

2010 Wisconsin LSC SC Regional Meet

Hosted by: Waukesha Express Swim Team

February 19 - 21, 2010

Sanction #2010-138WI

Location: Waukesha South High School
401 E. Roberta Drive
Waukesha, WI 53186
Pool Entrance: Tenny Avenue

Meet
Director: Blaine Carlson
P.O. Box 1874
Waukesha WI, 53187
(262) 970-0641
blaine@waukeshaexpress.org

Meet Entry
Chair: Michael Hamm
P.O. Box 1874
Waukesha, WI 53187
(262) 309-2776
michael@waukeshaexpress.org

Facility: Eight or ten lane, 25 yard pool. Pool depth is 13 feet at the start end and 5' 10" feet at bulkhead (turn end). Blocks are 30 inches high. The pool features a 12 ½ by 14 ½ foot full color, digital display scoreboard. Concessions will be available. No food or beverage is allowed in the pool area.

Timing: Colorado System 6 timing system with aqua grip touch pads.

Rules: Official 2009/2010 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered USA swimmers. Age is as of February 19, 2010. Coaches must display their Coaches Card while on deck.

Tentative Schedule: Friday:
Warm-ups: 4:30 p.m. Meet starts at 5:35 p.m.
Saturday and Sunday:
AM Session Warm-ups: 7:00 a.m. Meet starts at 8:05 a.m.
The afternoon warm-ups will start as soon as the morning session has been completed and will last one hour, with the afternoon session beginning 65 minutes after the start of warm-ups. The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received. Approximate timeline and general information will also be posted at www.waukeshaexpress.org.
Failure to follow warm-up guidelines may result in disqualification from the next individual event. Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

Officials: Head Official, Tim McAvoy

Entries & Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in a total of seven (7) individual events for the meet, plus relays and time trial events. Swimmers may compete in three (3) individual events per day. 8 & under swimmers are allowed to swim four (4) individual events on one day with a total of seven (7) individual events per day for the entire meet.

Swimmers may not enter an event in their age group in which they have a state, but can swim in the senior category. Any swimmer achieving the state cut time standard after the entry deadline may still compete in that event. Any 8 & under swimmer may swim in any 8 & under event regardless of seed time, but may not swim in 10 & under events in which they have achieved the state cut.

Deck entries will be allowed for high school boy swimmers, up until 30 minutes prior to the session in which they wish to swim. Other deck entries will be accepted only to fill existing heats. Swimming swimmers and MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times. All events will be timed finals.

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Completed entry form, signed waiver, and fees must be received no later than Wednesday, February 10, 2010. Any questions concerning entries should be directed to Michael Hamm, Meet Manager at 262-309-2776. (If you choose to e-mail your entry file it must be received by February 10, 2010 and the signed waiver and fees should be received by the meet director by February 11, 2010).

(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK AND INCLUDE A PRINTED COPY OF THE ENTRIES.)

Mail

Entries: Mail forms, signed waiver and fees (payable to WEST) to:
Waukesha Express Swim Team
P.O. Box 1874
Waukesha WI, 53187
Due Date: February 11, 2010 for waiver and fees.

Entry Fees: \$4.00 per individual event
\$10.00 per relay event
\$3.00 per swimmer in an individual event for LSC tax (splash fee)
Deck Entries: \$8 for individual events and \$20 for relays
Entry fees must accompany the official entry forms and are not refundable.

Admissions: \$3.00 per spectator over the age of 12. Heat sheets are \$3.00.

Awards: Individual events:
1st – 16th Ribbons

Relay events:
1st – 8th Ribbons

High Point Awards: 1 - 3rd Individual and Team High Point

Scoring: Sixteen place scoring will be used for individual events. Relay events scores will be doubled.

Final

Results: Final results will be posted on Wisconsin Swimming's website, www.wisconsinswimming.org.

Seeding: All individual events will be pre-seeded, except for the following events that are positive check-in events:
400 IM, 500 Free, 1000 Free and 1650 Free.
Swimmers must provide their own counters.

Food: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the Natatorium Pool area.

Conduct: Each team is responsible for the behavior of their swimmers. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.
The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.

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 registration card, they will not be allowed on deck and the swimmers for the team will be assigned to an USA Swimming certified coach for warm-ups.

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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. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean up required.

2010 Wisconsin LSC SC Regional Meet Time Trials

Sunday, February 21, 2010

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Location: Waukesha South High School (25 yds)

When: At conclusion of the Sunday afternoon session of the Regional Meet, at the discretion of meet management. The pool will be open for 10 minutes prior to the start of time trials.

Events: See meet order of events. Events may be combined, with the 1000 and 1650 Freestyle events at the end as a combined event.

Registration: Swimmers must register at the Clerk of Course table throughout the weekend, by Sunday at 2:00 p.m.

Fee: \$8.00 per individual event and \$20.00 per relay event

Procedures: Swimmers must provide their own timers and stop watches. Host team will provide officials, and necessary meet management.

Reminder: The maximum number of individual events per day is five (5) and this includes time trials.

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Reminder: Swimmers must have time slower than state cut-off time listed below,
or enter Senior event.

ORDER OF EVENTS

Cut - Off	Girls	Friday PM	Boys	Cut - Off
	1	Senior 100 Fly	2	
1:06.19	3	13 - 14 100 Fly	4	1:03.99
2:37.89	5	11 - 12 200 IM	6	2:37.19
3:02.69	7	10 & U 200 IM	8	2:59.49
	9	Senior 100 Breast	10	
1:15.59	11	13 - 14 100 Breast	12	1:12.99
1:25.99	13	10 & U 100 Back	14	1:24.79
		BREAK		
10 & Under: 7:01.29/11-12: 6:03.59	15	12 & U 500 Free	16	10 & Under: 7:04.49/11-12: 6:07.99
	17	Senior 1000 Free	18	

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Cut-Off	Girls	Saturday AM	Boys	Cut-Off
	19	10 & U 200 Free Relay	20	
	21	11 - 12 200 Free Relay	22	
1:11.49	23	10 & U 100 Free	24	1:12.19
1:02.39	25	11 - 12 100 Free	26	1:03.39
37.69	27	10 & U 50 Fly	28	38.09
32.19	29	11 - 12 50 Fly	30	33.09
38.89	31	10 & U 50 Back	32	39.09
33.39	33	11 - 12 50 Back	34	34.29
1:38.69	35	10 & U 100 Breast	36	1:37.59
1:22.89	37	11 - 12 100 Breast	38	1:24.49
2:35.69	39	10 & U 200 Free	40	2:37.09
28.69	41	11 - 12 50 Free	42	29.09

Cut-Off	Girls	Saturday PM	Boys	Cut-Off
	43	Senior 400 IM	44	
5:10.49	45	13 -14 400 IM	46	5:02.59
	47	8 & U 100 Free Relay	48	
	49	Senior 200 Free Relay	50	
	51	13 - 14 200 Free Relay	52	
	53	8 & U 50 Free	54	
	55	Senior 100 Free	56	
57.99	57	13 - 14 100 Free	58	56.09
	59	8 & U 25 Back	60	

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Cut-Off	Girls	Saturday PM	Boys	Cut-Off
	61	Senior 200 Back	62	
2:25.69	63	13 - 14 200 Back	64	2:20.09
	65	8 & U 50 Breast	66	
	67	Senior 50 Free	68	
26.99	69	13 - 14 50 Free	70	25.79
	71	8 & U 25 Fly	72	
	73	Senior 200 IM	74	
2:25.09	75	13 - 14 200 IM	76	2:18.39
		BREAK		
	77	Senior 500 Free	78	
5:34.09	79	13 - 14 500 Free	80	5:27.29

Cut-Off	Girls	Sunday AM	Boys	Cut-Off
1:12.89	81	11 - 12 100 Back	82	1:14.19
	83	10 & U 200 Medley Relay	84	
	85	11 - 12 200 Medley Relay	86	
1:24.69	87	10 & U 100 IM	88	1:24.39
1:12.69	89	11 - 12 100 IM	90	1:14.29
32.49	91	10 & U 50 Free	92	32.69
2:15.79	93	11 - 12 200 Free	94	2:17.89
44.29	95	10 & U 50 Breast	96	44.39
37.69	97	11 - 12 50 Breast	98	38.79

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Cut-Off	Girls	Sunday AM	Boys	Cut-Off
1:26.19	99	10 & U 100 Fly	100	1:25.99
1:13.09	101	11 - 12 100 Fly	102	1:14.59

Cut-Off	Girls	Sunday PM	Boys	Cut-Off
	103	8 & U 25 Free	104	
	105	Senior 200 Free	106	
2:04.99	107	13 - 14 200 Free	108	2:01.99
	109	8 & U 100 Medley Relay	110	
	111	Senior 200 Medley Relay	112	
	113	13 - 14 200 Medley Relay	114	
	115	8 & U 50 Back	116	
	117	Senior 100 Back	118	
1:06.39	119	13 - 14 100 Back	120	1:03.99
	121	8 & U 50 Fly	122	
	123	Senior 200 Fly	124	
2:28.59	125	13 - 14 200 Fly	126	2:22.29
	127	8 & U 25 Breast	128	
	129	Senior 200 Breast	130	
2:45.19	131	13 - 14 200 Breast	132	2:39.09
	133	8 & U 100 IM	134	
		BREAK		
	135	Senior 1650 Free	136	

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WAIVER FORM

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my heirs, administrators, and assigns waive and release any and all claims, against the Waukesha School District, USA Swimming, the Waukesha Express Swim Team, Wisconsin Swimming, Inc., and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona-fide amateur athletes and eligible to compete in all the 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. All swimmers entered are current members of WI/USA Swimming Inc.

Club Name: _____ Initials (Four only) _____
Signature of Club Official, Parent or Guardian _____
Name: _____ Phone: _____
Title: _____ Email: _____
Address: _____

Entry Fee Recap:	_____ Individual Events x \$4.00	\$ _____
	_____ Relay Events x \$10.00	\$ _____
	_____ LSC Surcharge x 3.00	\$ _____
	(# of swimmers in Individual Events)	
	Total Entry Fee Due	\$ _____

Name of coach or team representative at meet
Name: _____ Phone: _____
Email: _____

Make checks payable to: Waukesha Express Swim Team
Mail Entries to: Michael Hamm
Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187