

THE J-HAWK AQUATIC CLUB PRESENTS THE

J-HAWK WINTER THAW

January 3-4, 2026

Single Age High Point Meet

25 Yards

Sanction/Approval: WI2026-0103A

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: UW-Whitewater, Williams Center Pool

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. Computerized scoreboard for all lanes.

Head Official: Eric Rhodes edeanrhodes@gmail.com

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

Official Rules: Official 2026 Short Course USA-S Rules shall prevail for this meet. Age as of January 3, 2026. All swimmers are welcome to participate (recreational, YMCA, and USA registered).

Entry Chair/Meet Director

Cheri Zimdars

E-Mail: j_hawkswim@charter.net

430 Assembly Court

Whitewater, WI 53190

Phone: 608-449-5150

Warm-up: **Saturday Morning (13&Over and 8&U)** 11:15am (50 min) Racing Starts: 12:10pm
Saturday Afternoon (9-12 yr olds) Immediately following the morning session (45 minutes)

Sunday Morning: 8:15am (55 min) Competition starts 9:15am

Sunday Distance: 15 min warmup break after the conclusion of the morning session

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 must report to the Meet Director prior to warm-ups for lane assignment.

Entry Limit: Saturday: 4 individual events plus 1 relay

Sunday Morning: 4 individual events plus 1 relay

Sunday Distance Session: 2 events. The 1000 free, 1650 free, 400 IM, and 500 free are check-in events.

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 or all the same gender.

Entry Deadline: The entry chair must receive **e-mail entry files** and **paper entries** (no hy-tek software) **no later than December 27, 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. No phone entries will be accepted.

Disabled Swimmers: Please complete the Para-Accommodation Form (link is [HERE](#)) and email a completed copy to the Meet Director by e-mail or phone no later than Friday, January 2, 2026.

Video Use/Deck Changes: 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: 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. Teams will be responsible to pick up their commlinked disk following the completion of the meet. No awards or disks will be mailed with the final results.

Concessions: A concession stand with a wide and delicious variety of food and beverages will be available.

Conduct: Each team is responsible for the conduct of its' swimmers. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.

Camera and

Cell Phone Use: No cameras or camera phones are allowed in the locker rooms.

Awards: Please pick up your awards in a timely manner. *All awards will be bagged for coaches.*

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

Single-Age Highpoint Awards

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

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 University of Wisconsin-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 = \$ _____
Relay Teams x \$12.00 = \$ _____

TOTAL EVENT FEES = \$ _____
LESS RESERVATION = - \$ _____

A: ADDITIONAL OWED A: \$ *

Number of Swimmers

_____ LSC Surcharge x \$4 = B: \$ _____
_____ Admissions Fee x \$10 = C: \$ _____

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

Make checks payable to: **J-HAWK AQUATIC CLUB**

Questions? Please contact Cheri.

J-HAWK WINTER THAW
January 3-4, 2026 **25 Yards**

Women's Event #	SATURDAY MORNING ORDER OF EVENTS	Men's Event #
1	100 Yd Mixed Free Relay* * Your relay must have two (2) 8&Unders	1
2	Senior 200 Yd Mixed Free Relay <i>**5 minute break**</i>	2
3	8&Under 25 Yd Fly	4
5	13 & Over 50 Yd Freestyle	6
7	8&Under Mixed 50 Yd Free	7
8	13 & Over 100 Yd Fly	9
10	8&Under 25 Yd Back	11
12	13 & Over 50 Yd Breaststroke	13
14	8&Under Mixed 50 Yd Breast	14
15	13 & Over 100 Yd Back	16
17	8&Under 25 Yd Breast	18
19	13 & Over 50 Yd Back	20
21	8&Under Mixed 50 Yd Back	21
22	13 & Over 100 Yd Breaststroke	23
24	8&Under 25 Yd Free	25
26	13 & Over 50 Yd Fly	27
28	8&Under Mixed 50 Yd Fly	28
29	13 & Over Mixed 200 Yd IM	29
30	8&Under 100 Mixed Yd IM	30
<i>Awards will be separated for Girls and Boys and by age group</i>		

Women's Event #	SATURDAY AFTERNOON ORDER OF EVENTS	Men's Event #
31	9-10 yr old 200 Yd Mixed Free Relay	31
32	9-12 yr old 200 Yd Mixed Free Relay <i>**Optional 5 minute break**</i>	32
33	9-12 Mixed 25 Yd Fly	33
34	9-10 50 Yd Free	35
36	11-12 50 Yd Free	37
38	9-12 Mixed 25 Yd Back	38
39	9-10 50 Yd Breast	40
41	11-12 50 Yd Breast	42
43	9-12 Mixed 25 Yd Breast	43
44	9-10 50 Yd Back	45
46	11-12 50 Yd Back	47
48	9-12 Mixed 25 Yd Free	48
49	9-10 50 Yd Fly	50
51	11-12 50 Yd Fly <i>**Optional 5 minute break**</i>	52
53	9-12 yr old Mixed 100 Yd IM	53
<i>Awards will be separated for Girls and Boys and by age group</i>		

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Women's Event #	SUNDAY MORNING ORDER OF EVENTS	Men's Event #
54	12&Under 200 Yd Mixed Medley Relay	54
55	Senior 200 Yd Mixed Medley Relay <i>**Optional 5 minute break**</i>	55
56	11&Over Mixed 200 Yd Fly	56
57	12&Under Mixed 100 Yd Fly <i>**Optional 5 minute break**</i>	57
58	11&Over Mixed 200 Yd Back	58
59	12&Under Mixed 100 Yd Backstroke <i>**Optional 5 minute break**</i>	59
60	11&Over Mixed 200 Yd Breast	60
61	12&Under Mixed 100 Yd Breast <i>**Optional 5 minute break**</i>	61
62	Mixed 200 Yd Free <i>**Optional 5 minute break**</i>	62
63	Mixed 200 Yd IM	63
<i>Awards will be separated for Girls and Boys and by age group</i>		

Women's Event #	SUNDAY DISTANCE ORDER OF EVENTS	Men's Event #
64	Mixed 500 Yd Free	64
65	Mixed 11&Over 400 Yd IM	65
66	Mixed 11&O 1000 Yd Free	66
67	Mixed 11&Over 1650 Yd Free	67
<i>Awards will be separated for Girls and Boys and by age group</i>		

J-HAWK WINTER THAW**January 3-4, 2026**
25 Yards

Team Name: _____

Team Code: _____

LAST NAME		AGE	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
FIRST NAME	USA-S	F/M	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
Event #:	A	B	C	Event #:	A	B	C					
Event #:	A	B	C	Event #:	A	B	C					
Event #:	A	B	C	Event #:	A	B	C					