

Waukesha Express Swim Team
SINGLE AGE OPEN
May 8, 2004

Sanction # 2004-054

Date: Saturday, May 8, 2004

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

Meet Manager: Laurie Carlson 262-970-0641

Facilities: Six lane 25 yard indoor pool with non-turbulent lane dividers, backstroke flags, and large seating capacity. Pool depth is 12 feet at start end and 4 feet at turn end. Blocks are 30 inches high. The cafeteria will be available for swimmers and spectators. There will be food available in the cafeteria, but all food and beverages must remain in the cafeteria.

Timing and Judging: Primary: Colorado V Timing System with strobe/horn start
Secondary: Semi-automatic button on each lane
Tertiary: Two manual backup watches per lane
25 yd swims: Three manual watches per lane
All events will be timed finals.

Official Rules: Current USS and Wisconsin Swimming Rules shall govern the conduct of this meet.

Meet Schedule:	<u>AM Session</u>	<u>PM Session</u>
Warm-ups	7:00 AM	immediately following AM
Meet Starts	8:05 AM	1 hour after the start of warm-ups
<i>General Warm-up (circle swim)</i>		
Lanes 1 – 6	7:00 – 7:30	11:30 – 12:00
Lanes 1, 2, 5, 6	7:30 – 7:45	12:00 – 12:15
Lanes 1 and 6	7:45 – 8:00	12:15 – 12:30
<i>One Way Sprints</i>		
Lanes 3 & 4	7:30 – 7:45	12:00 – 12:15
Lanes 2 – 5	7:45 – 8:00	12:15 – 12:30

The afternoon session warm-ups will not begin before 11:00 AM.

Entry Limit: Swimmers are limited to 4 individual events and their age is as of the day of the meet. Late registrations will not be accepted.

Entry Fees: \$2.00 per swimmer in an individual event for LSC Tax (Splash Fee)
\$2.50 per individual event
\$8.00 per relay event
\$5.00 per individual event for deck entries

Entries: All swimmers must be registered USS swimmers and their USS number MUST be listed on the official entry form. This includes relay only swimmers. Out of state swimmers must bring their USS cards or provide a copy of their USS cards with their entry form. Submit current yard times. **Completed entry form, signed waiver, and fees must be received no later than Thursday, April 29, 2004. Any questions concerning entries should be directed to Laurie Carlson, Meet Manager at 262-970-0641.**

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
PO Box 1874
Waukesha, WI 53187

Awards: Individual: 1st – 12th place Ribbons
Relays: 1st – 6th Ribbons
Heat Winners: Ribbons
High Point: 1st place: Plaques 2nd – 6th place: Medals

Seeding: All individual events will be pre-seeded, except for distance races.
****Distance races, 200 IM's and 400 IM's, will be positive check – in.**
Classes will be seeded together but awarded separately. Deck entries may be accepted to fill open lanes in existing heats only.
Swimmers for all age groups report behind the starting blocks when their event is called. 8 & under swimmers will report to a staging area behind the bleachers at the starting end of the pool. A clerk will help the swimmers find their lane and heat.

Relays: Relay cards will be provided in the coach's packet. Coaches should complete relay cards and the swimmers should bring them to the block when the event is called. First and last names of competing swimmers and their ages must be on the back of the seed card in the order of swimming prior to swimming the relay.

Final Results: Final results will be mailed to all competing teams, to be postmarked no later than May 22, 2004. Extra copies may be ordered for \$5.00 each.

Admission: \$2.00 charge for spectators 12 and older. Heat sheets will be on sale for \$3.00 each.

Food: Food and beverages will be sold in the cafeteria. Two complimentary lunch tickets will be provided to each team.

Meet conduct: Each team is responsible for the actions of their swimmers during the meets. Any meet attendees not complying with pool and building rules or following the warm-up procedure may, at the discretion of the meet referee, be disqualified from further participation.

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 Pathogen laws and will be responsible for any clean up required.

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AM SESSION

Girls	Event	Boys
<u>Event #</u>	<u>Event</u>	<u>Event#</u>
1	12 yr old 50 Freestyle	2
3	11 yr old 50 Freestyle	4
5	10 yr old 50 Freestyle	6
7	9 yr old 50 Freestyle	8
9	12 yr old 200 Breaststroke	10
11	11 yr old 200 Breaststroke	12
13	10 yr old 100 Breaststroke	14
15	9 yr old 100 Breaststroke	16
17	12 yr old 50 Butterfly	18
19	11 yr old 50 Butterfly	20
21	10 yr old 50 Butterfly	22
23	9 yr old 50 Butterfly	24
25	12 yr old 100 IM	26
27	11 yr old 100 IM	28
29	10 yr old 100 IM	30
31	9 yr old 100 IM	32
33	12 yr old 50 Backstroke	34
35	11 yr old 50 Backstroke	36
37	10 yr old 50 Backstroke	38
39	9 yr old 50 Backstroke	40
41	11 – 12 200 Freestyle Relay	42
43	9 – 10 200 Freestyle Relay	44

PM SESSION

45	Senior 100 Freestyle	46
47	14 yr old 100 Freestyle	48
49	13 yr old 100 Freestyle	50
51	8 yr old 25 Freestyle	52
53	7 yr old 25 Freestyle	54
55	6 & Under 25 Freestyle	56
57	Senior 200 Breaststroke	58
59	14 yr old 200 Breaststroke	60
61	13 yr old 200 Breaststroke	62
63	8 yr old 25 Breaststroke	64
65	7 yr old 25 Breaststroke	66
67	6 & Under 25 Breaststroke	68
69	Senior 100 Butterfly	70
71	14 yr old 100 Butterfly	72
73	13 yr old 100 Butterfly	74
75	8 yr old 25 Butterfly	76
77	7 yr old 25 Butterfly	78
79	6 & Under 25 Butterfly	80
81	Senior 200 IM	82
83	14 yr old 200 IM	84
85	13 yr old 200 IM	86
87	8 yr old 100 IM	88
89	7 yr old 100 IM	90
91	6 & Under 100 IM	92
93	Senior 100 Backstroke	94
95	14 yr old 100 Backstroke	96
97	13 yr old 100 Backstroke	98
99	8 yr old 25 Backstroke	100
101	7 yr old 25 Backstroke	102
103	6 & Under 25 Backstroke	104
105	Senior 200 Freestyle Relay	106
107	8 & Under 100 Freestyle Relay	108

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 bonafide 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.

Club Name: _____ Initials _____
(Four only)

Signature of Club Official, Parent or Guardian

Name: _____ Phone: _____

Title: _____

Address: _____

E-mail Address: _____

Entry Fee Recap: _____ Individual Events x \$2.50 = \$ _____ = \$ _____
Less Reservation -\$ _____
Total amount due for individual swims \$ _____

_____ Relay Team x \$8.00 = \$ _____ + \$ _____

_____ LSC Surcharge x 2.00 = \$ _____ + \$ _____
(# of swimmers in Individual Events)

Total of Check = \$ _____

Name of coach or team representative at meet:

Name: _____ Phone: _____

Person to contact in case of entry problems:

Name: _____ Phone: _____

Name and address for mailing of final results:

Name: _____

Address: _____

City, State, Zip: _____

Make checks payable to the **Waukesha Express Swim Team**

Mail Entries to: Laurie Carlson
Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187