

2009 WISCONSIN 13 & OVER SCY STATE CHAMPIONSHIPS

HOSTED BY Waukesha Express Swim Team

SANCTION # 2009 - 045WI

TIME TRIALS SANCTION #2009 - 046WI

- Date:** Thursday, March 5 through Sunday, March 8, 2009
- Place:** Waukesha South High School
401 E. Roberta Avenue
Waukesha, WI 53186
- Warm-up/Start:** **Thursday:** General Warm-up from 2:45-3:45 p.m. Timed finals will begin at 4:00 p.m. 40 minutes of circle swim will be followed by 20 minutes of sprint, pace, and general warm-up as needed.
- Prelims Sessions for Friday, Saturday and Sunday:** General Warm-up 7:00-8:30 a.m. AM prelims will begin promptly at 8:40 am. Warm-up times and lanes will be assigned for Friday, Saturday, and Sunday Preliminary sessions. Lanes for sprint, pace, and general warm-up will be provided as needed.
- Warm-up and Warm-down during the meet:** At least one lane of 25 yds. will be available for warm-up and warm-down while the meet is being conducted.
- Finals Sessions for Friday, Saturday and Sunday:** Warm-ups will not begin before 4:15 p.m. and will last for 1 hour. Finals will start 75 minutes after the start of warm-ups. 30 minutes of circle swim will be followed by 30 minutes of sprint, pace, and general warm-up as needed.
- All swimmers must enter the pool at the starting block end of the pool using the sit and slide entry. Fly-over starts will be used in all Prelim and Timed Final Sessions.
- A more detailed timeline will be provided on www.waukeshaexpress.org and www.wisconsinswimming.org the week leading up to the meet. Estimated event start times provided by the meet host are for information only and are not considered as an official time line. Breaks will be added at the discretion of meet management.

Facility:

8 or 10 lane, 25 yard competition pool with non-turbulent lane lines and Colorado Timing System and 9 x 13 foot full color video display scoreboard. The starting blocks are regulation height of 30". Water depth at starting end for prelims is 8 ft, for all finals sessions will be 13.5 feet. The pool will be set up in championship format for all finals sessions. Warm-up and warm-down will be available throughout the meet, provided swimmers are under the supervision of a USA Swimming coach. Seating is available for approximately 2,000 spectators. The Natatorium doors will open 30 minutes prior to the scheduled start of warm-ups for each session.

Thursday Timed Finals and Prelims Sessions for Friday, Saturday and Sunday: 10 lane pool configuration

Finals for Friday, Saturday and Sunday: 8 lane pool configuration

The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).

- Timing:** Colorado System 6 timing system with back-up buttons and back-up watches.
- Official Rules:** Official 2009 USA and Wisconsin LSC short course rules will govern this competition, except as otherwise specified in this meet information. Swimmers must be registered in the State of Wisconsin and with USA swimmers with their age as of March 5, 2009.
- Disabled Swimmers:** Please note any special requirements for disabled swimmers on the entry form.
- Entry Chair:** Laurie Carlson
P.O. Box 1874
Waukesha, WI 53187
Phone: (262) 970-0641 (for pre-meet inquiries—no meet entries will be accepted by phone)
Email: laurie@waukeshaexpress.org
- Meet Director:** Laurie Carlson (262) 970-0641 Email: laurie@waukeshaexpress.org
- Officials:** Appointed by Wisconsin Swimming. Meet Referee: Steve Brandl (SHOR); Admin Referee: John Borja (WEST); Head Chief Judge: Cindy Raatz (SSTY)

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Entry Deadlines: Waiver, entry forms, disk or email, and non-refundable fees must be received by the entry chair no later than **Noon, Tuesday February 24, 2009**. No phone entries will be accepted. All express mail must be pre-signed so it will not require a signature for delivery. If the entry is by email, the hard copy of the entry, the waiver, and the fees must be received by the meet entry chair by **Thursday, February 26, 2009**. Teams are strongly encouraged to submit their entries via a Hy-Tek disk or e-mail file. Regardless of how you have submitted your entries, you must still submit a hard copy, listed by swimmers, of your entry along with your waiver and fees.

NEW CUTS: Additional entries will be accepted up until **Noon, Monday, March 2, 2009, 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 six (6) 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 laurie@waukeshaexpress.org. You may send in a new entry file with the additions and changes included, but remember that NO UPDATING OF ENTRY TIMES WILL BE PERMITTED for those swimmers events that are already entered in the meet. No phone entries will be accepted.

Any corrections(s) to team entries must be made by **Noon, Monday, March 2, 2009**.

Entry Limit: Swimmers may enter a maximum of six (6) individual events plus relays. All swimmers are limited to 3 individual events per day in any combination of meet events and time trials.

13-14 Bonus Events: Bonus events are allowed for 13-14 swimmers only. No bonus events for 15 and Over (or 12 and Under) swimmers. If a 13-14 swimmer has achieved a cut in one (1) event, they are allowed to enter two (2) bonus events in addition to the qualified swim. If a 13-14 swimmer has achieved the cut in two (2) events they may swim one (1) bonus event in addition to the qualified swims. If a 13-14 swimmer has achieved the cut in three (3) or more events they are not allowed any bonus events. Please note – Include bonus entries on Hy-Tek File. Be sure to use the Hy-tek options for indicating bonus entries when you prepare your entry file. This will assist Meet Management in deciphering bonus entries from entry exceptions. Anyone entered in a bonus event who achieves a qualifying time in that event between February 23 and March 2 may update the time in that event and select another bonus event within the limitations described above.

Relay Limit: **No relay only swimmers are allowed on senior relays. All senior relay swimmers must be individually qualified participants in the meet.**

Relay only swimmers must be entered in the meet and are only allowed on 13-14 relays. Relay only swimmers are only allowed on "A" relays. Teams may only enter one relay per event if using a relay only athlete for that age group. To enter a 13-14 relay, your team must have at least one qualified participant in that age group. Relay only swimmers should be included in your initial entry. Additional or alternate 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 that they are scheduled to swim.

Deck Entries: Deck entries will not be accepted. Deck registration will not be accepted.

Seed Times: Seed times must be equal to or faster than the time standard for the event. **Do not convert Short Course Meter or Long Course Meter times to Yards.** Non-conforming times will be seeded after the SCY times. The meet will be seeded in the following order: SCY, SCM, LCM. Bonus entries will be seeded after the qualified swims in the same course order.

Relay Only Entries: Relay only swimmers must be listed on the entry form and designated as Relay Only. **Relay only swimmers must be entered into events 201 (girls) and 202 (boys).**

Proof of Time: If a swimmer fails to achieve the meet time standard in a non-bonus event, they are required to prove their time with a viewable meet result or the SWIMS Database or pay a \$50 fine. Entry times submitted by the initial deadline will be verified through USA SWIMS database. Additional entries, submitted

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after the initial deadline, will not be verified through the USA Swimming SWIMS database. Time trials or relay leads from this meet will not be accepted for proof of time. Proof must be provided, or fine paid, before the start of the next session. 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 proof of times table.

Fees: Individual events are \$6.00 per event and Relays are \$16.00. All swimmers entered must pay the \$5.00 Wisconsin Swimming LSC surcharge, including relay only swimmers.

Meet Format: The meet will be a combination of prelim/final events and timed final events. All preliminary heats will be swum with all ages combined. Age groups will be separated for finals and scoring. Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet. The fastest heat of each event, competing in the Finals session (including relays) will be staged and paraded in prior to starting that particular race.

QUALIFYING FOR FINALS: The two (2) fastest heats in each age group, unless otherwise noted, will qualify for consolation and championship finals. There are no bonus heats.

RELAYS: 200 yd relays and 800 yard Free relays (timed final event) will swim to completion in the session in which they are being held. 400 yard relays (timed final event) will have the top 1 heat for 13 - 14, and top 2 heats for Senior, competing in finals.

DISTANCE RACES: The 1000 Free shall be a timed final check in event with all heats competing during the timed final session on Thursday. Heats will run fast to slow with all ages combined for seeding, but will be separated for scoring and awards. The 400 IM and 500 Free events shall be timed final, check in events. The fastest heat in each age group will compete in finals. Prelim heats will run fast to slow in separate age groups. The 1650 Free events shall be timed final, check in events. The fastest heat, regardless of age will compete in finals. The final heat of the 1650 free will be the first event in finals (before the 200 Butterfly). Swimmers must provide their own counters. Slower heats of the 1650 Free will be run fast to slow at the completion of the 400 Free Relays on Sunday.

Check-in Events: The 400 IM, 500 Free, 1000 Free, 1650 Free, 800 Free Relay, and 400 Free and Medley Relays will be check in events. 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. Swimmers failing to check in will be seeded into the slowest heat.

Relay Events: First and last names 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" 13-14 Relay if they have an individual qualifier in that age group. **Relay Only swimmers are allowed to complete in 13-14 "A" relays only. Senior relays must be comprised entirely of individually qualified swimmers. No relay only swimmers are allowed.**

Seed Time Challenges: A psych sheet will be posted on the Wisconsin Swimming website Tuesday, March 3, 2009. Coaches may challenge the top 8 seeded times in check-in events, but must do so before Noon on Thursday, March 5, 2009. Challenges should be directed to the Meet Director. Swimmers with challenged times that cannot be proved will be seeded into the slowest heat.

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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 pre-seeded 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 or check in will result in the swimmer being seeded in the slowest heat. Downseeded swimmers will not be penalized for not swimming.

Checked in swimmers failing to compete will be 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 30 minutes prior to the beginning of the session in which the event is swum.

Exceptions: swimmers 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 final competition.

Exceptions: swimmers 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 final competition.

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. Failure to scratch or check in will result in the relay being seeded in the slowest heat. Downseeded relays will not be penalized for not swimming. A checked in 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 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 championship 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.

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- Coaches Meeting.:** Thursday afternoon and as needed. Thursday's Coaches meeting will be at 2:00 p.m. (location TBA). Coaches packets can be picked up at the start of the meet at the meet management. Valid coaching cards must be displayed at all times during the meet. 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. Please show the appropriate identification if necessary to the concessions and/or hospitality staff.
- Admissions:** Spectator admission is \$6 per session for prelims or finals. Prelim heat sheets will be available for \$3 per session. Heat sheets are included with finals admission. A Championship ticket, for all sessions is also available for \$35 with heat sheets or \$30 without heat sheets.
- Awards:** *No awards will be mailed!*
Individual Awards: Medals: 1st – 8th; Ribbons: 9th – 16th
Relays: Medals: 1st – 3rd; Ribbons: 4th – 8th
Individual High Point: 1st – 3rd male and female
Overall Team Awards: 1st - 10th
State Championship t-shirt will be awarded to the winner in each event. (Limit one per swimmer.)
- Team Awards:** Team awards for total point accumulation will be awarded in two (2) divisions. The top 5 teams in each division will be awarded team awards. Division seeding and information can be found online at www.wisconsinswimming.org.
Women's & Men's Age Group Team Awards: 1st – 3rd
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- Parking:** Parking will be limited for Friday's prelim session as school is in session. We will have off-site parking available for that session with shuttle service to the pool. Watch our website for more details as we get closer to the meet.
- Final Results:** Results (printable, Meet Manager back-up and Team Manager results file) will be posted on the Wisconsin Swimming LSC website at www.wisconsinswimming.org.
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Only coaches, swimmers, and meet workers are allowed on deck. All spectators should sit in the designated spectator seating areas and must remain behind the red roped off areas. 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. There will be no videotaping, watching the meet, or picture taking allowed in any area of the bleachers that blocks the view of other spectators. Cell phones and other recording devices are not allowed in the locker rooms. 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. All swimmers must stay out from underneath the bleachers.
- Lost & Found:** There will be a lost and found area designated and marked. It is recommended that athletes do not bring expensive or valuable items to the meet. The Waukesha Express Swim Team and Waukesha South High School 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:** Athletes are allowed to bring refreshments (liquids) but NO GLASS is allowed on deck. Food should be kept out of the bleachers and eaten in the designated areas only! There will be a superb selection of food and beverages available at the meet.

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Time Trials

- 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 director(s).
- Events:** All meet events will be offered. Events will be combined where appropriate at the discretion of the meet management
- Eligibility:** Open to swimmers entered in the 2009 13 and Over State Championship Meet.
- Fee:** \$12.00/individual event and \$20.00/relay event.
- Registration:** At the designated meet management table. Registration will close at 10:30 a.m.
- Procedures:** Swimmer(s) will sign up for an event at the designated 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.
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.
An announcement will be made that time trials are beginning. Swimmers and their timers should report to the meeting immediately.
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.

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

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, Inc., the Wisconsin Local Swimming Committee of United States Swimming, the Waukesha Express Swim Team, the School District of Waukesha, Waukesha South High School, 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 your entry forms:

Mail one copy of entry form, Hy-Tek entry disc (or email entry file), plus entry fees to the entry chair.
All forms and entry fees are due by February 26, 2009. Entries are due by February 24, 2009.
Retain one copy for coaches' records.

Club Name: _____
USA Team Code: _____

Signature of Club Official, Parent, or Guardian

Name: _____
Title: _____
Address: _____
City: _____ State: _____
Zip: _____
E-mail Address: _____

Entry Fee Recap:

Total No. of Individual Events in Meet: _____ x Ind. Entry Fee @ \$6.00 = \$ _____

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: "W.E.S.T." Total Entry Fees Due = \$ _____

Mail forms and payment to: W.E.S.T., PO Box 1874, Waukesha, WI, 53187.

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 Address: _____