

**Swim Your Age Trophy Meet**  
**Hosted by: Waukesha Express Swim Team**  
**June 7, 2008**  
**Sanction #2008-119WI**

**Location:** Waukesha South High School  
401 E. Roberta Drive  
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 or ten 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 9 ½ by 13 foot full color, digital display scoreboard. Concessions will be available. No food or beverage is allowed in the pool area.

**Timing:** Colorado System 6 timing system with aqua grip touch pads.

**Rules:** Official 2008 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Age is as of June 7, 2008. Coaches must display their Coaches Card while on deck.

**Schedule:** AM Session Warm-ups: 7:00 AM  
AM Session Start: 8:05 AM

PM Session Warm-ups: immediately following the conclusion of the AM Session  
PM Session Start: after one hour of warm-ups

**WARM UP GUIDELINES**

First 30 minutes: All lanes circle swim

Last 30 minutes: Sprint lanes in 1- 4

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

**Officials:** Officials Coordinator: John Borja

**Entries & Eligibility:** All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events, plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event.

All swimmers must be registered with USA Swimming and their USA 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, May 28, 2008.** 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**  
**P.O. Box 1874**  
**Waukesha WI, 53187**

**Entry Fees:** \$4.00 per individual event  
\$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.*

**Admissions:** Admission: \$3.00  
Heat sheets: \$3.00

**Awards:** Individual Events:  
1<sup>st</sup> – 3<sup>rd</sup> place: Medals  
4<sup>th</sup> – 16<sup>th</sup> place: Ribbons

Relay Events:  
1<sup>st</sup> – 8<sup>th</sup> place: Ribbons

High Point Trophies will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each age.

**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 events will be pre-seeded. 8 & under events will be staged.

**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.* In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

**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 Swimming Coach's 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.

**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.

## EXPRESS SWIM YOUR OWN AGE TROPHY MEET

*All races are shorter distance races for this meet. The Distance Challenge is being offered on Sunday, June 8 for swimmers that would like to swim longer races.*

GIRLS	SATURDAY, JUNE 7, 2008	BOYS
<b>AM SESSION</b>		
1	9 year old 100 yd. Freestyle	2
3	10 year old 100 yd. Freestyle	4
5	11 year old 100 yd. Freestyle	6
7	12 year old 100 yd. Freestyle	8
9	9 – 10 200 yd. Freestyle Relay	10
11	11 – 12 200 yd. Freestyle Relay	12
13	9 year old 50 yd. Backstroke	14
15	10 year old 50 yd. Backstroke	16
17	11 year old 50 yd. Backstroke	18
19	12 year old 50 yd. Backstroke	20
21	9 year old 50 yd. Butterfly	22
23	10 year old 50 yd. Butterfly	24
25	11 year old 50 yd. Butterfly	26
27	12 year old 50 yd. Butterfly	28
29	9 year old 50 yd. Breaststroke	30
31	10 year old 50 yd. Breaststroke	32
33	11 year old 50 yd. Breaststroke	34
35	12 year old 50 yd. Breaststroke	36
37	9 year old 100 yd. IM	38
39	10 year old 100 yd. IM	40
41	11 year old 100 yd. IM	42
43	12 year old 100 yd. IM	44
<b>PM SESSION</b>		
45	13 year old 100 yd. Freestyle	46
47	14 year old 100 yd. Freestyle	48
49	Senior 100 yd. Freestyle	50
51	7 & under 25 yd. Freestyle	52
53	8 year old 25 yd. Freestyle	54
55	Senior 200 yd. Freestyle Relay	56
57	8 & under 100 yd. Freestyle Relay	58
59	13 year old 100 yd. Backstroke	60
61	14 year old 100 yd. Backstroke	62
63	Senior 100 yd. Backstroke	64
65	7 & under 25 yd. Backstroke	66
67	8 year old 25 yd. Backstroke	68
69	13 year old 100 yd. Butterfly	70
71	14 year old 100 yd. Butterfly	72
73	Senior 100 yd. Butterfly	74
75	7 & under 25 yd. Butterfly	76
77	8 year old 25 yd. Butterfly	78
79	13 year old 100 yd. Breaststroke	80
81	14 year old 100 yd. Breaststroke	82
83	Senior 100 yd. Breaststroke	84
85	7 & under 25 yd. Breaststroke	86
87	8 year old 25 yd. Breaststroke	88
89	13 year old 200 yd. IM	90
91	14 year old 200 yd. IM	92
93	Senior 200 yd. IM	94
95	7 & under 100 yd. IM	96
97	8 year old 100 yd. IM	98

**SYOA – TROPHY MEET**  
**June 7, 2008**  
**Hosted by Waukesha Express Swim Team**

**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, Wisconsin Swimming, Inc., 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.

Deleted: ,

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 = \$ \_\_\_\_\_

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:**

**Waukesha Express Swim Team**

**Mail Entries to:**

**Laurie Carlson**

**Waukesha Express Swim Team**

**P.O. Box 1874**

**Waukesha, WI 53187**

