

# 2006 WISCONSIN 13 & OVER LC STATE CHAMPIONSHIP

## Prelim/Final Long Course Meet

Hosted By Lake Country Swim Team

SANCTION #2006-086WI

- Date:** Thursday- Sunday, August 3-6, 2006
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Thursday 800 Free:** General Warm-up 2:00-2:50 pm. Session starts at 3:00 pm.  
**Thursday Sprint Relay:** General Warm-up at conclusion of 800 session. Sessions starts 1 hour after 800 session.  
**Friday/Saturday/Sunday:** General Warm-up 7:30-8:50 am. Session starts at 9:00 am.  
**Saturday Relay:** General Warm-up at conclusion of Saturday prelims. Session starts 50 minutes after prelims.  
**All Finals** warm-ups not before 4:15 pm and will last for 1 hour. Finals will start at 5:30 pm.
- During Prelims: Teams will be assigned lanes and times for the first 60 minutes of warm-up (30 minute time periods) The final 20 minutes will be: Circle Swim, Push Pace, and Sprint lanes designated as needed.  
During Finals and Thursday Timed Finals: 1 hour warm-ups will be run as follows: The first 30 minutes of the warm-up will be Circle Swim. The final 30 minutes will be: Circle Swim, Push Pace, and with Sprint lanes designated as needed.
- Pool:** The Schroeder Aquatic Center is an eight lane, 50 meter pool with non-turbulent lane markers and backstroke flags. Pool depth at starting end is 7'. Block height is 29.5".
- Timing:** Colorado System with back-up watches
- Official Rules:** Official 2006 Long Course USA and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of August 3, 2006.
- Adaptive Swimmers:** Please note any special requirements for adaptive swimmers on the entry form.
- Entry Chair:** Darsi Kohnhorst  
PO Box 181  
Hartland, WI 53029  
Phone: (262) 367-7657 (for pre-meet inquiries—no meet entries will be accepted by phone)  
Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Meet Directors:** Robert Prost and Mark Kohnhorst (262) 367-7657 Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Officials:** LSC Appointed
- Entry Deadlines:** Entries (Email, disk or handwritten) must be received by **Noon, Tuesday July 25<sup>th</sup>, 2006**. Waiver, hard copy of entry forms and non-refundable fees must be received by the entry chair no later than **Friday, July 28<sup>th</sup>, 2006**. No phone entries will be accepted. All express mail must be pre-signed so it will not require a signature for delivery. Teams are strongly encouraged to submit their entries via a Hy-Tek disk or e-mail file.
- NEW CUTS: Additional entries will be accepted up until **Noon, Monday, July 31<sup>st</sup>, 2006**, for first time cuts only, and only for cuts made after the initial entry deadline. Additional relays will also be accepted if there are additional new swimmers qualified at a meet after the initial entry deadline. THERE WILL BE NO UPDATING OF PREVIOUSLY ENTERED TIMES. Swimmers entered in five events at the state meet who make an additional cut at a subsequent meet may substitute the event in which the new cut was achieved for another event already entered. All additional entries will be accepted from the team's entry person only. **These additional entries must be emailed to [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net). No phone entries will be accepted.**
- Any corrections(s) to team entries must be made by **Noon, Monday, July 31, 2006**.
- Entry Limit:** Swimmers may enter a maximum of five (5) individual events plus relays. All swimmers are limited to 3 individual events per day in any combination of meet events and time trials. Relay only swimmers must be entered in the meet.
- Relay Limit:** Teams may enter an "A" relay regardless of the number of individually qualified athletes. **To enter a "B" relay, your team must have at least 5 individual qualifiers in that age. Each subsequent relay entry requires an additional four qualified swimmers in that age group.**
- Relay Only Entries:** **Relay only swimmers must be included in your relay entries.** Additional relay-only swimmers may be added during the meet, *but must be entered in the meet management office at least 30 minutes before the start of the session in which they swim or the relay on which they swim may be disqualified.*
- Deck Entries:** Deck entries will not be accepted. Deck registration will not be accepted.
- Fees:** Individual events are \$5.00 per event and Relays are \$16.00. All swimmers entered must pay the \$5.00 Wisconsin Swimming LSC surcharge, including relay only swimmers.
- Seed Times:** DO NOT CONVERT. Swimmers must be entered at, or slower than, their best time. All courses may be used for entry. Non-conforming times will be seeded after LCM times. The order used for seeding will be LCM-SCM-SCY.
- Proof of Time:** Missed cuts will be checked against the SWIMS database throughout the meet. If proof is not available on the SWIMS database, a printed final result will be required for proof. Competitors not swimming equal to or faster than the meet time who fail to prove their time with printed results must pay a \$50 fine.

**Proof of Time Cont** All swimmers disqualifying in individual events must also prove their times. Time trials from this meet will not be accepted for proof of time. Proof must be provided, or fine paid, immediately following an event that does not meet the time standard, and in all cases, before the swimmer competes in another event or before that swimmer's team competes in any further relays. All proofs must be completed by the conclusion of Sunday's events. There will be no refunds for proofs after that time. Proof of time will be accepted at the meet management table in front of the glass office

**Meet Format:** The meet will be a combination of prelim/final events and timed final events. The Wisconsin Scratch Rule will be in effect for this meet.

- **All preliminary heats will swum with all ages combined and seperated by age groups, (13-14 and Senior) for finals and scoring.**
- **For individual events in this meet Senior is defined as 15 and over or 12 and under. 13-14 swimmers may not compete in individual senior events. They may compete in senior relay events.**
- Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet.
- Top 16 13-14 and Seniors will qualify for finals in all prelim/final events. There will be no bonus heats.
- The 400 IM and 400 Free events shall be timed final, check in events. The top 8 checked in 13-14 swimmers compete in finals. The top 16 checked in Seniors compete in finals.
- Prelim heats of the 400 IM will be run slow to fast, all Women then all Men. Finals will be slow to fast.
- Prelim heats of the 400 Free will be run fast to slow, all Women then all Men. Finals will be slow to fast
- The 800 Free events shall be timed final, check in events, swum fast to slow alternating women and men. Each swimmer must provide their own counter.
- The 1500 Free events shall be timed final, check in events, with the fastest 8 checked in swimmers, regardless of age, competing in finals. Each swimmer must provide their own counter.
- The slower heats of the 1500 Free will be run fast to slow, alternating women and men starting at the conclusion of the Sunday preliminary session. The final heat of the 1500 Free will be the first event in finals (before the 200 Back.).

**Check-in Events:** The 400 IM, 800 Free, 1500 Free, 400 Free, 800 Free Relay, 400 Free Relay and 400 Medley Relay will be timed final, check in events. With the exception of the 400 Medley Relay, positive check in for these events must be made at the meet management table at least 30 minutes prior to the beginning of the session in which the event is swum. 400 Medley Relay check-in is at 9:00 AM on Saturday.

**Relay Events:** First and last names, ages, and the order of the swimmers must be listed on all relay cards. Additional relay-only swimmers may be added during the meet, *but must be entered in the meet management office at least 30 minutes before the start of the session in which they swim.*

- Teams may enter an "A" relay regardless of athlete counts. **If you want to enter a "B" relay, your team must have at least 5 individual qualifiers in that age.** If you have 9 athletes, then you can have a "C" relay and so on.
- The 200 Medley and 200 Free Relays will swim to completion in their own session on Thursday. The heats will be run fast to slow, all women and all men.
- The 800 Free Relay will be a timed final, check in event, with the top 8 checked in relays participating in finals.
- The 400 Free Relay will be a timed final, check in event, with the top 16 Senior (top 8 for 13-14) checked in relays participating in finals.
- The 400 Medley Relay will be timed final, check in event, with the top 16 Senior (top 8 for 13-14) checked in relays participating in finals. The relay heats will have their own session on Saturday. A 45-minute warm-up for the relays will start at the conclusion of Saturday preliminaries, the event will start 50 minutes after the conclusion of Saturday preliminaries. Check in for the 400 Medley will be at 9:00 AM Saturday.

**Challenges:** A psych sheet will be posted on the Wisconsin Swimming website Tuesday, August 1, 2006. Coaches may challenge the top 8 seeded times in deck seeded events, but must do so before Noon on Thursday, August 3, 2006. Challenges should be directed to the Meet Director.

**Ind. Scratch Rule:**

*Pre-seeded Events* - Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Any swimmer not reporting for or competing in a preseeded preliminary heat when finals are scheduled shall not be penalized.

*Events Seeded on the Deck* - Any swimmer entered in an individual event that is seeded on the deck, who has checked in for the event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than (30) minutes prior to the start of the session in which the event is scheduled.

**Relay Scratch Rule:**

*Pre-seeded Events* - Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.

*Events Seeded on the Deck* - Any relay entered in a relay event that is seeded at the meet, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. A relay team member failing to appear ready to swim for the relay event shall be barred from the next individual event in which the swimmer is entered, either that or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of the other relay team members to appear. Exceptions-Relay teams or team members who give acceptable notification to the referee of illness, injury, or that failure to compete caused by circumstances beyond the control of the swimmer(s) shall not be penalized. Finals shall include those relay events deck seeded but swum as timed finals in prelim-finals competition.

**Scratching from Cons./Finals**

Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Listed alternates shall be announced along with the final qualifiers. These alternates shall be based on original preliminary results prior to any scratches. These alternates shall not be penalized if not available to compete in the finals. When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the companion final shall be swum without reseeding for empty lanes. Finals shall include those events deck seeded but swum as timed finals in prelim finals competition. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch within thirty (30) minutes after their last individual event of the day.

**Coaches Meeting.:** Thursday afternoon and as needed. Coaches packets can be picked up at the start of the meet at the meet management table by the glass office. All outstanding entry fees must be paid in full at the time the packet is picked up.

**Hospitality:** Food and refreshments will be available to coaches and officials who are working that session.

**Admissions:** Admission will be charged during each session for all spectators, 12 and over. Senior citizens will be admitted for free. A full meet heat sheet will be available for purchase. Discounted admission will be available for spectators attending multiple sessions.

**Awards:** *No awards will be mailed!*

Individual Awards: 1<sup>st</sup> - 8<sup>th</sup> Medals

Relays: 1<sup>st</sup> - 3<sup>rd</sup> Medals

Individual High Point: 1<sup>st</sup> - 3<sup>rd</sup> male and female

Women's & Men's Team Awards: 1<sup>st</sup> - 3<sup>rd</sup>

Overall Team Awards: 1<sup>st</sup> - 10<sup>th</sup>

State Championship t-shirt will be awarded to the winner in each event. (Limit one per swimmer.)

**Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double Points

**Final Results:** One copy of results will be sent to each USA registered team represented. All parents, attached and unattached swimmers may purchase a copy of the final results at the admissions table for \$12.00 per hard copy or e-mail version. It is the responsibility of teams submitting their entries via a Hy-Tek disk to pick up their disk following the meet. Any teams submitting entries via e-mail must provide a disk if they would like to receive their results via disk at the conclusion of the meet.

**Conduct:** Each team is responsible for the conduct of its swimmers and parents. Only coaches, swimmers, and meet workers are allowed on deck and in the lower bleachers. Teams are asked that following each session of the meet they pick up any garbage in their immediate team area. Swimmers and coaches may not stand on the bulkheads to cheer for their swimmers. The only people who may stop on the bulkheads are officials and counters for the distance events. By order of the Brown Deer Fire Department, there will be no videotaping, watching the meet, or picture taking allowed in any area of the stairwells or upper stair well landing areas. No coolers or large bags will be allowed in the spectator area. Anyone violating these rules will be promptly removed from that area. Please exercise consideration for your fellow spectators at all times to make for an enjoyable meet for everyone. Swimmers (and their bags) should sit in their team's area in the lower bleachers, not in the spectator stands.

**Lost & Found:** There will be a lost and found area set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. LAKE and the Schroeder YMCA are not responsible for lost items. Please check the lost and found area during the meet. Items not picked-up by the end of the meet will be discarded or donated to charity.

**Food:** According to the Brown Deer Health department, there will be no food or beverages allowed to be brought into the Schroeder Aquatic Center by parents or spectators. This includes the cafeteria area. Athletes are allowed to bring refreshments (liquids) but NO GLASS is allowed. There will be a superb selection of food and beverages available at the meet.

**Parking:** Limited parking will be located in the west parking lot. There will be additional parking available in the park and ride to the south of the Applebee's.

# 2006 Wisconsin 13 & Over LC State Championships

## Thursday 800 Free – August 3, 2006

*Timed Finals: Warm-ups 2:00 -2:50 pm Meet Starts 3:00 pm*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
11:59.29	10:29.29	10:42.19	1A*	13-14 800 Freestyle	2A*	10:40.39	10:19.29	11:47.59
11:41.59	10:13.89	10:26.39	1B*	Senior 800 Freestyle	2B*	9:55.39	9:35.69	10:57.89

\* TF event. Swum combined and scored by age group. Heats are run fast to slow alternating women and men.

## Thursday Sprint Relays – August 3, 2006

*Timed Finals: Warm-ups Conclusion of 800 free (approx 6:30 PM). Meet Starts: 1 hour after 800 free (approx. 7:30 PM).*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			3*	13-14 200 Medley Relay	4*			
			5*	Senior 200 Medley Relay	6*			
			7*	13-14 200 Freestyle Relay	8*			
			9*	Senior 200 Freestyle Relay	10*			

\*TF event. Run to completion in this session. The heats will be run fast to slow.

## Friday Prelims – August 4, 2006

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
1:19.19	1:28.39	1:31.09	11A	13-14 100 Breaststroke	12A	1:26.69	1:23.69	1:14.99
1:15.19	1:23.89	1:26.39	11B	Senior 100 Breaststroke	12B	1:19.89	1:17.09	1:09.09
2:09.19	2:24.19	2:25.99	13A	13-14 200 Freestyle	14A	2:24.99	2:21.69	2:06.89
2:04.39	2:18.79	2:20.49	13B	Senior 200 Freestyle	14B	2:12.19	2:09.19	1:55.69
1:08.89	1:16.89	1:17.39	15A	13-14 100 Butterfly	16A	1:14.99	1:14.09	1:06.39
1:05.79	1:13.49	1:13.99	15B	Senior 100 Butterfly	16B	1:06.29	1:05.79	58.69
2:29.49	2:46.79	2:49.89	17A	13-14 200 IM	18A	2:46.99	2:41.19	2:24.49
2:22.29	2:38.79	2:41.69	17B	Senior 200 IM	18B	2:30.59	2:25.29	2:10.29
				<b>10 Minute Warm-up Break</b>				
			19*	13-14 800 Freestyle Relay	20*			
			21*	Senior 800 Freestyle Relay	22*			

\*TF event with the top 8 checked in relays participating in Finals. The heats will be run fast to slow.

## Friday Finals – August 4, 2006

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Event #		Event	Heats
<i>Awards for 800 Free, 200 Medley Relay and 200 Free Relay</i>			
11A	Women	13-14 100 Breaststroke	2
11B	Women	Senior 100 Breaststroke	2
12A	Men	13-14 100 Breaststroke	2
12B	Men	Senior 100 Breaststroke	2
13A	Women	13-14 200 Freestyle	2
13B	Women	Senior 200 Freestyle	2
14A	Men	13-14 200 Freestyle	2
14B	Men	Senior 200 Freestyle	2
<i>Warm-up and Awards for 100 Breast and 200 Freestyle</i>			
15A	Women	13-14 100 Butterfly	2
15B	Women	Senior 100 Butterfly	2
16A	Men	13-14 100 Butterfly	2
16B	Men	Senior 100 Butterfly	2
17A	Women	13-14 200 IM	2
17B	Women	Senior 200 IM	2
18A	Men	13-14 200 IM	2
18B	Men	Senior 200 IM	2
<i>Warm-up and Awards for 100 Butterfly and 200 IM</i>			
19	Women	13-14 800 Freestyle Relay	1
21	Women	Senior 800 Freestyle Relay	1
20	Men	13-14 800 Freestyle Relay	1
22	Men	Senior 800 Freestyle Relay	1
<i>Awards for 800 Freestyle Relay</i>			

## Saturday Prelims – August 5, 2006

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
5:12.89	5:49.39	5:53.59	23*	13-14 400 IM	24*	5:57.29	5:46.89	5:10.79
5:14.79	5:51.29	5:55.59	25*	Senior 400 IM	26*	5:27.29	5:18.29	4:45.19
27.09	30.19	30.79	27A	13-14 50 Freestyle	28A	30.19	29.29	26.29
26.49	29.59	30.09	27B	Senior 50 Freestyle	28B	27.39	26.59	23.89
2:47.19	3:06.59	3:09.99	29A	13-14 200 Breaststroke	30A	3:09.09	3:02.49	2:43.59
2:42.89	3:01.89	3:05.19	29B	Senior 200 Breaststroke	30B	2:54.99	2:48.49	2:31.39
1:08.49	1:16.49	1:17.39	31A	13-14 100 Backstroke	32A	1:16.69	1:14.49	1:06.69
1:06.39	1:14.38	1:15.09	31B	Senior 100 Backstroke	32B	1:10.39	1:08.39	1:01.29
5:50.29	5:06.49	5:12.79	33**	13-14 400 Freestyle	34**	5:05.49	4:55.39	5:37.59
5:33.09	4:50.39	4:57.39	35**	Senior 400 Freestyle	36**	4:41.69	4:32.39	5:11.29

\*TF event with the top 8 checked in 13-14 swimmers and the top 16 checked in senior swimmers participating in Finals. The heats will be run slow to fast, all women than all men.

\*\*TF event with the top 8 checked in 13-14 swimmers and the top 16 checked in senior swimmers participating in Finals. The heats will be run fast to slow, all women then all men.

## Saturday 400 Medley Relays – August 5, 2006

*Timed Finals: Warm-ups Conclusion of 400 free (approx 1:00 PM). Meet Starts: 50 miutes after 400 free (approx. 1:50 PM).*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			37*	13-14 400 Medley Relay	38*			
			39**	Senior 400 Medley Relay	40**			

\* TF event with the top 8 checked in relays participating in Finals. Positive check in by 9:00 AM. The heats will be run fast to slow.

\*\*TF event with top 16 checked in relays participating in Finals. Positive check in by 9:00 AM. The heats will be run fast to slow.

## Saturday Finals – August 5, 2006

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Event #		Event	Heats
23	Women	13-14 400 IM	1
25	Women	Senior 400 IM	2
24	Men	13-14 400 IM	1
26	Men	Senior 400 IM	2
27A	Women	13-14 50 Freestyle	2
27B	Women	Senior 50 Freestyle	2
28A	Men	13-14 50 Freestyle	2
28B	Men	Senior 50 Freestyle	2
<i>Warm-up and Awards 400 IM and 50 Free</i>			
29A	Women	13-14 200 Breaststroke	2
29B	Women	Senior 200 Breaststroke	2
30A	Men	13-14 200 Breaststroke	2
30B	Men	Senior 200 Breaststroke	2
31A	Women	13-14 100 Backstroke	2
31B	Women	Senior 100 Backstroke	2
32A	Men	13-14 100 Backstroke	2
32B	Men	Senior 100 Backstroke	2
<i>Warm-up and Awards for 200 Breast and 100 Back</i>			
33	Women	13-14 400 Freestyle	1
35	Women	Senior 400 Freestyle	2
34	Men	13-14 400 Freestyle	1
36	Men	Senior 400 Freestyle	2
<i>Warm-up and Awards for 400 Free</i>			
37	Women	13-14 400 Medley Relay	1
39	Women	Senior 400 Medley Relay	2
38	Men	13-14 400 Medley Relay	1
40	Men	Senior 400 Medley Relay	2
<i>Awards for 400 Medley Relay</i>			

## Sunday Prelims – August 6, 2006

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
2:29.19	2:46.59	2:48.49	41A	13-14 200 Backstroke	42A	2:45.69	2:40.89	2:24.09
2:24.49	2:41.19	2:43.19	41B	Senior 200 Backstroke	42B	2:35.29	2:30.79	2:15.09
58.99	1:05.79	1:06.99	43A	13-14 100 Freestyle	44A	1:05.89	1:03.99	57.29
57.39	1:03.99	1:05.19	43B	Senior 100 Freestyle	44B	1:00.09	58.39	52.29
2:35.89	2:53.99	2:55.19	45A	13-14 200 Butterfly	46A	2:48.59	2:45.59	2:28.39
2:30.09	2:47.49	2:48.69	45B	Senior 200 Butterfly	46B	2:38.59	2:35.79	2:19.59
				<b>10 Minute Warm-up Break</b>				
			47*	13-14 400 Freestyle Relay	48*			
			49**	Senior 400 Freestyle Relay	50**			
				<b>10 Minute Warm-up Break</b>				
20:14.99	20:11.39	20:39.79	51A***	13-14 1500 Freestyle	52A***	20:46.19	20:11.39	20:15.09
19:30.09	19:26.59	19:53.89	51B***	Senior 1500 Freestyle	52B***	18:52.79	18:21.19	18:24.49

\*TF event with the top 8 checked in relays participating in Finals. The heats will be run fast to slow in Prelims.

\*\*TF event with the top 16 check in relays participating in Finals. The heats will be run fast to slow in Prelims.

\*\*\*TF event with the top 8 checked in swimmers, regardless of age, participating in Finals. Prelim heats of the 1500 will be run fast to slow, alternating women and men. Events will be swum combined and separated by age group for points and awards.

## Sunday Finals – August 6, 2006

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Event #		Event	Heats
51	Women	13-14/Senior 1500 Freestyle	1
52	Men	13-14/Senior 1500 Freestyle	1
41A	Women	13-14 200 Backstroke	2
41B	Women	Senior 200 Backstroke	2
42A	Men	13-14 200 Backstroke	2
42B	Men	Senior 200 Backstroke	2
<i>Warm-up and Awards for 1500 Free and 200 Back</i>			
43A	Women	13-14 100 Freestyle	2
43B	Women	Senior 100 Freestyle	2
44A	Men	13-14 100 Freestyle	2
44B	Men	Senior 100 Freestyle	2
45A	Women	13-14 200 Butterfly	2
45B	Women	Senior 200 Butterfly	2
46A	Men	13-14 200 Butterfly	2
46B	Men	Senior 200 Butterfly	2
<i>Warm-up and Awards for 100 Free and 200 Butterfly</i>			
47	Women	13-14 400 Freestyle Relay	1
49	Women	Senior 400 Freestyle Relay	2
48	Men	13-14 400 Freestyle Relay	1
50	Men	Senior 400 Freestyle Relay	2
<i>Awards for 400 Free Relay, Individual High Point, and Team Awards</i>			

# Time Trials

Sanction #2006 087WI

- When:** At the conclusion of Friday, Saturday, and Sunday prelim sessions and Sunday finals session as time permits and at the discretion of the meet directors.
- Events:** All meet events will be offered.
- Eligibility:** Open to swimmers entered in the 2006 13 & Over State LC Championship Meet.
- Fee:** \$8.00/individual event and \$16.00/relay event.
- Registration:** At the meet management table located in front of the glass office. Registration will be accepted during the prelim and final sessions up to a half hour before the end of the session.
- Procedures:**
- Swimmer(s) will sign up for an event at the meet management table.
  - Swimmer(s) will fill out a seed card at the table -- swimmer's name, age, team, event name, and seed time.
  - Seed card and event fee must be turned into the table before the deadline.
  - An announcement will be made that time trials are beginning. Swimmers and their timers should report to the meeting immediately.
  - A meeting for all time trial participants and timers will be held prior to the start of time trials.
  - Cards with heat and lane assignments will be handed out at this meeting.
  - It is the swimmer's responsibility to be ready to swim when his/her event, name, and lane number are called. The referee will not hold the start of the event waiting for a swimmer (or timer) to show.
  - ALL time trial cards (whether or not a swimmer swims a desired time) MUST be turned in at the end of each heat.
- Meet Host Provides:** Officials, Colorado System Operator, Meet Management
- Swimmers Provide:** Two (2) Timers, Two (2) Watches, and counter (if needed)
- Reminders:**
1. The maximum number of individual events in one day is three (3). This includes time trials. This means that on Sunday, for example, that a swimmer may swim 3 individual events total per day including a combination of:
    - (1) Only time trials,
    - (2) Combining time trials and meet events, or
    - (3) Only meet events.
  2. Time trials begin promptly. It is the responsibility of the swimmer to be at the blocks, complete with his/her timers (and watches), ready to swim.
- Note: Timers must turn in their cards whether or not a swimmer achieves a desired time.

**Waiver - Summary Entry Form**  
**(Entries will not be accepted without waiver form)**

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In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assignees, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of United States Swimming, Lake Country Swim Team, the Walter Schroeder Aquatic Center, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes and eligible to compete in all events /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. I/We also understand that it is our responsibility to ensure that all of our athletes and coaches are currently registered members of United States Swimming. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

**Make (2) copies of the entry forms:**

1. Mail one copy of entry form, Hy-Tek entry disc, plus entry fees to the entry chair.
2. Retain one copy for coaches' records.

Club Name: \_\_\_\_\_ Abbr: \_\_\_\_\_

**Signature of Club Official, Parent, or Guardian**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Entry Fee Recap:**

Total No. of Individual Events in Meet: \_\_\_\_\_ x Ind. Entry Fee @ \$5.00 = \$ \_\_\_\_\_

Total No. of Relays in Meet: \_\_\_\_\_ x Relay Entry Fee @ \$16.00 = \$ \_\_\_\_\_

\*\*Number of Swimmers Entered in Meet \_\_\_\_\_ X \$5.00 ea (WI LSC Splash Fee) = \$ \_\_\_\_\_

**(\*\*Be sure to include your "relay only" swimmers)**

**Make Checks Payable to: "LCST"** Your Check Number Is \_\_\_\_\_ Total Entry Fee = \$ \_\_\_\_\_

**Name of coaches representing your team at meet:**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

**Contact information for team entry person (in case of entry problem):**

Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Name and address for mailing final results:**

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_



# 2006 Wisconsin 13 & Over LC State Championships

## *Relay Entry Form*

Team Name: \_\_\_\_\_

USA Team Code: \_\_\_\_\_

Entry Contact: \_\_\_\_\_

E-mail \_\_\_\_\_

Day Phone #: \_\_\_\_\_

Evening phone #: \_\_\_\_\_

**Please Write Legibly!**

Event Number-Description	A	B	C	D	E
#3 Women 13-14 200 Medley Relay					
#5 Women Senior 200 Medley Relay					
#7 Women 13-14 200 Freestyle Relay					
#9 Women Senior 200 Freestyle Relay					
#19 Women 13-14 800 Freestyle Relay					
#21 Women Senior 800 Freestyle Relay					
#37 Women 13-14 400 Medley Relay					
#39 Women Senior 400 Medley Relay					
#47 Women 13-14 400 Freestyle Relay					
#49 Women Senior 400 Freestyle Relay					
#4 Men 13-14 200 Medley Relay					
#6 Men Senior 200 Medley Relay					
#8 Men 13-14 200 Freestyle Relay					
#10 Men Senior 200 Freestyle Relay					
#20 Men 13-14 800 Freestyle Relay					
#22 Men Senior 800 Freestyle Relay					
#38 Men 13-14 400 Medley Relay					
#40 Men Senior 400 Medley Relay					
#48 Men 13-14 400 Freestyle Relay					
#50 Men Senior 400 Freestyle Relay					

