

**WAT's Polar Plunge 2025**  
Hosted by the Watertown Aquatic Team  
Sunday, December 7, 2025  
WI Sanction # WI2025-0611S

**Location:** Riverside Middle School Indoor Pool  
131 Hall St.  
Watertown, WI 53094

**Meet staff:**

| Meet Director  | Meet Referee   |
|--|--|
| Steven LeGrow<br>P.O. Box 23<br>Watertown WI 53094<br>920-248-2284<br><a href="mailto:WATmeetchair@gmail.com">WATmeetchair@gmail.com</a> | Craig Tarr<br>386-566-1601<br><a href="mailto:Craig.Tarr@gmail.com">Craig.Tarr@gmail.com</a> |
| Meet Entry Chair   | Administrative Official  |
| Zach Jaworski<br>920-392-9649<br><a href="mailto:watheadcoach@gmail.com">watheadcoach@gmail.com</a>                                      | Jeanne Drzewiecki<br><a href="mailto:twowetcats@aol.com">twowetcats@aol.com</a>              |

**Sanctioning:**

- 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Pool Information:**

- Riverside Middle School Pool
- Indoor, Six (6) lanes, 25-yard pool with non-turbulent lane markers, backstroke flags, and 30" blocks.
- Pool depth is 5.0 ft at the starting blocks and 3.5 ft - 5.0 ft. at the turn end.
- All 100-yard relay starts conducted at shallow end of pool must be in-water starts.
- The meet host will ensure the required course dimensions.

**Timing:**

- Colorado Time Systems – System 5 Timing Console with strobe/horn start, touch pads, and manual backup timing buttons with Dolphin wireless stopwatches as backup.
- 25-yard events will be hand-timed by 2 timers in each lane with Dolphin wireless stopwatches.

**Statement of Rules:**

- This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and Wisconsin Swimming rules apply including safety rules, which will be strictly enforced.
- Swimmers' competition age is their age on **December 7, 2025**.
- Coaches must check in at the timing table and display USA Swimming credentials in good standing to be on deck.

**Racing Start Certification:**

- 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.

**MAAPP:**

- 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.

**Warm-Up Procedures:**

- Circle swimming only, except in designated lanes and times.
- All entry to pools during open warm-up and cool-down periods shall be feet first, three-point entry 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.
- Swimmers without a coach present should report to the Meet Director prior to warm-ups for lane assignments

**Meet Format and Schedule:**

- All events will be timed finals.
- All sessions will be ran with mixed events (boys and girls)
- Relay events can be comprised of any combination of boys and/or girls within the events age group
- Clerk of Course will be staging 8 & U swimmers near the starting blocks.
- Swimmers over age 8 must be at the starting blocks at the start of their events.
- Session 1
  - Warm-ups: 7:00 AM
  - Start: 8:10 AM
- Session 2
  - Warm-ups: TBD
  - Start: TBD
- Session 3
  - Warm-ups: TBD
  - Start: TBD
- Warm-ups will be done in two 30 min sessions. Teams will be notified of their warm-up times and lanes prior to the meet.
- A final schedule will be sent to all participating teams after registration is closed and the session reports are generated.
- Heat sheets will be available online for parents, swimmers, and coaches to print at <https://www.gomotionapp.com/team/wswat/page/home>
- For the distance events in Session 3, athletes will need to provide their own counters.

**Eligibility:**

- No swimmer will be permitted to compete unless they are a current and in good standing registered member of USA Swimming.

**Entries:**

- A completed entry form, signed waiver, fees, and an email containing a Hy-Tek file with your entries must be received by the Meet Entry Chair no later than **Friday, November 28, 2025**.
- Please make checks payable to "Watertown Aquatic Team".
- Mail completed entry form, signed waiver, and fees to:

**Watertown Aquatic Team  
PO Box 23  
Watertown, WI 53094**

- Entries are not confirmed until full payment is remitted.
- A valid USA Swimming ID number must be included on the entry form for each swimmer.
- Registration for USA Swimming will not be offered on deck.
- Swimmers may enter a maximum of 4 individual events and 2 relays.
- Please submit current yard times for proper seeding.
- Any questions concerning entries should be directed to our Meet Entry Chair.

**Entry Fees:**

- \$6.00 per Individual Event
- \$12.00 per Relay Team
- \$4.00 Splash Fee for Wisconsin Swimming per swimmer
- \$5.00 Facility Fee per swimmer
- Entry fees must accompany the official entry form and are not refundable unless the meet is full.

**Admission Fee:**

- \$7.00 per swimmer

**Deck Entries:**

- Deck entries may be allowed at the host's discretion to fill available lanes only.
- Deck entry fees for swimmers already in the meet will be \$6 per individual event and \$12 per relay team.
- For swimmers not already in the meet, deck entry fees will be identical to the regular fee schedule found on the last page of this announcement in all respects, including Splash fee, Admission fee, and Facility fees.
- All deck entries must be able to prove USA Swimming membership.
- Out of state swimmers must show their current USA Swimming card prior to swimming.

**Awards:**

- All awards will be sorted by gender and age group (8u, 9-10, 11-12, 13-14, and 15o)
- For Individual events in Session 1 ribbons will be awarded for 1<sup>st</sup> – 12<sup>th</sup> place.
- For Individual events in Sessions 2 & 3 ribbons will be awarded for 1<sup>st</sup> – 6<sup>th</sup> place.
- For Relay events ribbons will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> place.
- Heat winners will be awarded prizes in all sessions
- Coaches must pick up awards at the end of the meet. Awards will not be mailed.

**Results:**

- Results will be emailed to all competing teams and posted to the WI Swimming website and WAT's website at <https://www.gomotionapp.com/team/wswat/page/home>

**Seeding:**

- All events will be pre-seeded.
- 8 & under events will be staged.

**Conduct:**

- All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision.
- Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc.
- Smoking is not permitted on the property of the Watertown Unified School District.
- Please encourage your parents and swimmers to clean up after themselves.
- Use of audio or visual recording devices, including cell phones, are not permitted in the changing areas, restrooms, or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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.

**Image Authorization:**

- All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming and the meet host under the conditions authored by Wisconsin and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Wisconsin Swimming competition to promote such competitions.

**Coaches:**

- All coaches must pick up their coach's packets in person and must show their coach's card.
- If a coach does not present an USA Swimming Coach's card, they will not be allowed on deck and the swimmers for the team will be assigned to a USA Swimming certified coach for warm-ups and competition.

**Medical:**

- Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan.
- A lifeguard will always be on duty when swimmers are in the water.
- An AED is present on site.

**Para Athlete:**

- Athletes that are requesting an accommodation and/or modification, shall present the [WSI Para Accommodation Form](#) to the meet referee and/or meet director prior to the meet start.

**Concessions:**

- A variety of hot and cold food and beverages will be available for purchase. Please no outside food or drink.
- No food or drink other than bottled water may be brought into the pool area.

**General:**

- Please silence electronic devices and/or use headphones when appropriate.

**Sessions:**

| <b>Session 1</b> |                  |                       |
|------------------|------------------|-----------------------|
| <b>EVENT #</b>   | <b>Age Group</b> | <b>Event</b>          |
| 1                | 8 and under      | 100 Medley Relay      |
| 2                | 10 and under     | 200 Medley Relay      |
| 3                | 8 and under      | 25 Freestyle          |
| 4                | 10 and under     | 50 Backstroke         |
| 5                | 8 and under      | 25 Butterfly          |
| 6                | 10 and under     | 50 Breaststroke       |
| 7                | 10 and under     | 100 Individual Medley |
| 8                | 10 and under     | 100 Freestyle         |
| 9                | 8 and under      | 25 Breaststroke       |
| 10               | 10 and under     | 50 Butterfly          |
| 11               | 8 and under      | 25 Backstroke         |
| 12               | 10 and under     | 50 Freestyle          |
| 13               | 10 and under     | 200 Freestyle         |
| 14               | 8 and under      | 100 Freestyle Relay   |
| 15               | 10 and under     | 200 Freestyle Relay   |
| <b>Session 2</b> |                  |                       |
| 16               | 11 and over      | 200 Medley Relay      |
| 17               | 11 and over      | 400 Medley Relay      |
| 18               | 11 and over      | 50 Freestyle          |
| 19               | 11 and over      | 100 Backstroke        |
| 20               | 11 and over      | 50 Breaststroke       |
| 21               | 11 and over      | 100 Butterfly         |
| 22               | 11 and over      | 200 Freestyle         |
| 23               | 11 and over      | 100 Individual Medley |
| 24               | 11 and over      | 50 Backstroke         |
| 25               | 11 and over      | 100 Freestyle         |
| 26               | 11 and over      | 50 Butterfly          |
| 27               | 11 and over      | 100 Breaststroke      |
| 28               | 11 and over      | 200 Individual Medley |
| 29               | 11 and over      | 400 Freestyle Relay   |
| 30               | 11 and over      | 800 Freestyle Relay   |
| <b>Session 3</b> |                  |                       |
| 31               | Open             | 500 Freestyle         |
| 32               | Open             | 1000 Freestyle        |

# WAT's Swimming into Summer 2025

Hosted by the Watertown Aquatic Team

Sunday, December 7, 2025

WI Sanction # WI2025-####

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., Watertown Aquatic Team, and the Watertown School District, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet or on the road to and from the meet as a representative of my club. I/we also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. 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.

Further, I certify that all swimmers entered are current members of WI/USA Swimming Inc.

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Meet Fee Calculations:

|                           |                         |          |                 |
|---------------------------|-------------------------|----------|-----------------|
| Individual Event Entries  | _____ x \$6.00          | =        | \$ _____        |
| Team Relay Entries        | _____ x \$12.00         | =        | \$ _____        |
| Facility Fee per swimmer  | _____ x \$5.00          | =        | \$ _____        |
| Splash Fee per swimmer    | _____ x \$4.00          | =        | \$ _____        |
| Admission Fee per swimmer | _____ x \$7.00          | =        | \$ _____        |
|                           | Minus any pre-payment = |          | \$ _____        |
|                           | <b>Balance Due</b>      | <b>=</b> | <b>\$ _____</b> |

Name of coach(es) at meet: \_\_\_\_\_

Primary Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Make Checks Payable to **"Watertown Aquatic Team"**

**Mail entries to:**  
Watertown Aquatic Team  
PO Box 23  
Watertown, WI 53094