

2008 WISCONSIN LSC REGIONAL MEET

Hosted by: Waukesha Express Swim Team

February 15 – 17, 2008

Sanction #2008-033WI

Location: Waukesha South High School
401 E. Roberta Ave.
Waukesha WI, 53186

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

Meet Entry Chair: Laurie Carlson
P.O. Box 1874
Waukesha, WI 53187
(262) 970-0641
laurie@waukeshaexpress.org

Facility: Eight lane or ten lane pool configuration, 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 9 by 13 foot full color, digital display scoreboard. Concessions will be available. Warm-up/Warm-down is available during the meet behind the bulkhead. No food or beverage is allowed in the pool area.

Timing: Colorado System 6 timing system (along with back up buttons and stop watches) with aqua grip touch pads.

Rules: Official 2008 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered USA Swimming swimmers. Age is as of February 15, 2008. Coaches must display current 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 FOUR (4) individual events per day plus relays. Deck entries will be allowed for High School boy swimmers at any time. Swimmers that deck enter must prove USA Swimming registration at the meet. Deck entries for others will be accepted if open lanes allow. Each deck entry is \$8.00.

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 USA registered swimmers and their USA swimming 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 5, 2008 Any Questions concerning entries should be directed to Laurie Carlson, laurie@waukeshaexpress.org, 262-970-0641.

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 5, 2008.

Entry Fees: \$4.00 per individual event
\$10.00 per relay event
\$2.00 per swimmer in an individual event for LSC tax (splash fee)
\$8.00 per deck entry
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 at the concession stand located in the entry way to the pool.

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 USA Coaches 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. 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.

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ORDER OF EVENTS

Friday Evening 2/15/08

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	1	Sr. 100 Fly	2	
1:07.49	3	13-14 100 Fly	4	1:05.09
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	
1:17.69	11	13-14 100 Breast	12	1:13.49
1:22.49	13	10&U 100 Back	14	1:23.69
		*** BREAK ***		
6:53.49	15	12-U 500 Free	16	6:45.29
6:06.59				6:04.29
	17	Sr. 1000 Free	18	

Saturday AM 2/16/08

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	19	10&U 200 FR	20	
	21	11-12 200 FR	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

Sunday AM 2/17/08

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
1:13.19	81	11-12 100 Back	82	1:14.39
	83	10&U 200 MR	84	
	85	11-12 200 MR	86	
	87	10&U 100 IM	88	1:24.29
1:23.09	89	11-12 100 IM	90	1:14.99
1:12.19	91	10&U 50 Free	92	32.39
32.39	93	11-12 200 Free	94	2:18.29
2:17.39	95	10&U 50 Breast	96	45.29
43.69	97	11-12 50 Breast	98	39.79
37.29	99	10&U 100 Fly	100	1:33.79
1:26.79	101	11-12 100 Fly	102	1:16.49
1:14.39				

Saturday PM 2/16/08

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	43	Sr. 400 IM	44	
5:06.59	45	13-14 400 IM	46	5:04.69
	47	8&U 100 FR	48	
	49	Sr. 200 FR	50	
	51	13-14 200 FR	52	
	53	8&U 50 Free	54	
	55	Sr. 100 Free	56	
57.89	57	13-14 100 Free	58	56.19
	59	8&U 25 Back	60	
	61	Sr. 200 Back	62	
2:26.29	63	13-14. 200 Back	64	2:21.29
	65	8&U 50 Breast	66	
	67	Sr. 50 Free	68	
26.59	69	13-14 50 Free	70	25.79
	71	8&U 25 Fly	72	
	73	Sr. 200 IM	74	
2:26.59	75	13-14 200 IM	76	2:21.69
		BREAK		
	77	Sr. 500 Free	78	
5:43.39	79	13-14 500 Free	80	5:30.89

Sunday PM 2/17/08

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	103	8&U 25 Free	104	
	105	Sr. 200 Free	106	
2:06.69	107	13-14 200 Free	108	2:04.39
	109	8&U 100 MR	110	
	111	Sr. 200 MR	112	
	113	13-14 200 MR	114	
	115	8&U 50 Back	116	
	117	Sr. 100 Back	118	
1:07.29	119	13-14 100 Back	120	1:05.39
	121	8&U 50 Fly	122	
	123	Sr. 200 Fly	124	
2:32.79	125	13-14 200 Fly	126	2:25.49
	127	8&U 25 Breast	128	
	129	Sr. 200 Breast	130	
2:43.89	131	13-14 200 Breast	132	2:40.39
	133	8&U 100 IM	134	
		*** BREAK ***		
	135	Sr. 1650 Free	136	

**2008 WISCONSIN LSC REGIONAL MEET
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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 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 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:

Mail Entries to:

Waukesha Express Swim Team

Laurie Carlson

Waukesha Express Swim Team

P.O. Box 1874

Waukesha, WI 53187

2008 Wisconsin LSC Regional Meet Hosted by Waukesha Express Swim Team

Time Trials

Sunday, February 17, 2008

Sanction #2008-034WI

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: \$8.00 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.