

2004 FALL WESTERN GREAT LAKES OPEN

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #2004-137WI

- Date:** Friday November 19 through Sunday November 21, 2004
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin (262) 354-9622
- Warm-up/Start:** Friday Prelim Session 1: Warm-up 2:30-3:40 pm. The meet will begin at 3:45 pm.
Saturday Prelim Session 2: Warm-up 7:30-8:40 am. The meet will begin at 8:45 am.
Saturday Finals (Fridays Events) Session 3: Warm-ups 4:00-5:00 pm. Meet will begin at 5:05 pm.
Sunday Finals (Saturdays Events) Session 4: Warm-up 9:00-10:10 am. Meet will begin at 10:15 am.
- Warm-ups will be run as follows: The 70-minute warm-ups: The first 45 minutes of the warm-up will be circle swim. The remaining time will be: Circle Swim lanes 1-2 & 6-7; Push Pace lane 8; Sprint lanes 3-5. Additional sprint lanes may be added as needed.
- The one hour warm-ups: The first 30 minutes will be general circle swim, the final 30 minutes will be circle swim lanes 1-2 & 6-7; Push Pace lane 8; Sprint lanes 3-5. Additional sprint lanes may be added as needed.
- In finals, a 12-Under only lane and additional sprint lanes will be added if necessary.
There will be no changes to this format unless directed by Meet management.
- Pool:** Two eight lane, 25 yard pools with non-turbulent lane markers and backstroke flags. Pool depth at starting end is a minimum of 7'. Block height is 29.5". Finals will be conducted in the North pool.
- Bulkhead Use:** The bulkhead may only be used by officials and counters during the meet. Swimmers and coaches will not be allowed to cross the pool via the bulkheads during the meet.
- Timing:** Colorado System with 2 back-up watches per lane. Computerized scoreboard for all lanes.
- Official Rules:** Official 2004 USA and Wisconsin rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of November 19, 2004. Coaches must also be USA registered.
- Adaptive Swimmers:** Please note any special requirements for adaptive swimmers on the entry form.
- Official's Chair:** Paul Friedemann. Other Officials to be announced.
- Entry Chair:** Darsi Kohnhorst (262) 673-3853 E-mail: lakecountryswim@sbcglobal.net
- Meet Directors:** Rob Prost, Mark Kohnhorst—Team Office: (262) 367-7657 E-mail: lakecountryswim@sbcglobal.net
- Entry Deadlines:** Meet format will be available for download into Team Manager from our team web site: www.lakecountryswimming.com. We request that teams submit via disk or e-mail using Hy-Tek (hy3, cl2). Email entry must be received no later than **Friday, November 5th, 2004**. Waiver, fees and hard copy of entry listed by swimmer name must arrive by Wednesday, November 10th. Any additions after November 5th will be considered deck entries and accepted at the discretion of the meet director. Entry lists will be posted at our website for review and corrections. Deck entries will be allowed at the discretion of the meet director to fill open lanes during the meet, however, there will be no scratching of one event to deck enter another.
- Entry Limit:** **Swimmers may enter a maximum of six (6) individual events plus relays for the entire meet. Swimmers are limited to 3 individual events per day.** Relay only swimmers must be listed on the relay only entry form. All seed times should be short course yards.
- Time Standards:** Swimmers must meet the entry time standards listed on the event sheet. 10-Under standards are national BB, 11-12 and 13-14 standards are national A and senior standards are national AA. Long course times may be used for meet qualification and proof. There are no time standard requirements for 50's. The host club reserves the right to enter its own swimmers who do not meet the time standards.
- Meet Fines:** There will be a **\$50 fine** for missed cuts that cannot be proven in events that are 200 yards and longer.
- Fees:** Individual events are \$4.50 per event and \$12.00 per relay. All swimmers entered in at least one individual event must pay the \$2.00 Wisconsin Swimming LSC surcharge as well as the \$1.00 facility usage surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees must accompany the official entry form and are not refundable. Deck entries will be \$8.00/event for individual entries and \$20.00/relay. An additional fee of \$2.00 per swimmer (up to a maximum of \$50 per team) will be charged for manual entries (i.e. those entries that are not submitted via Hy-tek entry file).
- Meet Format:** The meet will be a combination of prelim/final and timed final events.
- 12-Under relays are pre-seeded and run to completion in prelims.
 - Senior relays are positive check-in with top 8 checked-in relays competing in finals.
 - All individual events, with the exception of the 13-14 and Senior 400 yard IM and 500 yard free events, are preseeded.
 - The 13-14 and Senior 400 yard IM and 500 yard free events are positive check-in with the top 8 checked-in entries competing in finals
- Finals:** Top 16 swimmers qualify for finals in all prelim/final events. Top 8 relays and swimmers in positive check-in events will compete in finals.

- Timed Finals:** The following individual events will be conducted as timed final events during the preliminary sessions: 10-Under and 11-12 200 yard IM, 200 yard free and 500 yard free; 13-14 and Senior 400 yard IM and and 500 yard freestyle. The 13-14 and Senior 400 yard IM and the 10-Under, 11-12, 13-14, and Senior 500 yard freestyle events require positive check-in 30 minutes prior to the start of the session in which the race will be conducted. The 13-14 and Senior 400 yard IM and 500 yard freestyle, and the 10-Under and 11-12 500 yard freestyles will be run fastest to slowest, alternating women and men, and may be limited to the top 24 competitors.
- Scratch Rule:** *Pre-seeded Events* - Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. Any swimmer not reporting for or competing in an individual pre-seeded timed final event shall not be penalized. Any swimmer not reporting for or competing in a preliminary heat shall not be penalized. Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.
- Deck Seeded Events:** Swimmers must check-in for deck seeded events by the announced deadlines. Once deck seeded events are seeded, swimmers must compete in that event. Failure to compete will result in the swimmer being disqualified from their next individual event.
- Scratching from Cons./Finals:** Any swimmer qualifying for a consolation or final heat in an individual event who fails to compete in said consolation or final heat shall be barred from further competition for the remainder of the meet. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Listed alternates not to exceed four (4) shall be announced and posted. Alternates shall not be penalized if unavailable to compete in the finals. When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the companion final shall be swum without reseeding for empty lanes. Finals shall include those events deck seeded but swum as timed finals in prelim/final competition. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch or rescind their intention to scratch within thirty (30) minutes after their last individual event.
- Coaches Mtng.:** There will be a coaches meeting scheduled on Friday and as needed.
- Admissions:** Admission and heat sheets will be available for a fee. A championship ticket, covering admission and heat sheet for every session, will be available as well. Spectators will be asked to show proof of admission upon entering pool area.
- Final Results:** One copy of results will be sent to each team represented. All others wishing results can order them at the admissions table for \$10.00 per copy. Please note: A full meet manager back-up of the final results will be emailed to all teams after the meet provided you supply an email address on your waiver. Those wishing a commlinked file of just their team or their results on a disk should supply and pick up their disk at the conclusion of the meet.
- Lead-Off Splits:** Coaches wishing lead-off splits, should notify the office and obtain the official split form to be used. Procedures will be stated and must be followed. **You must provide your own watches and timers.**
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Please note, there will be no oil rub downs allowed on deck. All on deck seating will be reserved for use by the athletes and coaches. No parents are allowed on deck or in any of the on-deck seating. By order of the Brown Deer Fire Department, there will be no videotaping or picture taking allowed in any area of the stair wells or upper stair well landing areas. Anybody using these areas for videotaping or picture taking will be promptly removed from that area.
- Awards:** Individual High Point: 1st-24th Women and Men per age group including Senior.
Overall Team Awards: 1st-3rd (Host team not eligible for team award)
Please note: No awards will be mailed following the meet.
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: Double Points
- Food:** According to the Brown Deer Health department, there will be no food or beverages allowed to be brought into the Schroeder Aquatic Center by parents or spectators. This includes the cafeteria area. Athletes are allowed to bring refreshments (liquids) but **NO GLASS** is allowed. There will be a superb selection of food and beverages available at all times during the meet.

2004 FALL WGLO Order of Preliminary Events

Friday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
1		Senior 50 Butterfly		2
3		13-14 50 Butterfly		4
5	2:38.39	Senior 200 Breaststroke	2:23.89	6
7	2:47.99	13-14 200 Breaststroke	2:36.29	8
9	58.89	Senior 100 Freestyle	53.09	10
11	1:02.59	13-14 100 Freestyle	58.09	12
13	2:21.19	Senior 200 Butterfly	2:08.99	14
15	2:28.59	13-14 200 Butterfly	2:22.29	16
17	1:05.29	Senior 100 Backstroke	59.19	18
19	1:09.79	13-14 100 Backstroke	1:04.89	20
21	2:22.39	Senior 200 IM	2:09.99	22
23	2:31.49	13-14 200 IM	2:22.49	24
25		Senior 50 Breaststroke		26
27		13-14 50 Breaststroke		28
		5 Minute Break		
*29		Senior 400 Free Relay		*30
		10 Minute Warm-Up Break		
**31	5:35.39	Senior 500 Freestyle	5:11.69	**32
**33	5:52.99	13-14 500 Freestyle	5:40.09	**34

*Timed Final – Positive Check in – Top 8 checked-in relays compete in finals. Run slow to fastest, all Women then all Men

**Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

Friday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
35	1:14.09	11-12 100 Butterfly	1:12.49	36
37	1:42.09	10-Under 100 Butterfly	1:40.59	38
39		11-12 50 Breaststroke		40
41		10-Under 50 Breaststroke		42
43		11-12 50 Freestyle		44
45		10-Under 50 Freestyle		46
47	1:14.89	11-12 100 Backstroke	1:13.09	48
49	1:33.99	10-Under 100 Backstroke	1:32.49	50
51	1:20.79	11-12 100 IM	1:18.99	52
53	1:34.39	10-Under 100 IM	1:31.59	54
		5 Minute Break - No Warm-Up		
***55		11-12 200 Free Relay		***56
***57		10-Under 200 Free Relay		***58
		5 Minute Break - No Warm-Up		
***59	2:20.19	11-12 200 Freestyle	2:16.89	***60
***61	2:58.29	10-Under 200 Freestyle	2:50.89	***62

***Timed Final - Pre-Seeded - Run to completion in Prelims, slowest to fastest, all Women then all Men

Saturday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
63	104.49	Senior 100 Butterfly	58.29	64
65	108.39	13-14 100 Butterfly	104.09	66
67		Senior 50 Backstroke		68
69		13-14 50 Backstroke		70
71	1:13.59	Senior 100 Breaststroke	1:06.29	72
73	1:17.99	13-14 100 Breaststroke	1:12.29	74
75	2:06.99	Senior 200 Freestyle	1:55.79	76
77	2:14.19	13-14 200 Freestyle	2:06.69	78
79	2:20.49	Senior 200 Backstroke	2:07.09	80
81	2:29.69	13-14 200 Backstroke	2:19.49	82
83		Senior 50 Freestyle		84
85		13-14 50 Freestyle		86
		5 Minute Warm-up Break		
*87		Senior 400 Medley Relay		*88
		10 Minute Warm-Up Break		
**89	5:00.99	Senior 400 IM	4:37.09	**90
**91	5:20.19	13-14 400 IM	5:02.89	**92

*Timed Final – Positive Check in – Top 8 checked-in relays compete in finals. Run slow to fastest, all Women then all Men

**Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

Saturday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
93		11-12 50 Butterfly		94
95		10-Under 50 Butterfly		96
97	1:22.19	11-12 100 Breaststroke	1:21.29	98
99	1:46.69	10-Under 100 Breaststroke	1:44.89	100
101		11-12 50 Backstroke		102
103		10-Under 50 Backstroke		104
105	1:05.19	11-12 100 Freestyle	1:02.99	106
107	1:22.19	10-Under 100 Freestyle	1:19.99	108
		5 Minute Break - No Warm-Up		
***109		11-12 200 Medley Relay		***110
***111		10-Under 200 Medley Relay		***112
		5 Minute Break - No Warm-Up		
***113	2:38.89	11-12 200 IM	2:36.69	***114
***115	3:19.39	10-Under 200 IM	3:18.09	***116

*** Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

***** Please Note *****

All seed times **MUST** be in yards!

2004 FALL WGLO Championship Finals Order of Events

Saturday Finals (Fridays Prelim Events)

Events

Senior 50 Butterfly
13-14 50 Butterfly
11-12 100 Butterfly
10-Under 100 Butterfly
Senior 200 Breaststroke
13-14 200 Breaststroke
11-12 50 Breaststroke
10-Under 50 Breaststroke
Senior 100 Freestyle
13-14 100 Freestyle
11-12 50 Freestyle
10-Under 50 Freestyle
Senior 200 Butterfly
13-14 200 Butterfly
Senior 100 Backstroke
13-14 100 Backstroke
11-12 100 Backstroke
10-Under 100 Backstroke
Senior 200 IM
13-14 200 IM
11-12 100 IM
10-Under 100 IM
Senior 50 Breaststroke
13-14 50 Breaststroke
*Senior 500 Freestyle
*13-14 500 Freestyle

10 Minute Warm-up Break

*Senior 400 Free Relay

*Timed Final - Positive Check-in required 30 minutes before the PRELIM session begins. Top 8 checked in swimmers/relays compete in finals.

Sunday Finals (Saturdays Prelim Events)

Events

Senior 100 Butterfly
13-14 100 Butterfly
11-12 50 Butterfly
10-Under 50 Butterfly
Senior 50 Backstroke
13-14 50 Backstroke
Senior 100 Breaststroke
13-14 100 Breaststroke
11-12 100 Breaststroke
10-Under 100 Breaststroke
Senior 200 Freestyle
13-14 200 Freestyle
Senior 200 Backstroke
13-14 200 Backstroke
11-12 50 Backstroke
10-Under 50 Backstroke
Senior 50 Freestyle
13-14 50 Freestyle
11-12 100 Freestyle
10-Under 100 Freestyle
*Senior 400 IM
*13-14 400 IM

10 Minute Warm-up Break

Individual High Point Presentations 10&Under, 11-12

*Senior 400 Medley Relay

Individual High Point Presentations 13-14, Senior Team High Point Presentations

*Timed Final - Positive Check-in required 30 minutes before the PRELIM session begins. Top 8 checked in swimmers/relays compete in finals.

***** Please Note *****

**No high point awards will be mailed with results.
All awards must be claimed at the meet!**

Western Great Lakes Open Waiver Form

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 Lake Country "Phoenix" Swim Team, the Walter Schroeder Aquatic Center, 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 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 will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____
(Four Only)

Signature of Club Official, Parent or Guardian: _____ Title _____

Final Results Mailing Address: Please Print!

Name: _____ E-Mail: _____
 Address: _____ Day Phone: _____
 City, State, Zip: _____ Evening Phone: _____
 Entry Chairperson: _____ E-Mail: _____

Entry Fee Recap: _____ Individual Events x \$4.50 = \$ _____ = \$ _____

Relay and surcharge fees are not a part of this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay and surcharge fees. Less Reservation - \$ _____
 Balance Due = \$ _____ ⇔ = \$ _____

_____ Relay Teams x \$12.00	= \$ _____	⇔⇔⇔⇔⇔⇔⇔⇔⇔⇔	+ \$ _____	
_____ LSC Surcharge x \$2.00 (# of swimmers in Ind. Events only)	= \$ _____	⇔⇔⇔⇔⇔⇔⇔⇔⇔⇔	+ \$ _____	
_____ Manual Entry Charge x \$2.00 (# of swimmers up to \$50/team)	= \$ _____	⇔⇔⇔⇔⇔⇔⇔⇔⇔⇔	+ \$ _____	
_____ Facility Surcharge x \$1.00 (# of swimmers in Ind. Events only)	= \$ _____	⇔⇔⇔⇔⇔⇔⇔⇔⇔⇔	+ \$ _____	

Make checks payable to: Lake Country Swim Team **Total of Check** = \$ _____ **Check #** _____

Name of USA registered coach(es) or USA registered team representative(s) at meet:
Please Print!
 Name: _____ Name: _____
 Name: _____ Name: _____

Person to contact in case of entry problems:
 Please Print!
 Name: _____ Day Phone: _____ Evening Phone: _____
 E-Mail: _____

Mail Entries, Disk, and Check to:
 Lake Country Swim Team c/o Darsi Kohnhorst
 PO Box 181
 Hartland, Wisconsin 53029

- Did you include:**
- ✓ Hard copy of your entry (listed by swimmer's name)
 - ✓ Team check to cover entry fees/surcharges
 - ✓ Entry disk (if needed at the end of the meet)
 - ✓ Completed waiver form

