

2005 WISCONSIN LSC REGIONAL MEET

Hosted by: Waukesha Express Swim Team

February 18 - 20, 2005

Sanction #2005-009WI

Location: Waukesha West High School
3301 Saylesville Road
Waukesha WI, 53189

Meet Director: Jeff Wiesner
P.O. Box 1874
Waukesha WI, 53187
(262) 970-0641

Meet Entry Chair: Autumn Ryan
P.O. Box 1874
Waukesha, WI 53187
(262) 893-2979
aryan1@wi.rr.com

Facility: Six-lane 25-yard indoor pool. Pool depth is 12 feet at start end and 3 feet at turn end. Blocks are 30 inches high. The hallway is open for swimmers to relax between events and concessions will be available on Saturday and Sunday. No food or beverage is allowed in the pool area.

Timing: Primary: Colorado v timing system with strobe/horn start.
Secondary: Semi-automatic button on each lane.
Tertiary: Two manual backup watches per lane.
25yd swims: Three manual watches per lane.

All events will be timed finals.

Rules: Official 2005 Short Course USS Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered Wisconsin USS swimmers. Age is as of February 18, 2005. Coaches must display their Coaches Card while on deck.

Schedule: Friday: General Warm-up 4:30 p.m. Meet starts at 5:30 p.m.
Saturday & Sunday: General Warm-up 7:00 - 8:00 a.m. Failure to follow warm-up guideline may result in disqualification from the next individual event. Meet will start at 8:05 a.m. The afternoon warm-ups will start as soon as the morning session has been completed, with the afternoon session beginning one hour 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.

First 30 minutes: All lanes circle swim
Last 30 minutes: Sprint lanes 3, 4, 5, and 6

Officials: TBA

Entries & Eligibility:

All entries will be taken when accompanied by full payment. Swimmers may compete in SEVEN (7) events for the entire meet, plus relays. Swimmers may compete in THREE (3) individual events per day plus relays. All 8 & under swimmers are allowed to swim up to 4 events per day for a total of 7 for the entire meet. Deck entries will be allowed for High School boy swimmers at any time. Swimmers that deck enter must prove registration at the meet.

All swimmers who have achieved state cuts in their age group may swim that event in a senior category. Any swimmer achieving a maximum time standard after the entry deadline may still swim that event. Any 8 & under swimmer can swim in any 8 & under event regardless of seed time, but may not swim 10

& under events in which they have achieved a state cut.

All swimmers must be registered USS swimmers and their USS number MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

Completed entry form, signed waiver, and fees must be received no later than Tuesday, February 8, 2005 Any Questions concerning entries should be directed to Autumn Ryan, Meet Manager at 262-893-2979.

(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

All entries must be received by February 8, 2005.

Entry Fees: \$3.00 per individual event
\$10.00 per relay event
\$2.00 per swimmer in an individual event for LSC tax (splash fee)
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: Ribbons 1st - 16th place.

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

Final

Results: Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.

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

Food: Food and Beverages will be sold, **EXCEPT for Friday, February 18th. The concession stand will not be open for Friday night's session.**

Conduct: Each team is responsible for the behavior of their swimmers. ***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 USS card, they will not be allowed on deck and the swimmers for the team will be assigned to an USS certified coach for warm-ups.

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.

**2005 WISCONSIN LSC REGIONAL MEET
ORDER OF EVENTS**

CUTOFF	GIRLS		BOYS	CUTOFF
		FRIDAY PM		
	1	SR 100 FLY	2	
1:10.19	3	13-14 100 FLY	4	1:08.69
2:36.29	5	11-12 200 IM	6	2:38.99
3:01.39	7	10 & U 200 IM	8	3:08.09
	9	SR 100 BREAST	10	
1:19.19	11	13-14 100 BREAST	12	1:17.59
1:25.39	13	10 & U 100 BACK	14	1:27.69
		*** BREAK ***		
6:01.79	15	12 & U 500 FREE	16	6:04.89
	17	SR 1000 FREE	18	
		SATURDAY AM		
	19	10&U 200 FR RELAY	20	
	21	11-12 200 FR RELAY	22	
1:13.19	23	10 & U 100 FREE	24	1:16.09
1:03.79	25	11-12 100 FREE	26	1:04.09
38.59	27	10 & U 50 FLY	28	40.59
32.19	29	11-12 50 FLY	30	34.29
39.59	31	10 & U 50 BACK	32	40.79
33.69	33	11-12 50 BACK	34	34.89
1:37.39	35	10 & U 100 BREAST	36	1:41.69
1:22.49	37	11-12 100 BREAST	38	1:28.59
2:40.69	39	10 & U 200 FREE	40	2:41.69
29.09	41	11-12 50 FREE	42	29.69
		SATURDAY PM		
	43	SR 400 IM	44	
5:09.79	45	13-14 400 IM	46	5:20.29
	47	8 & U 100 FR RELAY	48	
	49	SR 200 FR RELAY	50	
	51	13-14 200 FR RELAY	52	
	53	8 & U 50 FREE	54	
	55	SR 100 FREE	56	
59.99	57	13-14 100 FREE	58	58.89
	59	8 & U 25 BACK	60	
	61	SR 200 BACK	62	
2:26.69	63	13-14 200 BACK	64	2:27.69
	65	8 & U 50 BREAST	66	
	67	SR 50 FREE	68	
27.69	69	13-14 50 FREE	70	27.09
	71	8 & U 25 FLY	72	
	73	SR 200 IM	74	
2:27.29	75	13-14 200 IM	76	2:28.49
		*** BREAK ***		
	77	SR 500 FREE	78	
5:43.79	79	13-14 500 FREE	80	5:37.49
		SUNDAY AM		
1:12.99	81	11-12 100 BACK	82	1:15.99

	83	10 & U 200 MEDLEY RELAY	84	
	85	11-12 200 MEDLEY RELAY	86	
1:23.29	87	10 & U 100 IM	88	1:27.39
1:12.19	89	11-12 100 IM	90	1:14.99
33.19	91	10 & U 50 FREE	92	34.19
2:17.79	93	11-12 200 FREE	94	2:20.29
43.79	95	10 & U 50 BREAST	96	46.99
37.49	97	11-12 50 BREAST	98	41.09
1:33.19	99	10 & U 100 FLY	100	1:40.19
1:14.99	101	11-12 100 FLY	102	1:19.69

SUNDAY PM

	103	8 & 25 FREE	104	
	105	SR 200 FREE	106	
2:08.89	107	13-14 200 FREE	108	2:08.69
	109	8 & U 100 MEDLEY RELAY	110	
	111	SR 200 MEDLEY RELAY	112	
	113	13-14 200 MEDLEY RELAY	114	
	115	8 & U 50 BACK	116	
	117	SR 100 BACK	118	
1:08.79	119	13-14 100 BACK	120	1:08.19
	121	8 & U 50 FLY	122	
	123	SR 200 FLY	124	
2:40.99	125	13-14 200 FLY	126	2:32.59
	127	8 & U 25 BREAST	128	
	129	SR 200 BREAST	130	
2:47.19	131	13-14 200 BREAST	132	2:49.39
	133	8 & U 100 IM	134	
		*** BREAK ***		
	135	SR 1650 FREE	136	

The state qualifying time listed for the 12 & under 500 Freestyle is the state qualifying time for the 11-12 500 Freestyle. The state qualifying time for 10 & unders is 6:48.39 (girls) and 6:44.59 (boys).

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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, USS, the Waukesha Express Swim Team 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 \$3.00 = \$ _____

_____ Relay Events x \$10.00 = \$ _____

_____ LSC Surcharge x 2.00 = \$ _____

(# of swimmers in Individual Events)

Total Entry Fee Due = \$ _____

Name of coach or team representative at meet:

Name: _____

Phone: _____

Email: _____

Name and address for mailing of final results:

Name: _____

Address: _____

City, State, Zip: _____

Make checks payable to:

Waukesha Express Swim Team

Mail Entries to:

Autumn Ryan

Waukesha Express Swim Team

P.O. Box 1874

Waukesha, WI 53187

**2005 Wisconsin LSC Regional Meet
Hosted by Waukesha Express Swim Team**

Time Trials

Sunday, February 20, 2005

Sanction #2005-010WI

When: At the conclusion of the Sunday afternoon session, as time permits, and at the discretion of the meet director. Pool will open for a 20 minute warm-up period following the conclusion of the Sunday afternoon session.

Events: See meet order of events listing. Events may be combined at the discretion of the head official and meet director. The order of events will be as follows: Free, back, breast, fly, IM and starting at the shortest distance (50 yd) and progressing up to the longest (1650 yd). The 1000 and 1650 free will be run last as a combined event.

Fee: \$5.00 per individual event

Registration: Registrations will be accepted until 2:30 on Sunday afternoon.

*****All swimmers must provide their own timers and stopwatches (some may be available).**

Reminder: The maximum number of individual events in one day is (5) five. This includes time trials!! These five events may be all time trials or a combination of time trial events and meet events.