

THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK FALL STARTER

November 2, 2025

Single Age High Point Meet - Single Session

25 Yards

Sanction/Approval: **WI2025-0558A**

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, Whitewater, Wisconsin

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 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.

Official Rules: Official 2025 Short Course USA-S Rules shall prevail for this meet. Age as of November 2, 2025. All swimmers are welcome to participate (recreational, YMCA, and USA registered).

Warm-up: 8am (60 min) Competition starts 9:05am
Warm-up lanes will be assigned. 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 Chair/Meet Director

Cheri Zimdars
430 Assembly Court, Whitewater, WI 53190

e-mail: j_hawkswim@charter.net
phone: 608-449-5150

Head Official: Eric Rhodes edeanrhodes@gmail.com

Admin Official: Cheri Zimdars j_hawkswim@charter.net
alternates: Kelli Keller

Entry Limit: Swimmers may swim a combined total of four (4) individual events for the day (session 1 plus session 2) and one (1) relay. The 400 IM, 500 free, and 1000 free are check-in events as well as non-scoring events..

Fees: Individual events \$5 per event and \$12.00 per relay. \$9/swimmer entered includes the \$4 LSC surcharge per swimmer swimming in at least one individual event and a \$5/swimmer admission fee. Entry fees must accompany the official entry forms and are not refundable.

Mixed Relays: Relays can be any combination of boys and/or girls.

Entry Deadline: The entry chair must receive **e-mail entry files** and **paper entries** (no hy-tek software) ***no later than Sunday, October 26, 2025.*** 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, on Sunday, November 1, 2025.

Disabled Swimmers: Please complete the Para-Accommodation Form (link is [HERE](#)) and email a completed copy to the Meet Director no later than Friday, **October 31, 2025**.

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.

Video Use/Deck Changes: 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.

Admissions: Included in the team entry fees (\$5/swimmer entered).
Heat sheets will be posted on-line at www.j-hawks.org.

Final Results: One copy of final results will be e-mailed to each team represented. No awards will be mailed with the final results.

Conduct: Each team is responsible for the conduct of its' swimmers.

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.

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.

Awards: Please pick up your awards in a timely manner. **Awards will be bagged and given to a coach.**

Individual events: 1st – 6th Ribbons in each age division
(6&U, 7, 8, 9, 10, 11, 12, 13, and 14&Older)

All relay events: 1st-3rd Rosette Ribbons

All 6&Under swimmers will receive a fun participation award.

Single-Age Highpoint Awards for SESSION 1 EVENTS ONLY

6&U, 7, 8, 9, 10, 11, 12, 13, 14&Older

Deck entry results will not count toward highpoint.

Highpoint Medals 1st – 3rd in each age group

Place	1st	2nd	3rd	4th	5th	6th
Points	7	5	4	3	2	1

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, UW-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 \$5.00	=	\$ _____
	_____	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.*

_____	# of Swimmers Entered LSC Surcharge x \$4	B:	\$ _____
_____	# of Swimmers Entered Admissions x \$5	C:	\$ _____

TOTAL OF LINES A + B + C = \$ _____

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

J-HAWK FALL STARTER

Sunday, November 2, 2025

25 Yards

Approval Number: **WI2025-0558A**

May be limited to 150 swimmers

Women's Event #	ORDER OF EVENTS	Men's Event #
1	10 & Under 200 Yd Mixed Free Relay	1
2	Senior 200 Yd Mixed Free Relay	2
	<i>**Optional 5 minute break**</i>	
3	8&Under 25 Yard Freestyle	4
5	11&Over Mixed 400 yd IM	5
6	10&Under Mixed 50 Yd Backstroke	6
7	11-12 Mixed 50 yd Backstroke	7
8	11&Over Mixed 100 Yd Backstroke	8
9	8&Under 25 Yd Backstroke	10
11	11-12 50 Mixed Yd Breaststroke	11
12	11&Over Mixed 200 Yd Breaststroke	12
13	10&Under Mixed 50 Yd Breaststroke	13
14	8&Under 25 Breaststroke	15
16	11-12 Mixed 50 Yd Butterfly	16
17	Mixed 200 Yd Freestyle	17
18	11&Over Mixed 100 Yd Butterfly	18
19	10&Under Mixed 50 Yd Butterfly	19
20	8&Under 25 Yd Butterfly	21
22	Mixed 200 Yd IM	22
23	11&Over Mixed 100 Yd Freestyle	23
24	10&Under Mixed 50 Yd Freestyle	24
25	11&Over Mixed 200 Yd Backstroke	25
26	11&Over Mixed 100 Yd Breaststroke	26
27	11&Over Mixed 50 Yd Freestyle	27
28	10&Under Mixed 100 Yd IM	28
29	11&Over Mixed 200 Yd Butterfly	29
	**SESSION 2 - DISTANCE - 15 MIN BREAK **	
	These are non-scoring events	
30	Mixed 500 yd free	30
31	Mixed 1000 yard Freestyle	31

*** Optional 5 minute breaks will be added at the discretion of the meet director.*