

THE J-HAWK AQUATIC CLUB PRESENTS THE

8 & Under All-Star Meet

Sunday, January 25, 2026
Single Age 25 Yards
May be limited to 100 swimmers (reservation teams have priority)

Sanction: **WI2026-0104A**

In granting this approval, 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: Whitewater Aquatic Center, 580 South Elizabeth Street, Whitewater

Facility: Eight lanes, 25 yards flush deck, non-turbulence lane markers and backstroke flags, with 30" height starting blocks. Pool is 10 feet deep at starting blocks and 4 feet deep on the shallow end. The meet host will ensure the required course dimensions. Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th 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: Eric Rhodes e-mail: edeanrhodes@gmail.com
Admin Official &: Cheri Zimdars e-mail : j_hawkswim@charter.net 608-449-5150
Meet Director Alternate AO Kelli Keller

Official Rules: Official 2026 Short Course USA-S Rules shall prevail for this meet. All swimmers are welcome to participate (recreational, YMCA, and USA registered). Age as of January 25, 2026.

Warm-up: Warm-ups will be 8am-9am, with the meet starting at 9:05am. Teams will be assigned lanes (20-25 minutes of warmup time). Warm-ups are subject to the following procedures: Circle swimming only, entry into the water shall be feet first three-point entry for all competition, except in designated lanes and times. All entry to pools during open warm-up cool down periods must be from the start end. No snorkels, kickboards or other training devices are allowed during warm-ups. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment.

Entry Limit: Swimmers may swim four (4) individual events plus two (2) relays.

Fees: Individual events \$5 per event and \$12.00 per relay. Additional fee of \$14/swimmer which covers the \$4 LSC surcharge per swimmer plus an \$10/swimmer admissions fee. 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: **Sunday, January 18, 2026**
Please e-mail your entry files (hy-tek or typed, if you do not have hy-tek).

Completed waivers and payments are due before the meet starts. Deck entries will be accepted in open lanes only. **All deck entries are EXHIBITION and will not count toward awards or highpoint.**

Disabled Swimmers: Please complete the Para-Accommodation Form (link is [HERE](#)) and email a completed copy to the Meet Director before the start of the meet.

- Admissions:** The admissions fee is part of the athlete surcharge fee. You will not pay at the door. Heat sheets will be posted on-line at www.j-hawks.org.
- Final Results:** One copy of final results will be sent to each team represented. No awards will be mailed.
- Concessions:** A concession stand with a wide and delicious variety of food and beverages will be available.
- Video/Deck Change:** Each team is responsible for the conduct of its' swimmers. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Deck changes are 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.
- MAAPP** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned/approved meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. This includes participation as a member of a relay. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.
- Awards:** All swimmers will receive a participation gift. A fun raffle will also be held, for all participants.
- Heat winner awards will be given in all events.
- The top 18 swimmers will score. Highpoint awards will be given in each gender and age group (6&U, 7, and 8 years old). The following scoring system will be used, beginning with the first place score:
- | | | | |
|--|------------------------------------|---|------------------|
| 1 st -6 th place points: | 23-21-20-19-18-17 | 7 th -12 th place points: | 15-13-12-11-10-9 |
| 13 th -18 th place points: | 7-5-4-3-2-1 | | |
| Individual Events: | 1 st - 18 th | Ribbons | |
| All relay events: | 1 st - 3 rd | Rosette Ribbons | |
- 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 Whitewater Aquatic Center, 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 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 \$5	=	\$	_____
	_____	Relay Teams x \$12	=	\$	_____
		TOTAL EVENT FEES =		\$	_____
		LESS RESERVATION =	-	\$	_____

A: ADDITIONAL OWED	A: \$ _____*
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**If reservation amount is more than the event fees, write zero (0) on line A.*

<u>Number of Swimmers</u>				
_____	LSC Surcharge x \$4	=	B:	\$ _____
_____	Admissions Fee x \$10	=	C:	\$ _____

TOTAL OF LINES A +B + C =	\$ _____
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Make checks payable to: **J-HAWK AQUATIC CLUB**

Mail entries to: J-Hawk Aquatic Club c/o Cheri Zimdars
430 Assembly Court
Whitewater, WI 53190

Questions: 608-449-5150 or j_hawkswim@charter.net

8&Under All-Star Meet

Sunday, January 25, 2026

Single Age

25 Yards

Girls	Order of Events	Boys
1	8 & Under 100 yd Mixed Medley Relay	1
	Optional 5 minute break	
2	6&Under 25 yd Butterfly	3
4	7 yr old 25 yd Butterfly	5
6	8 yr old 25 yd Butterfly	7
8	6&Under 25 yd Freestyle	9
10	7 yr old 25 yd Freestyle	11
12	8 yr old 25 yd Freestyle	13
14	6&Under 100 yd IM	15
16	7 yr old 100 yd IM	17
18	8 yr old 100 yd IM	19
	* Break - Parade of Champions *	
20	6&Under 25 yd Breaststroke	21
22	7 yr old 25 yd Breaststroke	23
24	8 yr old 25 yd Breaststroke	25
26	6&Under 25 yd Backstroke	27
28	7 yr old 25 yd Backstroke	29
30	8 yr old 25 yd Backstroke	31
32	6&Under 50 yd Freestyle	33
34	7 yr old 50 yd Freestyle	35
36	8 yr old 50 yd Freestyle	37
	* Break - Parade of Champions *	
38	8 & Under 100 yd Mixed Free Relay	38

8&Under All-Star Meet
Single Age

January 25, 2026
25 Yards

Team Name: _____

Team Code: _____

LAST NAME		AGE	EVENT	EVENT	EVENT	EVENT
FIRST NAME	USA-S	F/M	TIME	TIME	TIME	TIME
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
11.						
13.						

1. 8&U 100 Yd. M.R.	A	B	C	38. 8&U 100 Yd. F.R.	A	B	C
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