

2009 WISCONSIN LSC REGIONAL MEET

Hosted by: Elmbrook Swim Club

February 20-22, 2009

Sanction #2009-044WI

- Location:** Waukesha South High School
401 E. Roberta Drive
Waukesha, WI 53186
- Meet Director:** Lynne Mast
W142N5235 Thornhill Dr
Menomonee Falls, WI 53051
(262) 271-6421
lp.mast@att.net
- Entry Chair:** Pete Nowak
pjohnowak@gmail.com
(262) 894-0827
- 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. Warm-up/warm-down lane is available during meet behind the bulkhead. This competition course has not been certified in accordance with 104.2.2 (C)
- 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 2009 Short Course USA-Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Coaches must display their coach certification cards while on deck.
- Officials:** Alan Mast, Cindy Thompson, Sue Dlugopolski, Tim McAvoy, Lindley Henson meet referees
- Schedule:** Sit and Slide entry will be enforced during general warm-ups. Failure to follow warm-up guideline may Result in disqualification from the next individual event.
Friday: General warm-up: 4:30 p.m. Meet starts at 5:30 p.m.
Saturday & Sunday: General warm-up: 7:00 to 8:00 a.m. Meet starts at 8:05 am. Afternoon warm-ups will begin immediately following AM session. Meet will begin 65 minutes after the completion of AM Session. Meet director will notify clubs with approximate timeline once meet entries have been received.
First 30 minutes: general warm-up (circle swim/feet first entry) all lanes.
Second 30 minutes: sprint lanes will be determined at discretion of meet management
- Eligibility:** Swimmers must be registered Wisconsin USA-Swimming swimmers. Age is as of February 20, 2009.
- 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 and time trial events. 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 30 minutes before start of session. All other deck entries accepted only to fill existing heats. Swimmers who deck enter must prove USA-Swimming registration at the meet.
- All swimmers who have achieved state cuts in their age group may swim an 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' USA-Swimming registration numbers must be listed on the official entry form. Submit current yard times.

Completed entry form, signed waiver, and fees must be received no later than Tuesday, February 10, 2009. Make checks payable to Elmbrook Swim Club. **This meet is being run on hytek software. All entries must be received by February 10, 2009.** Entries may be e-mailed (Hytek format only) to pjnowak@gmail.com with hard copy and disk to follow. Mail completed entry with signed waiver and fees to:

Lynne Mast
Meet Entries
W142 N5235 Thornhill Dr.
Menomonee Falls, WI 53051

- Entry fees:** \$4.00 per individual event
\$10.00 per relay event
\$3.00 splash fee per swimmer in individual event
\$8.00/\$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 must provide their own counters.
- Scoring:** Sixteenth place scoring will be used for individual events. Relay scores will be doubled.
- Awards:** Ribbons will be awarded to 1st-16th place for individual events and 1st-8th place for relays. 1st-3rd place individual high point awards will be awarded in each age group. 1st-3rd team high point awards will be awarded.
- Time Trials:** Sunday only, after PM session; registration Sunday only 10:00 – 2:00; \$8 per individual event/\$15 per relay. Swimmers must provide their own timers and counters.
- Final Results:** Final results will be e-mailed to all competing teams and also will be posted on the WI Swimming website.
- Coaches:** All coaches must pick up their coach packets in person at scoring table. Any fees owed must be paid before receiving packet. A coach must show his or her USA-Swimming card to be allowed on deck. Otherwise, swimmers for that team will be assigned to a USA-Swimming certified coach for warm-ups.
- 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 behavior. In compliance with the Video Protection Act, the use of any recording devices in the locker rooms is prohibited.
- 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:** \$4.00 per spectator over the age of 12. Heat sheets \$2.
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 Lynne Mast at (262) 271-6421.
- Questions?:** Please contact meet director, Lynne Mast, at 262-271-6421 or lp.mast@att.net

EBSC 2009-044WI REGIONAL MEET WAIVER

**IF E-MAILING ENTRIES TO PETE NOWAK
PLEASE MAIL THIS WAIVER AND PAYMENT TO LYNNE MAST
W142 N5235 THORNHILL DR. MENOMONEE FALLS, WI 53051**

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 SUA Swimming, the Wisconsin Association of USA Swimming, the City of Brookfield, Brookfield Park, Recreation, And Forestry Department, the Elmbrook Swim Club, Waukesha Express Swim Team, Waukesha South High School, and their staff and volunteers for injuries and expenses incurred by me/us at the meet or while on the road to and fro from the meet. I/we are bonafide amateur athletes and eligible To compete in all events I/we have entered.

Signature of Club Official, Parent, Etc.

Position with Club

Address

Telephone

Name of Club

Club Abbreviation

Name of All Official Team Coaches at this Meet

E-mail Address for Contact About this Entry

RECAP OF ENTRIES:

| | | |
|--------------------------|------------------|----------|
| INDIVIDUAL EVENTS | _____ at \$4.00 | \$ _____ |
| RELAY TEAM ENTRIES | _____ at \$10.00 | \$ _____ |
| SPLASH FEE/# of SWIMMERS | _____ at \$3.00 | \$ _____ |
| TOTAL FEE: | | \$ _____ |
| AMOUNT ENCLOSED | | \$ _____ |

**2009 WISCONSIN LSC REGIONAL MEET
Feb. 20-22, Waukesha South, Sanction #2009-44WI**

| CUTOFF | GIRLS | FRIDAY PM | BOYS | CUTOFF |
|---------------|--------------|------------------|-------------|---------------|
| | 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*** | | |
| 6:06.59 | 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 | |
| 5:06.59 | 45 | 13-14 400 IM | 46 | 5:04.69 |
| | 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 | |
| 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

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| CUTOFF | GIRLS | | BOYS | CUTOFF |
|---------------|--------------|------------------------|-------------|---------------|
| | | SUNDAY AM | | |
| 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 | |
| 2:06.69 | 107 | 13-14 200 FREE | 108 | 2:04.39 |
| | 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 | |
| 1:07.29 | 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 | |

2009 WISCONSIN LSC REGIONAL MEET TIME TRIALS

Hosted by: **Elmbrook Swim Club**

Sunday, February 22, 2009

Sanction #2009-039 WI(TT)

- 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:** \$8.00/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, computer meet management, and stopwatches.
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 Sunday regular session meet events.

