

12 & Under "Walk the Plank" Open

Hosted by: Waukesha Express Swim Team

June 28, 2008

Sanction #2008-127WI

Each swimmer that participates in this meet will receive a goody bag.

Goody bags will be given to your coach upon check in at the meet.

This meet is a single session meet. Meet entries will be limited to keep the timeline within LSC rules.

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 28, 2008. Coaches must display their Coaches Card while on deck.

Schedule: Saturday – Single Session:

AM Session Warm-ups: 8:00 AM

AM Session begins: 9:05 AM

A 15 minute break may be added, if the timeline allows for it.

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

WARM UP GUIDELINES

First 30 minutes:

All lanes circle swim

Last 30 minutes:

Sprint lanes in 1- 4

Officials: Meet Referee: John Borja

Entries & Eligibility:

All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events per day, 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.

We will be limiting the number of entries that we will accept to keep the timeline within LSC rules.

Completed entry form, signed waiver, and fees must be received no later than Wednesday, June 18, 2008. Any questions concerning entries should be directed to Laurie Carlson, Meet Manager at 262-970-0641 or laurie@waukeshaexpress.org.

(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, June 18, 2008.

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/day
Heat sheets \$3.00/day

Awards: Individual Events:
1st – 8th place: Medals
9th – 16th place: Ribbons

Relay Events:
1st – 8th place: Ribbons

High Point Awards will be given for 1st, 2nd, and 3rd for each age group.

Heat winners will receive a gold coin, which can be used to pick out a prize from the treasure chest. Each gold coin is then placed in a coaches treasure chest. The coach that “wins” the most coins will have to Walk the Plank at the end of the meet!

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.

12 & UNDER WALK THE PLANK OPEN – ORDER OF EVENTS

GIRLS	SATURDAY, JUNE 28, 2008	BOYS
1	9 – 12 MIXED 200 yd. Medley Relay	1
2	8 & under MIXED 100 yd. Medley Relay	2
3	11 - 12 50 yd. Freestyle	4
5	10 & under 50 yd. Freestyle	6
7	8 & under 50 yd. Freestyle	8
9	6 & under 50 yd. Freestyle	10
11	11 – 12 50 yd. Backstroke	12
13	10 & under 50 yd. Backstroke	14
15	8 & under 25 yd. Backstroke	16
17	6 & under 25 yd. Backstroke	18
19	11 – 12 50 yd. Butterfly	20
21	10 & under 50 yd. Butterfly	22
23	8 & under 25 yd. Butterfly	24
25	6 & under 25 yd. Butterfly	26
27	11 – 12 50 yd. Breaststroke	28
29	10 & under 50 yd. Breaststroke	30
31	8 & under 25 yd. Breaststroke	32
33	6 & under 25 yd. Breaststroke	34
35	11 – 12 100 yd. IM	36
37	10 & under 100 yd. IM	38
39	8 & under 100 yd. IM	40
41	6 & under 100 yd. IM	42
43	11 – 12 100 yd. Freestyle	44
45	10 & under 100 yd. Freestyle	46
47	8 & under 25 yd. Freestyle	48
49	6 & under 25 yd. Freestyle	50

12 & UNDER WALK THE PLANK OPEN
JUNE 28, 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: s

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