707 3<sup>rd</sup> Street  
Wausau, WI 54403  
(715) 573-9651  
[aquaymca@yahoo.com](mailto:aquaymca@yahoo.com) or [webmaster@wausauydolphins.org](mailto:webmaster@wausauydolphins.org)

Order of Events: The State Championship Order of Events are used

Age up Date: December 1, 2009 (same as state). **Please note - YMCA top times may be ineligible at this meet due to the age up date.**

Time line: **Friday Night (Session #1)**  
4:00-4:40 PM General Warm-ups  
4:45 PM Coaches Meeting  
5:00 PM Meet Starts

**There will be no other warm-up times provided.**

*There will be a 5 minute warm-up before the beginning of the 1650s & 1000s; otherwise no other warm-up times will be provided.*

**Saturday & Sunday Morning (Session #2 & Session #5)**  
Warm-ups will not begin before 7 am – After entries are in we will assign times and lanes. \*  
9:00-9:30 AM Meet Starts

**Saturday & Sunday Afternoon 1 (Session #3 & Session #6)**  
Warm-ups being between 12-12:30 PM – After entries are in we will assign times and lanes. \*  
1-1:30 PM Meet Starts

**Saturday & Sunday Afternoon 2 (Session #4 & Session #7)**  
There will be a 15-minute break between Session 3 and 6. The pool will be open for general warm-ups for first 10 minutes.

\* We are going to divide the swimmer up equally in 20 minute increments. We will either use 2 or 3 20 minutes time. These are currently all estimate times.

Facility: 8 Lane 25 yard pool with Daktronics timing equipment including a touch pad for each lane and one back-up button. There are also two watch times per lane. The deep end is 9 feet deep and 3.5 feet at the turn end. The shallow end will also include a back-up button for the 25's. There is deck seating for about 200 spectators.

- Scoring/Awards: Scoring and awards will be through 16<sup>th</sup> place. Scoring will be as follows: individual events (20-17-16-15-14 -13 -12 -11 - 9 -7 -6 -5 -4 -3 -2 -1 relays (40 - 34 -32 -30 -28 -26 -24 -22 -18 -14 -12 -10 -8 -6 -4 -2).
- Team Trophy: 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> place teams will receive a trophy.
- Entry Deadline: Hy-tek files need to be e-mail to meet director by **4 PM on Monday, March 8. THIS IS A HARD DEADLINE ALL ENTRIES MUST BE IN.** *Hard copies of your entries are not needed.*
- Entry Limit: 4 Individual events + relays
- Entry Fee: \$3.50/ individual event & \$14/ relay. **Please make checks out to the Woodson YMCA. Entry Fees are due by the start of the meet.**
- Positive Check-in: Positive check-in will be required for the **1000, 1650 yard freestyles and the 400 IM.**
- 1000 & 1650 Swimmers: 1000 & 1650 will need to provide their own counter and timer.
- Combined Events: Events that are 200 yards and longer may be combined at the meet director's discretion.
- Seeding: 10 & under swimmers will be seeded. We will not seed in the PM sessions. The meet will not be stopped because the swimmers are not behind the blocks. **Fly over starts will be used in the PM sessions.**
- Concessions: There will be a concession stand available.
- Meet Conduct: Swimmers, parents, and coaches are expected to follow the core values of the YMCA. The meet director reserves the right to ask anyone not conducting themselves appropriately to leave the facility.
- State Qualification: Any swimmer exceeding the state cut time will move onto the state championship. Teams will need to submit their entries to Matt Miller [mmiller@wsactld.org](mailto:mmiller@wsactld.org). Teams are responsible for sending their own entries. **State entries are due by 12 NOON on Monday, March 15, 2010.**
- Each team will only be allowed to qualify 3 relay teams per event for state.
- Questions: Contact the Meet Director