

2006 WISCONSIN LSC REGIONAL MEET
Hosted by: Southwest Aquatic Team/Elmbrook Swim Club
February 17-19, 2006
Sanction #2006-031WI

- Location:** Waukesha South High School
401 E. Roberta Drive
Waukesha, WI 53186
- Meet Directors:** Lynne Mast: (262) 271-6421 or lp.mast@worldnet.att.net
Heidi Szczupakiewicz
- Entry Chair:** Todd Roberts (262) 895-3312 or troberts2@wi.rr.com
- Facility:** Ten lane, 25 yard indoor pool. Pool depth is 13 ft. at the start end, 5' 10" at the bulkhead/turn end. Blocks are 30 inches high. The pool features a 12.5 x 14.5 foot full color digital display scoreboard. No food or beverage allowed in the pool area.
- Timing:** Colorado System 6 timing system with aqua grip touch pads and two watch manual back-up per lane; All 25-yd events timed with three manual watches. All events will be timed finals.
- Rules:** Official 2006 Short Course USS Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Coaches must display their coach certification cards while on deck.
- Officials:** Jackie Vargas and Tim McAvoy (referees), others TBA
- Schedule:** Friday: General warm-up at 4:30 p.m. Meet starts at 5:30 p.m.
Saturday & Sunday AM sessions: General warm-up at 7:00 to 8:00 a.m. Meet starts at 8:05 am
Saturday & Sunday PM sessions: Warm-ups begin immediately following AM session.
Competition begins 65 minutes after start of PM warm-ups.
(Failure to follow warm-up guidelines may result in disqualification from the next individual event.)
First 30 minutes: general warm-up (circle swim/feet first entry) all lanes.
Second 30 minutes: Lanes 4,5,6, and 7 one-way sprints/all other lanes circle swim.
Sprint lanes may be changed by meet management on day of meet.
The meet director will notify will notify each club of the approximate time of all sessions once meet entries have been received.
- Eligibility:** Swimmers must be registered Wisconsin USS swimmers. Age is as of February 17, 2006.
- Entries:** All entries will be taken when accompanied by full payment. Swimmers may compete in a total of seven (7) events during the entire meet, plus relays. Swimmers may compete in up to three (3) individual events per day. All 8 & under swimmers are allowed to swim up to four (4) individual events per day for a total of seven (7) for the entire meet. Deck entries will be allowed for High School boy swimmers at any time up to 15 minutes before start of event. All other deck entries only to fill existing heats. Swimmers that deck enter must prove USS registration at the meet.
- All swimmers who have achieved state cuts in their age group may swim event in a senior category. Any swimmer achieving event time standard after the entry deadline may still swim that event. Any 8 & under swimmer may 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' USS registration numbers must be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

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Completed entry form, signed waiver, and fees must be received no later than Wednesday, February 8, 2006. Make checks payable to Southwest Aquatic Team. **This meet is being run on hytek software. Please submit entries 3.5 disk with a hard copy. All entries must be received by February 8, 2006.** Entries may be e-mailed (Hytek format only) with hard copy and disk to follow. Mail completed entry with signed waiver and fees to:

Todd Roberts
8439 E. Wind Lake Rd.
Wind Lake, WI 53185
troberts2@wi.rr.com

- Entry fees:** \$3.00 per individual event
\$10.00 per relay event
\$2.00 splash fee per swimmer in individual event
\$5.00/\$15.00 per individual/relay deck entry
- Seeding:** All individual events will be pre-seeded except for positive check-in for 400 IM, 500 free, 1000 free, and 1650 free. Swimmers in the 1650 must provide their own timers and counters. 8 & under individual events will be staged.
- Scoring:** Sixteenth place scoring will be used for individual events. Relay scores will be doubled.
- Awards:** Ribbons 1st – 16th place
- Time Trials:** Sunday only, after PM session; registration Sunday only 10:00 – 2:00; \$5 per individual event/\$15 per relay. Swimmers must provide their own timers and counters.
- Final Results:** Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.
- Coaches:** All coaches must pick up their coach packets in person at scoring table. Any fees owed must be paid before you receiving packet. A coach must show his or her USS card to be allowed on deck. Otherwise, swimmers for that team will be assigned to a USS certified coach for warm-ups.
- Conduct:** Each team is responsible for the behavior of their swimmers. The meet director or meet marshal may remove any swimmer from competition for disruptive behavior.
- Medical:** Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean-up required.
- Admissions:** Single session: \$3.00 per spectator over the age of 12. Heat sheets \$3.
Full day: \$5 per spectator with purchase of both AM/PM heat sheets
Weekend: \$25 includes 5 sessions plus heat sheets
Food and beverages will be sold in concession stand.
- Lost&Found:** An area for lost and found will be designated at the meet. After the meet, contact Cindy Budnik at (262) 679-7928.
- Questions?:** Please contact meet director, Lynne Mast, at 262-271-6421 or lp.mast@worldnet.att.net.

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CUTOFF	GIRLS	FRIDAY PM	BOYS	CUTOFF
	1	SR 100 FLY	2	
1:08.89	3	13-14 100 FLY	4	1:06.39
2:35.59	5	11-12 200 IM	6	2:37.39
2:59.99	7	10 & U 200 IM	8	2:58.29
	9	SR 100 BREAST	10	
1:19.19	11	13-14 100 BREAST	12	1:14.99
1:22.49	13	10 & U 100 BACK	14	1:23.69
		BREAK		
6:06.59	15	12 & U 500 FREE	16	6:04.29
	17	SR 1000 FREE	18	

The state qualifying time listed for 12 & U 500 Freestyle is for the 11-12 qualifying time. The state qualifying time for 10 & U 500 Freestyle is 6:53.49 (girls) and 6:45.29 (boys).

SATURDAY AM

	19	10 & U 200 FR RELAY	20	
	21	11-12 200 FR RELAY	22	
1:11.69	23	10 & U 100 FREE	24	1:12.49
1:01.09	25	11-12 100 FREE	26	1:03.29
37.69	27	10 & U 50 FLY	28	38.39
31.09	29	11-12 50 FLY	30	33.29
39.19	31	10 & U 50 BACK	32	39.19
33.69	33	11-12 50 BACK	34	34.29
1:34.59	35	10 & U 100 BREAST	36	1:35.59
1:21.49	37	11-12 100 BREAST	38	1:24.79
2:38.49	39	10 & U 200 FREE	40	2:36.29
28.49	41	11-12 50 FREE	42	29.09

SATURDAY PM

	43	SR 400 IM	44	
5:12.89	45	13-14 400 IM	46	5:10.79
	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	
58.99	57	13-14 100 FREE	58	57.29
	59	8 & U 25 BACK	60	
	61	SR 200 BACK	62	
2:29.19	63	13-14 200 BACK	64	2:24.09
	65	8 & U 50 BREAST	66	
	67	SR 50 FREE	68	
27.09	69	13-14 50 FREE	70	26.29
	71	8 & U 25 FLY	72	
	73	SR 200 IM	74	
2:29.49	75	13-14 200 IM	76	2:24.49
		BREAK		
	77	SR 500 FREE	78	
5:50.29	79	13-14 500 FREE	80	5:37.59

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CUTOFF	GIRLS	SUNDAY AM	BOYS	CUTOFF
1:13.19	81	11-12 100 BACK	82	1:14.39
	83	10&U 200 MEDLEY RELAY	84	
	85	11-12 200 MEDLEY RELAY	86	
1:23.09	87	10 & U 100 IM	88	1:24.29
1:12.19	89	11-12 100 IM	90	1:14.99
32.39	91	10 & U 50 FREE	92	32.39
2:17.39	93	11-12 200 FREE	94	2:18.29
43.69	95	10 & U 50 BREAST	96	45.29
37.29	97	11-12 50 BREAST	98	39.79
1:26.79	99	10 & U 100 FLY	100	1:33.79
1:14.39	101	11-12 100 FLY	102	1:16.49
		SUNDAY PM		
	103	8 & U 25 FREE	104	
	105	SR 200 FREE	106	
2:09.19	107	13-14 200 FREE	108	2:06.89
	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	
1:08.49	119	13-14 100 BACK	120	1:06.69
	121	8 & U 50 FLY	122	
	123	SR 200 FLY	124	
2:35.89	125	13-14 200 FLY	126	2:28.39
	127	8 & U 25 BREAST	128	
	129	SR 200 BREAST	130	
2:47.19	131	13-14 200 BREAST	132	2:43.59
	133	8 & U 100 IM	134	
		BREAK		
	135	SR 1650 FREE	136	

2006 WISCONSIN LSC REGIONAL MEET TIME TRIALS
Hosted by: Southwest Aquatic Team/Elmbrook Swim Club
Sunday, February 19, 2006
Sanction #2006-032WI

- Location:** Waukesha South High School
401 E. Roberta Drive
Waukesha, WI 53186
- When:** At the conclusion of the Sunday afternoon session, at the discretion of meet Management. Pool will be open for 10 minute warm-up after the end of session.
- Events:** See meet order of events. Events may be combined at the discretion of meet Management. The 1000 and 1650 free will be run last as a combined event.
- Registration:** Registration will be accepted on Sunday only from 10:00 a.m. to 2:00 p.m.
- Fee:** \$5.00/individual event \$15.00/relay event
- Procedures:** Swimmers will sign up at an area to be designated by meet director where they will fill out a seed card. Seed card and entry fee must be turned in before deadline. A meeting for all time trial participants will be announced and held prior to the start of time trials. Heat and lane assignments will be handed out at this meeting. It is the swimmer's responsibility to report on time when his event is called. The referee will not hold the start of the event if the swimmer does not show.
- Provided:** Hosting teams will provide officials and computer meet management. **Swimmers must provide their own timers and counters.**
- Reminder:** The maximum number of individual events per day is five (5)—this includes time trials. This may be only time trial events or a combination of time trial and meet events.

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 United States Swimming (USS), Waukesha South High School, the Southwest Aquatic Team, Inc. the Elmbrook Swim Club and their staffs for injuries and/or expenses occurred by me/us at the meet, or while on the road to and from the meet. I/we are bonafide amateur athletes and eligible to compete in all the events I/we have entered.

Signature of Club Official, parent or guardian: _____

Address, City, State, Zip: _____

Coaches Names: _____

Club Name: _____ CLUB INITIALS (4) _____

Name and telephone number to who questions of this entry may be directed:

NAME _____ PHONE _____

RESULTS MAILED TO: _____

Entry Fee Recap:

INDIVIDUAL EVENTS _____ X \$3.00 = \$ _____

LESS RESERVATION TOTAL PREVIOUSLY SENT IN - = \$ _____
(Only to be used for Individual Events)

SUBTOTAL (If less than 0 enter 0) = \$ _____ A

RELAY EVENTS _____ X \$10.00 = \$ _____ B

NUMBER OF SWIMMERS IN MEET _____ X \$2.00 LSC SURCHARGE = \$ _____ C

TOTAL LINES A, B, & C FOR TOTAL BALANCE DUE: = \$ _____

Make checks payable to: SOUTHWEST AQUATIC TEAM CK # _____

Mail Entries, Recap, Disk and Check to:
Entries must be received by:
Wednesday, February 8, 2006

Todd Roberts
8439 E. Windlake Road
Windlake, WI 53185

