

2005 Nike Challenge
Hosted by: Waukesha Express Swim Team
December 9 - 11, 2005
Sanction # 2005 – 112WI

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

Meet Director: Jeff Wiesner
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@swim-express.com

Facility: Eight lane, 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 12 ½ by 14 ½ 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 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 December 9, 2005. Coaches must display their Coaches Card while on deck.

Schedule: Friday: (All events are timed final events.)
PM Session Warm-ups: 4:30 – 5:30 PM
PM Session Start: 5:35 PM

Saturday & Sunday:
AM Session Warm-ups: 7:00 – 8:10 AM
AM Session (Prelims): 8:15 AM
PM Session: Warm-ups will begin immediately at conclusion of AM session, and the meet will begin 65 minutes after the start of PM session warm-ups.
Finals Warm-ups: Not before 4:30 PM
Meet Begins: Not before 5:30 PM
The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received.

WARM UP GUIDELINES

First 30 minutes:	All lanes circle swim
Last 30 minutes:	Combination of circle swim, pace, and sprint lanes as needed.

The evening finals will be conducted in the 8 lane course configuration (lanes are 9' wide and will be double lane lined). At the discretion of meet management, for time line circumstances, the prelim sessions may be conducted in the 10 lane course configuration (lanes are 7.5' wide). Once actual entries are received meet management will determine the configuration of the pool and will

notify each team competing in the meet.

Officials: TBA

Entries &

Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in three (3) events per day, plus relays with a maximum of seven (7) events for the meet.

Deck Entries: Deck entries will be at the meet director's discretion, and will only be allowed if there are open lanes available. All deck entries are \$6.00 per individual event and \$15.00 per relay event.

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 Wednesday, November 30, 2005. Any Questions concerning entries should be directed to Laurie Carlson, Meet Manager at 262-970-0641. Any Questions concerning the conduct of the meet should be directed to Blaine Carlson, CEO/Head Coach 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

P.O. Box 1874

Waukesha WI, 53187

All entries must be received by Wednesday, November 30, 2005.

Entry Fees: \$3.50 per individual event (for all timed final events).
\$4.50 per individual event (for all prelim/final events).
\$12.00 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.

Any swimmer meeting the NCSA Junior National Qualifying time standards will be allowed to compete free of charge.

Ind. Events: The meet will be a combination of prelim/final events and timed final events. The top eight (8) 11-12, and top sixteen (16) 13-14 and Senior age groups will compete in Finals on Saturday and Sunday evenings. All 10 and Under events will be timed final events! **Positive check-in events will be posted on the pool deck. Coaches will be informed of this location at Friday's coaches meeting.**

Relay Events: All relay events will be conducted as timed finals. The top eight (8) Senior 400 Freestyle and Medley Relays will compete in the evenings finals session. All other relays will be swum to completion in the session in which they are scheduled.

Admissions: Admission is \$3.00 per spectator over the age of 12 and heat sheets are \$3.00.

- Awards:** Individual Events:
1st – 8th place: Medals
9th – 16th place: Ribbons
- Relay Events:
1st – 8th place: Ribbons
- High Point Awards:
1st-3rd place in each age group (both female and male).
- 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 all of Friday's events. Swimmers must provide their own counter for the 500 Freestyle. Seed times must be equal to or faster than the time standard for the event. ***The Waukesha Express Swim Team reserves the right to enter their own team's swimmers into events to fill open lanes, even if those swimmers don't meet the meet entry qualifying time standard.***
- Meet Fines:** Swimmers failing to meet the qualifying standards may be required to prove their entry time. Failure to make the qualifying standard and not being able to prove the time will result in a \$25.00 fine.
- 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.

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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 \$4.50 (prelim/final events)=\$ _____
_____ Individual Events x \$3.50 (timed final events)= \$ _____
Minus Reservation Paid = \$ _____

Bal. Due for Ind. Swims = \$ _____

PLUS: _____ Relay Events x \$12.00 = \$ _____

_____ 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

Blaine Carlson

Waukesha Express Swim Team

P.O. Box 1874

Waukesha, WI 53187

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Order of Events

Friday -- PM (Timed Finals)

Warm-ups will run from 4:30-5:30 p.m. The meet will start at 5:35 p.m.

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	5:16.59	5:52.99	13 - 14 500 Freestyle	5:39.49	5:05.59	2
3	5:12.19	5:48.39	Senior 500 Freestyle	5:25.29	4:53.29	4
5	5:32.39	6:09.29	11 - 12 500 Freestyle	6:04.69	5:29.19	6
7	3:47.29	3:19.39	10 & U 200 I.M.	3:18.09	3:44.79	8
9	6:02.29	5:19.59	13 - 14 400 I.M.	5:02.39	5:46.19	10
11	5:56.59	5:14.09	Senior 400 I.M.	4:49.09	5:29.99	12

Saturday -- AM Session (Prelims)

Prelims: Warm-ups 7:00-8:10 a.m. Meet starts at 8:15 a.m. Finals: Warm-ups not before 4:30 p.m. Meet starts 1 hour later.

13	2:32.59	2:14.19	13 - 14 200 Freestyle	2:05.79	2:24.99	14
15	2:29.39	2:11.49	Senior 200 Freestyle	2:00.79	2:18.99	16
17	1:17.29	1:08.09	13 - 14 100 Butterfly	1:03.39	1:11.99	18
19	1:15.89	1:06.89	Senior 100 Butterfly	1:00.49	1:09.09	20
21	3:11.99	2:47.99	13 - 14 200 Breaststroke	2:36.29	3:02.39	22
23	3:08.49	2:44.79	Senior 200 Breaststroke	2:30.09	2:54.29	24
25	32.79	28.69	13 - 14 50 Freestyle	26.59	30.59	26
27	32.29	28.19	Senior 50 Freestyle	25.39	29.39	28
29	1:20.09	1:08.69	13 - 14 100 Backstroke	1:04.89	1:15.09	30
31	1:18.29	1:07.69	Senior 100 Backstroke	1:01.29	1:11.69	32

5 - 10 minute warm-up break

33			Senior 400 Medley Relay			34
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Saturday -- PM Session

35	2:39.19	2:20.19	11 - 12 200 Freestyle	2:16.59	2:35.69	36
37	1:56.19	1:42.09	10 & U 100 Butterfly	1:40.59	1:53.99	38
39	3:02.59	2:39.69	11 - 12 200 Butterfly	2:38.29	3:00.89	40
41	48.29	41.99	10 & U 50 Breaststroke	42.49	48.49	42
43	42.09	37.99	11 - 12 50 Breaststroke	37.59	43.09	44
45	36.49	32.39	10 & U 50 Freestyle	31.89	36.19	46
47	33.69	29.79	11 - 12 50 Freestyle	28.59	32.99	48
49	1:48.89	1:33.99	10 & U 100 Backstroke	1:32.49	1:46.09	50
51	1:26.29	1:14.89	11 - 12 100 Backstroke	1:12.29	1:23.59	52

5 - 10 minute warm-up break

53			10 & U 200 Medley Relay			54
55			11 - 12 200 Medley Relay			55

Sunday -- AM Session

57	2:52.39	2:31.29	13 - 14 200 I.M.	2:21.89	2:42.79	58
59	2:48.09	2:28.39	Senior 200 I.M.	2:15.69	2:37.09	60
61	1:29.09	1:17.99	13 - 14 100 Breaststroke	1:12.29	1:23.59	62
63	1:27.69	1:16.39	Senior 100 Breaststroke	1:09.19	1:20.59	64
65	2:51.39	2:27.29	13 - 14 200 Backstroke	2:19.49	2:41.59	66
67	2:47.29	2:25.89	Senior 200 Backstroke	2:12.69	2:34.29	68
69	1:11.09	1:02.19	13 - 14 100 Freestyle	57.99	1:06.59	70
71	1:09.59	1:01.09	Senior 100 Freestyle	55.39	1:04.09	72
73	2:49.49	2:28.59	13 - 14 200 Butterfly	2:20.79	2:39.89	74
75	2:44.69	2:26.59	Senior 200 Butterfly	2:14.39	2:32.19	76

5 - 10 minute warm-up break

77			Senior 400 Free Relay			78
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Order of Events

Sunday -- PM Session

79		1:23.19	10 & U 100 I.M.	1:21.29		80
81	3:00.19	2:38.59	11 - 12 200 I.M.	2:35.89	2:58.09	82
83	2:02.39	1:46.69	10 & U 100 Breaststroke	1:44.79	1:59.79	84
85	1:33.79	1:22.19	11 - 12 100 Breaststroke	1:21.09	1:33.59	86
87	43.69	38.19	10 & U 50 Backstroke	38.39	44.19	88
89	39.19	34.29	11 - 12 50 Backstroke	33.69	38.79	90
91	1:32.99	1:22.09	10 & U 100 Freestyle	1:19.99	1:31.09	92
93	1:14.09	1:03.09	11 - 12 100 Freestyle	1:02.89	1:11.59	94
95	42.09	37.29	10 & U 50 Butterfly	36.69	40.99	96
97	1:22.89	1:13.59	11 - 12 100 Butterfly	1:12.19	1:22.09	98
5 - 10 minute warm-up break						
99			10 & U 200 Free Relay			100
101			11 - 12 200 Free Relay			102

Saturday -- Finals Session

11 - 12 200 Freestyle
13 - 14 200 Freestyle
Senior 200 Freestyle
11 - 12 200 Butterfly
13 - 14 100 Butterfly
Senior 100 Butterfly
11 - 12 50 Breaststroke
13 - 14 200 Breaststroke
Senior 200 Breaststroke
11 - 12 50 Freestyle
13 - 14 50 Freestyle
Senior 50 Freestyle
11 - 12 100 Backstroke
13 - 14 100 Backstroke
Senior 100 Backstroke

*****5 - 10 minute warm-up break*****

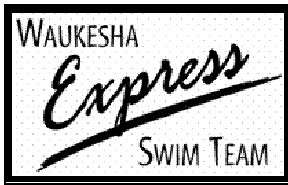
Senior 400 Medley Relay

Sunday -- Finals Session

11 - 12 200 I.M.
13 - 14 200 I.M.
Senior 200 I.M.
11 - 12 100 Breaststroke
13 - 14 100 Breaststroke
Senior 100 Breaststroke
11 - 12 50 Backstroke
13 - 14 200 Backstroke
Senior 200 Backstroke
11 - 12 100 Freestyle
13 - 14 100 Freestyle
Senior 100 Freestyle
11 - 12 100 Butterfly
13 - 14 200 Butterfly
Senior 200 Butterfly

*****5 - 10 minute warm-up break*****

Senior 400 Free Relay



The Waukesha Express Swim Team is pleased to have several quality hotels as our partners. They are all just a short drive from the Waukesha South Natatorium.



Milwaukee Marriott West
W231 N1600 Corporate Court
County Hwy F at I-94
Waukesha, WI 53186
800-228-9290 or 262-574-0888
(If you are booking 10 or more rooms, contact Karrie Krueger a 262-574-0888, ext 6021)

Distance from Waukesha South Natatorium – 5.3 miles

Amenities

- 282 deluxe rooms, all which include the Marriott “Deluxe Bedding Package - Premium pillow top mattresses with all-down comforters and duvets”.
- Full-service, on-site restaurant and lounge open for breakfast, lunch and dinner
- Indoor pool and whirlpool
- Fitness center
- Refrigerators available
- High speed internet access, business center available
- Flexible meeting space (based on availability)
- Marriott Rewards points

Rates

Mention “Waukesha Express – Nike Challenge” to get special room rates:
King and Double Rooms: \$89.00 + tax



Best Western – Midway Hotel
1005 S. Moorland Road
Brookfield, WI 53005
262-786-9540

(You must use the local phone number to receive the special, negotiated Waukesha Express rates)

Distance from Waukesha South Natatorium – 7.5 miles

Amenities

- Continental Breakfast included
- Complimentary Team meeting space (based on availability)
- Complimentary shuttle serve to and from the South Natatorium
- Free high speed internet in most rooms
- Large indoor pool and solarium
- Whirlpool, steam room and exercise facility
- Less than 1 mile from Brookfield Square Mall and other shopping and restaurants

Rates

Mention “Waukesha Express” to get special room rates:

King bed: \$79.00 + tax

Double/double: \$89.00 + tax

Contact Sales @ 262-786-9540 x709 during normal business hours to take advantage of the following:

- Coaches room free with 15 other room reservations
- Complimentary Upgrade to Conference Room Suite for the Head Coach (based on availability)



Radisson Hotel –Pewaukee
N14 W24140 Tower Place
Pewaukee, WI 53072
262-506-6300

Distance from Waukesha South Natatorium – 7.8 miles

Amenities

- Business Center
- Fitness Center
- Indoor swimming pool
- Breakfast Restaurant
- 2 Restaurants located next door (Thunder Bay Grille and the Machine Shed)

Rates

Mention “Waukesha Express Swim Team – Nike Challenge” to get special room rates:

King bed: \$89.00 + tax

Double Queen Rooms: \$89.00 + tax



Comfort Suites Lake Country
N14 W24121 Tower Place
Pewaukee, WI 53072
262-506-2000

Distance from Waukesha South Natatorium – 7.8 miles

Amenities

- Complimentary Hot Breakfast
- Refrigerators
- Indoor swimming pool
- Fitness Center
- Located near the Thunder Bay Grille and the Machine Shed restaurants

Rates

Mention “Waukesha Express Swim Team – Nike Challenge” to get special room rates:

Standard King and Double Queen Rooms: \$79.00 + tax



Hampton Inn – Brookfield
575 North Barker Road

Brookfield, WI 53045

262-769-1500 or www.hamptoninnbrookfield.com

(You must use the local phone number and website to receive the special, negotiated Waukesha Express rates)

Distance from Waukesha South Natatorium – 5.2 miles

Amenities

- Complimentary “On the House” Hot Breakfast buffet from 6 a.m. – 10 a.m., seven days a week
- Indoor pool, whirlpool, exercise room
- Many guest rooms with 2 double beds, or king beds with pull-out sofas
- In-room refrigerators and microwaves available
- Complimentary wireless high speed Internet access throughout the hotel
- Complimentary 24 hour business center
- Dinner delivery service from a local restaurant, great location near many restaurants and shopping
- Earn Hilton HHonors points and miles
- Express check-out
- 100% Hampton Guarantee

Rates

Mention “Waukesha Express” to get special room rates:

October – February: \$89.00 + tax per night, 1 – 4 people occupancy

May – July: \$99 + tax per night, 1-4 people occupancy