

VAST Spring Fling Meet 2025 -- WI Sanction #WI2025-783S

This meet is held under the Sanction of USA Swimming.

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any forms of liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

DATE: Friday, May 9th and Saturday, May 10th, 2025

LOCATION: Verona Area High School Aquatic Center
234 Wildcat Way, Verona, WI 53593

FACILITY: 25-yard Indoor 8-lane pool that opened in 2021
Starting depth: 7.0 feet
Turn depth: 3.5 feet
Regulation-height starting blocks (30")
****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/meter relays will start in the water****

The meet host will ensure the required course dimensions

Ample viewing area for athletes and spectators
Concessions WILL BE available.

MEET DIRECTOR: Mylinda Heil. mylindaheil@tds.net, 608-215-4073

ADMIN OFFICIAL: Andrew Olson- olsonswimming@gmail.com

OFFICIALS: Meet Referee, Matt Lorson – Lorson145@gmail.com.
There will be a minimum of four other officials.

ENTRIES COORDINATOR: Mylinda Heil – meetdirector@swimvast.com

CLASSIFICATION: Friday Session: 12&Under
Sat AM Session: 7&U, 8, 9
Sat PM Session: 10, 11, and 12

MEET FORMAT AND SCHEDULE:

All events in this meet will be Timed Finals. Warm-up times are planned as follows but will be subject to change if needed. Any changes will be posted on the meet landing page at least 48 hours prior to the start of the meet.

FRI PM Session

Warm-ups groups will be assigned:

Group 1: 4:30-4:55pm

Group 2: 5:00-5:25pm

Session starts at 5:30 pm

SAT AM Sessions

Warm-ups: Group 1: 7:00 - 7:25am

Group 2: 7:30 – 7:55am

AM session starts at 8:00 am

SAT PM Sessions

Warm-ups start 10 minutes after the conclusion of the A.M. session, but not before 12pm

Warm-ups: Group 1: 12:00 - 12:25pm (or 25 minutes)

Group 2: 12:30 – 12:55pm (or 25 minutes)

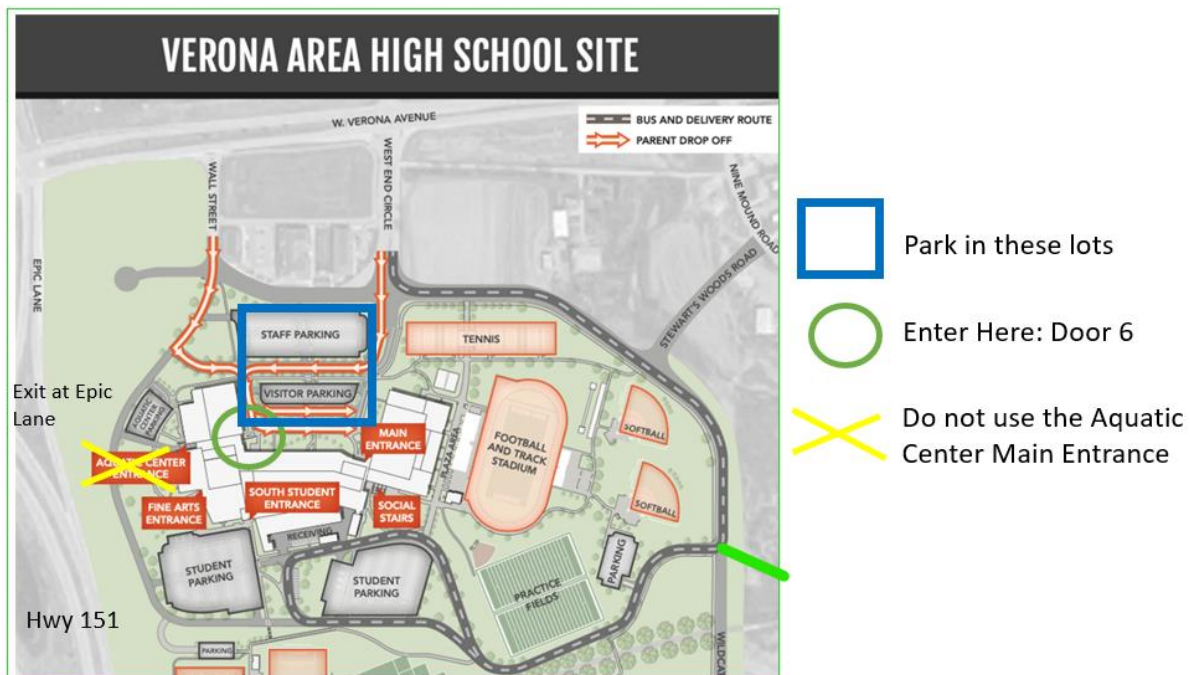
PM Meet Start Time: One hour after the start of the PM Warm-ups.

An estimated timeline will be posted once all entries are submitted

MEET LANDING PAGE URL:

<https://www.teamunify.com/team/wivast/page/hosted-meets>

This page will be updated as we get closer to the meet. PDFs of heat sheets and updated timelines will be posted.



PARKING: Everyone should plan to park in Lot A and Lot B which are the lots facing the Kwik Trip in front of the high school. Overflow parking is available in the “Student Lots” but will require a walk to the front of the building. Everyone should enter Door #6. SEE THE MAP ABOVE. Athletes will turn left at the welcome table and head toward the locker rooms. Spectators will continue in the hallway/stairs up to the second level. There is a nearby elevator available for any visitor that requires it.

DO NOT PARK OR PLAN TO UTILIZE THE MAIN AQUATIC CENTER PARKING LOT OR ENTRANCE!

WARM-UPS: Warm up times and lanes will be published as soon as all team entries and swimmer count per session are known. Feet-first, three-point entries from the starting end of the pool during general warm-ups will be enforced in accordance with the recent change to Wisconsin Policy 4.5.2(a). These will be posted on the VAST Meet homepage. The link is on the first page of this document.

Circle swimming only during general warmups. 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 assignments.

No equipment: including ear buds, pull buoys, kick boards, or paddles.

ENTRIES: All swimmers must be USA Swimming Members. The date used for age determination will be the first date of the meet which is May 9th, 2025. Swimmers may compete in up to three (3) individual events and (1) relay each **day**. Swimmers may compete in a max of five individual events at the meet. Entries will be accepted on a first come basis. We reserve the right to deny entries, remove events (relays) or limit swims if needed (for capacity).

This meet will be run using Hy-Tek Meet Manager. All teams are encouraged to submit entries on disk or e-mail in the Hy-Tek commlink format. Swimmers competing without a Team representative should contact Emily Paradis by email to coachemily@swimvast.com about entry into the meet.

DECK ENTRIES: NO Deck Entries. No on-site USA registrations will be accepted.

ENTRY PERIOD: Submission window is **Wednesday, April 16 through Friday, May 2th, 2025**. We anticipate this meet will fill, so entries will be made on a first come, first served basis. E-MAIL entries are required. Please include a pdf copy of your entry with your email. You will receive an email confirmation of your entry within 48 hours. Please look over and confirm it matches your entry. If you have not received that confirmation, please email or call Mylinda Heil at 608-215-4073. E-mail entries to: meetdirector@swimvast.com. By submitting entries to this meet, you agree to the terms of the waiver and fees must be received by the start of the meet. It is okay to bring the check to the meet, no need to mail beforehand.

ENTRY FEES: \$4.00 WI Swimming LSC splash fee per swimmer, \$6 per individual event. \$16.00 per relay. \$15.00 Facility Charge. For swimmers entering without a commlink file a \$5.00 per swimmer charge will be assessed for hand entering.

*****PLEASE NOTE: Bring all your friends and family to watch! There will be **NO spectator entry fees**. Heat sheets will be available for FREE in meet mobile and a PDF will be posted on the landing page. We

will try to have a few copies made to be sold at concessions for anyone that really wants a hard copy.*****

EVENTS:

FRIDAY EVENING SESSION			
GIRLS #	EVENT		BOYS #
1	12& Under	200 IM	2
3	12& Under	500 Free	4
5	12& Under	200 Free	6

SATURDAY MORNING SESSION			
GIRLS #	EVENT		BOYS #
7	8&Under	100 Free Relay	8
9	9	200 Free Relay	10
11	7& Under	100 IM	12
13	8	100 IM	14
15	9	100 IM	16
17	7& Under	25 Breast	18
19	8	25 Breast	20
21	9	50 Breast	22
23	7& Under	25 Back	24
25	8	50 Back	26
27	9	50 Back	28
29	7& Under	25 Fly	30
31	8	25 Fly	32
33	9	50 Fly	34
35	7& Under	25 Free	36
37	8	50 Free	38
39	9	50 Free	40

SATURDAY AFTERNOON SESSION			
GIRLS #		EVENT	BOYS #
41	10-12	200 Free relay	42
43	10	100 IM	44
45	11	100 IM	46
47	12	100 IM	48
49	10	50 Breast	50
51	11	50 Breast	52
53	12	50 Breast	54
55	10	50 Back	56
57	11	100 Back	58
59	12	100 Back	60
61	10	50 Fly	62
63	11	50 Fly	64
65	12	50 Fly	66
67	10	100 Free	68
69	11	100 Free	70
71	12	100 Free	72

ADMISSIONS: Free Spectator Admission

HEAT SHEETS: Will be available for free on Meet Mobile and a PDF on the meet landing page.

TIMING SYSTEM: All events will be timed using Daktronics with horn start, touch pads, two buttons, and a minimum of one watch as backup. 25-yard races may be timed with two buttons and a minimum of one watch as backup.

SCORING: Individual events: 20,17,16,15,14,13,12,11,9,7, 6, 5, 4, 3, 2, 1. Relays score double.

AWARDS: 1st through 8th place ribbons will be awarded by age group: 12&Under for Friday events, 7&U, 8, 9, 10, 11, 12 for Saturday individual events. Relay events will be awarded for 1st through 3rd places only.

12&Under swimmers participating may pick up their awards at the awards table located on the 2nd floor corridor. Any remaining awards will be bagged and available for coaches to take at the end of the day. Coaches please be sure to pick up awards before leaving. No awards will be mailed or kept after the meet.

DISABLED ATHLETES: On the entries form, please indicate any special needs for those athletes' requiring assistance. Also, please inform the head official of those needs prior to the start of the meet.

RULES: This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced.

Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SAFE SPORT (MAAPP Policy):

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 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. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

MEDICAL SUPERVISION: This facility is equipped with two AEDs. One is located on the pool deck and the other is located on the second floor near the spectator seating. There will be a minimum of four Red Cross Certified lifeguards and one supervising lifeguard on duty during this meet. First aid kits are available in the lifeguard staff room and on the pool deck between the cold water and warm water pools.

CONDUCT:

- * All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision.
- * Meet Marshalls have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc.
- * No smoking or vaping on the premises.
- * Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.
- * Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. Deck changes are prohibited.
- * Please encourage your swimmers and parents to clean up after themselves.
- * 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.

CONCESSIONS: Concessions will be available. Bagels, donuts, pizza, subs, Gatorade, water, soda, candy, etc. will be available.

LOCKER ROOMS/RESTROOMS: Only swimmers should be utilizing the locker rooms and locker room bathrooms. Meet Marshalls will sweep through locker rooms throughout the meet to verify cleanliness and safety. Swimmers should not congregate in any locker room. Coaches and Officials will use a separate designated restroom area. All parents and visitors shall use the restrooms on the second level near concessions in the hallway just outside of the spectator seating area. A water bottle filling station is available on the second level outside of the restrooms.

LIVE STREAM: The plan is to live stream this meet and the links will be available on the VAST Meet page. Bear in mind, this will be our club's first attempt to do this, so please be patient with any technical difficulties on our side.

FINAL RESULTS: Complete meet results in pdf format plus MM back up and TM files will be posted on the WI web after the conclusion of the weekend. Typically, the files are also emailed to each team as well.

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VAST Meet Waiver:

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Wisconsin Swimming, Inc., the Verona Area Swim Team and the Verona Area School District and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. I certify that all swimmers entered in this meet are USA members and they have been certified for a racing start unless noted on this form.

Signature of Club Official, parent, or guardian:

Phone Number:

Team Name and Abbreviation:

Team Coach Name:

Coach's Phone #:

*****Make all checks Payable to Verona Area Swim Team*****