

**2001 WISCONSIN STATE LONG COURSE CHAMPIONSHIP**  
**Hosted by: VERONA AQUATIC CLUB and MEQUON AREA SWIM TEAM**  
**Sanction #01 - 74**

Date: Thursday, August 2 - Sunday, August 5, 2001

Location: Schroeder Aquatic Center - Brown Deer, WI  
The Aquatic Center is an 8 lane, 50 meter pool with non-turbulent lane markers and backstroke flags. Pool depth at starting end is 7 ft. Block height is 30 in.

Timing: Colorado System with 1 back up button and 2 back up watches per lane.

Official Rules: Current USS and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered Wisconsin USS swimmers with their age as of August 2, 2001.

Head Officials: To be determined by the LSC.

Meet Directors: Dale Nickels (608) 261-6249, Carol Graham (262) 243-5854  
Entry Chair Dale Nickels 5815 Chesapeake Cir., Madison, WI 53719  
e-mail: dale@stdnet.com

Warm-up & Start: Thursday Timed Finals AM session: warm-ups 9:00 - 10:00 am; Meet start 10:05 am  
Fri/Sat prelims: warm-ups 8:30-9:30 am; meet start 9:35 am  
Sunday prelims: warm-ups 7:30-8:30 am; meet start 8:35 am

Thursday PM session: warm-ups *tentative* 4:00 - 5:00pm; Meet start *tentative* 5:05 PM  
Friday PM sessions: warm-ups *tentative* 2:00 - 3:00pm; Meet start *tentative* 3:05 PM  
Friday Finals: warm-ups *tentative* 6:00 - 7:00 PM; meet start *tentative* 7:05 PM  
Saturday PM sessions: warm-ups *tentative* 1:00 - 2:00pm; Meet start *tentative* 2:05 PM  
Saturday Finals: warm-ups *tentative* 5:00 - 6:00 PM; meet start *tentative* 6:05 PM  
Sunday Finals: warm-ups *tentative* 3:00-4:00 PM; meet start *tentative* 4:05 PM

The first 30 minutes of the warm-up will be circle swim. The final 30 minutes will be circle swim in lanes 2, 6, and 7; push pace in lanes 1 & 8; and sprints in lanes 3, 4, 5. Additional sprint lanes added as needed.

Please note that all afternoon and evening start times are *tentative* only. The official warm-up schedule will be posted on [WWW.WISCONSINSWIMMING.ORG](http://WWW.WISCONSINSWIMMING.ORG) by Tuesday, July 31.

Entry Deadline: All waivers, completed entry forms, entry disks and fees must be received no later than **Tuesday, July 24, 2001** by the Entry Chair. This meet is being run with Hy-Tek Swim Software. All express mail **must be pre-signed** so it will not require a signature for delivery. Teams are encouraged to submit their entries via disk. You must enclose a hard copy of your entry along with your disk. Please submit times in LC meters. Teams who submit entries via disk may pick up their final results disk at the conclusion of the meet.

E-MAIL entries will be accepted no later than **Tuesday, July 24, 2001** as long as the WAIVER and FEES are postmarked by the same date. Instructions on how to submit e-mail entries will be available on the website. E-mail entries will not be assumed as accepted unless you receive a confirmation e-mail reply.

Additional entries will be accepted until **noon on Monday, July 30, 2001**. Only times achieved between July 24 and July 30 will be accepted. No changes in events or times will be accepted after July 30. Only additional entries will be accepted by phone (608) 271-6249 or fax (608) 227-6109, or e-mail: dale@stdnet.com.

Entry Limit: Swimmers may compete in a total of six (6) individual events for the meet, limit of three(3) per day, including time trials, plus relays.

- Fees: Entry Fees established by the LSC:  
**LSC Splash Fee**  
 \$2.00 per swimmer 12 & Under entered in at least one individual **OR RELAY** event.  
 \$5.00 per swimmer 13 & Over entered in at least one individual **OR RELAY** event.
- Individual Events:** \$4.00 per event 13 & over swimmers  
 \$3.00 per event 12 & under swimmers
- Relays:** \$10.00 per relay
- Make all checks payable to: VAC**
- Proof of Time: Competitors not swimming equal to or faster than the meet time standard must prove the meet time standard with printed meet results or pay a \$50.00 fine per event. Times from this meet will not be accepted for Proof of Time at this meet. Proof must be provided before that person swims 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. The Proof of Time Table will be located in front of the glass office on deck.
- Meet Format: The meet will be a prelim/final meet for the 13 & over swimmers and a timed final for the 12 & under swimmers. The top 16 individuals in the 13-14 and Senior events qualifying for finals except in the timed final events (400 IM, 800 free, 1500 free). All individual events will be pre-seeded except for the Senior 1500 free. Swimmers report directly to the blocks in all pre-seeded events as assigned in the heat sheet. The Senior 1500 will be a check-in event. The top 8 swimmers checked in for the Senior 1500 will swim in finals. Check-in must be completed 30 minutes prior to the start of the session in which they are scheduled. The 1500 free will run following the relays in Prelims, but prior to the relays in finals.
- Relays** will be pre-seeded timed final events. The top 16 relays of the Senior 400 free and 400 Medley will swim in the finals. The top 8 relays of the 13-14 400 free and Medley will swim in finals. All 200 relays will be swam to completion in the prelims. First and last names, ages and the order of the swimmers must be on the relay cards. **Relay cards must be turned in 30 minutes prior to the start of each session.** Failure to comply with these guidelines will result in the relay being disqualified. Hy-Tek users should submit relay-only swimmers with their entries by assigning them as swimmers or alternates in at least one relay. Relay lineups submitted in advance may be changed on the day of the event.
- Coaches Meeting: There will be a coaches' meeting scheduled on Thursday and each day of the meet prior to each session or as needed. Coaches will be notified of the meeting location and time. Coaches packets can be picked up at the start of the meet at the table in front of the glass office. All outstanding entry fees must be paid in full at the time the packet is picked up. Coaches **MUST** display your coaching credentials at all times while on deck at the meet.
- Hospitality: There may be a hospitality area for coaches and officials. Food and beverages will be provided free of charge to officials and coaches.
- Final Results: One copy of meet results will be sent to each participating team. Additional copies may be ordered at the Admissions table for \$12.00 per copy. Clubs who submitted their entries on disk will receive results also on disk. Please try to pick up your disk at the end of the meet. Final results will be posted on the website: [WWW.WISCONSINSWIMMING.ORG](http://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 and in the lower bleachers. Anyone not complying with meet, pool and/or building rules, at the discretion of the referee, will be removed from the premises or disqualified from further participation in the meet.  
**NO OIL RUBDOWNS ON THE DECK. NO SHAVING IN FACILITY.**  
 By order of the Brown Deer Fire Department please keep stairwells clear at all times.
- Admissions: Admissions for all Prelims and Timed Finals Sessions will be \$3.00 for all spectators 12 and over. Heat Sheets will be \$3.00 for each session and must be purchased separately. Admissions for Finals will be \$2.00 and will include a heat sheet. Discount admissions for the week, with and without heat sheets will be available.

- Awards: Individual 1 - 8 Medals 9 - 16 Ribbons  
Relays 1 - 3 Medals 4 - 16 Ribbons  
State Championship T-shirts will be awarded to the winners in each event (limit one shirt per swimmer) All awards must be picked up at the conclusion of Sundays events. No awards will be mailed.
- High Point: Individual High Point 1-3 Boy/Girl per age group  
Age Group Team awards 1-3  
Overall Team awards 1-10
- Scoring: Individual Events - 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double points
- Food: The Brown Deer Health Department prohibits food or beverages being brought into the Schroeder Aquatic Center. Athletes are allowed to bring refreshments, but no glass is allowed. There will be a fine selection of food and beverages available during the meet in the cafeteria.

### **Individual 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 a 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 day, whichever is first. Events seed 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 their 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 events deck seeded but swum as timed finals in prelim finals competition. Typically, those are distance events and relay events.

### **Scratching from Bonus, Consols, or Finals:**

Any swimmer qualifying for a bonus heat, consolation final or final race in an individual event who fails to compete in said bonus, consolation final, or final race shall be barred from further competition for the remainder of the meet. Disqualification under this section shall apply only 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 C, B, or A when possible with the next qualified swimmers(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals. When bonus/consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall pre seed the bonus/consolation final and final, if necessary, by inserting the alternates(s) in the appropriate lane(s), filling all lanes in finals. If a bonus or 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 should declare their intent to scratch thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch thirty (30) minutes after their last individual event of the day.

**2001 Wisconsin Long Course Championships  
Order of Events  
August 2-5, 2001  
Sanction #01-74**

**Thursday Morning  
Timed Finals  
Warm-up 9:00-10:00 A.M. Meet Starts at 10:05 A.M.**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	13-14 200 Medley Relay	2
3	Senior 200 Medley Relay	4
5	13-14 400 Individual Medley	6
7	Senior 400 Individual Medley	8
	~~~ <b>10 Minute Warm-up Break</b> ~~~	
9	13-14 800 Freestyle Relay	10
11	Senior 800 Freestyle Relay	12
	~~~ <b>10 Minute Warm-up Break</b> ~~~	
13**	13-14 800 Freestyle	14**
15***	Senior 800 Freestyle	16***

\*\*13-14 800 freestyle will be run for all women followed by all men slowest to fastest.

\*\*\*Senior 800 freestyle will be run fastest to slowest alternating women/men

**Thursday Afternoon  
Timed Finals  
*Tentative Warm-up 4:00-5:00 P.M. Meet Starts At 5:05 P.M.***

<b>Women</b>	<b>Event</b>	<b>Men</b>
17	11-12 400 Freestyle Relay	18
19	10-Under 50 Breaststroke	20
21	11-12 50 Breaststroke	22
23	10-Under 100 Butterfly	24
25	11-12 100 Butterfly	26
27	10-Under 50 Backstroke	28
29	11-12 50 Backstroke	30
31	10-Under 200 freestyle	32
33	11-12 200 freestyle	34

**2001 Wisconsin Long Course Championships  
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**Friday Morning  
Prelims**

**Warm-up 8:30-9:30 A.M. Meet Starts at 9:35 A.M.**

<b>Women</b>	<b>Event</b>	<b>Men</b>
35	13-14 200 Freestyle Relay	36
37	Senior 200 Freestyle Relay	38
<i>All 200 Free Relays will be swum to completion in the morning session</i>		
39	13-14 400 Freestyle	40
41	Senior 400 Freestyle	42
43	13-14 200 Breaststroke	44
45	Senior 200 Breaststroke	46
47	13-14 200 Backstroke	48
49	Senior 200 Backstroke	50
51	13-14 50 Freestyle	52
53	Senior 50 Freestyle	54

**Friday Afternoon  
Timed Finals**

***Tentative Warm-up 2:00-3:00 P.M. Meet Starts At 3:05 P.M.***

<b>Women</b>	<b>Event</b>	<b>Men</b>
55	11-12 200 Freestyle Relay	56
57	10-Under 200 Freestyle Relay	58
59	11-12 100 Breaststroke	60
61	10-Under 100 Breaststroke	62
63	11-12 50 Butterfly	64
65	10-Under 50 Butterfly	66
67	11-12 200 Individual Medley	68
69	10-Under 200 Individual Medley	70
71	11-12 100 Freestyle	72
73	10-Under 100 Freestyle	74
75	11-12 200 Medley Relay	76

**Friday Evening  
Finals**

***Tentative Warm-up 6:00-7:00 P.M. Meet Starts At 7:05 P.M.***

**2001 Wisconsin Long Course Championships  
Order of Events  
August 2-5, 2001  
Sanction #01-74**

**Saturday Morning  
Prelims**

**Warm-up 8:30-9:30 A.M. Meet Starts at 9:35 A.M.**

<b>Women</b>	<b>Event</b>	<b>Men</b>
77	13-14 100 Butterfly	78
79	Senior 100 Butterfly	80
81	13-14 200 Individual Medley	82
83	Senior 200 Individual Medley	84
85	13-14 200 Freestyle	86
87	Senior 200 Freestyle	88
89	13-14 100 Backstroke	90
91	Senior 100 Backstroke	92
	<b>Tentative Break</b>	
93*	13-14 400 Freestyle Relay	94
95*	Senior 400 Freestyle Relay	96*

\*Top 8 pre-seeded 13-14 and top 16 pre-seeded Senior 400 freestyle relay teams swim in finals.

**Saturday Afternoon  
Timed Finals**

*Tentative Warm-up 1:00-1:55 P.M. Meet Starts At 2:00 P.M.*

<b>Women</b>	<b>Event</b>	<b>Men</b>
97	10-Under 200 Medley Relay	98
99	11-12 50 Freestyle	100
101	10-Under 50 Freestyle	102
103	11-12 100 Backstroke	104
105	10-Under 100 Backstroke	106
107	11-12 400 Freestyle	108
	<i>Presentation of High Point Awards</i>	
109	11-12 400 Medley Relay	110
	<i>Presentation of Team High Point Awards</i>	

**Saturday Evening  
Finals**

*Tentative Warm-up 5:00-6:00 P.M. Meet Starts At 6:05 P.M.*

**2001 Wisconsin Long Course Championships**  
**Order of Events**  
**August 2-5, 2001**  
**Sanction #01-74**

**Sunday Morning**  
**Prelims**

**Warm-up 7:30-8:30 A.M. Meet Starts at 8:35 A.M.**

<b>Women</b>	<b>Event</b>	<b>Men</b>
111	13-14 200 Butterfly	112
113	Senior 200 Butterfly	114
115	13-14 100 Breaststroke	116
117	Senior 100 Breaststroke	118
119	13-14 100 Freestyle	120
121	Senior 100 Freestyle	122
123*	13-14 1500 Freestyle	124*
125**	Senior 1500 Freestyle	126**
127***	13-14 400 Medley Relay	128***
129***	Senior 400 Medley Relay	130***

\*13-14 1500 check-in event. Run to completion in prelims fastest to slowest, alternating Women and Men

\*\* Senior 1500 check-in event with the top 8 seeded senior swimmers to swim in finals. All other senior 1500 swimmers will be run fastest to slowest alternating women/men following the 13-14 1500's in prelims.

**Note: All 1500 heats will follow the 400 Medley Relays in prelims.**

\*\*\*The top 16 senior and top 8 13-14 pre-seeded relays will swim in finals.

Note: There will be a half hour warm-up following the 400 Medley Relays in prelims. This warm-up is for the 1500 swimmers only.

**Sunday Afternoon Time Trials #01-75**  
*Tentative Warm-up 1:30 P.M. for 30 minutes*

**Time trials will be held following the Sunday morning prelim session for all events**

**Time Trials for Sunday events only will be offered following Sunday evening finals.**

**See time trial information.**

**Sunday Afternoon**  
**Finals**

*Tentative Warm-up 3:00-4:00 P.M. Meet Starts At 4:05 P.M.*

## **TIME TRIALS**

**Sanction #01-75**

- Times:** At the conclusion of Sunday prelim sessions and Sunday finals.
- Events:** Time Trials for Thursday, Friday, Saturday and Sunday events will be at the conclusion of Sunday prelims session. ONLY Sunday events will at the conclusion of Sunday Finals session.
- Fees:** \$5.00/individual event  
\$12.00/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 the last event each day.
- Procedures:** Swimmers(s) will sign up for an event at the meet management table. Swimmers will fill out a seed card including the swimmer's name, age, team, event name and number and seed time. Seed card and event fee must be turned in at 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. 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. An announcement will be made that time trials are beginning and swimmers and their timers should report to the meeting immediately.
- Meet Host Provides:** Officials, Colorado System Operator, Meet management
- Swimmers Provide** Timers, watches, and counters if needed.
- Reminders:** The maximum number of individual events in one day is three (3). This includes time trials. For example, on Sunday a swimmers may only swim 3 events per day including:
- 3 time trials
  - OR**
  - 3 meet events
  - OR**
  - 3 combined time trial and meet events
- Time Trials begin promptly. It is the responsibility of the swimmer to be at the blocks with his/her timers and watches ready to swim



**2001 Wisconsin Long Course Championships- August 2-5, 2001**

**Sanction #01-74**

**WAIVER**

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with all heirs, representatives and assigns, waive all claims against United States Swimming, Wisconsin Swimming, Inc., Verona Aquatic Club, Mequon Area Swim Team, and Schroeder YMCA, and any other agent of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet. I further attest that all athletes participating in and coaches on deck for this meet are registered USA Swimming athlete and coach members respectively.

Signature of Team Official \_\_\_\_\_

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

Team Abbreviation \_\_\_\_\_

Coach(es) \_\_\_\_\_

Address for Final Results \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact Name & Phone \_\_\_\_\_

Contact E-Mail Address \_\_\_\_\_

**SUMMARY OF ENTRY FEES**

Number of Individual Swims 12&U \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Number of Individual Swims 13&O \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Number of Relay Swims \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Number of Swimmers 12&U \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

**Including Relay-Only Swimmers** \_\_\_\_\_

Number of Swimmers 13&O \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

**Including Relay-Only Swimmers** \_\_\_\_\_

\$ \_\_\_\_\_

Total Entry Fees due \_\_\_\_\_

Make Checks Payable to **VAC**

Mail Entries to:

Dale Nickels  
5815 Chesapeake Circle  
Madison, WI 53719  
(608) 271-6249

e-mail: [dale@stdnet.com](mailto:dale@stdnet.com)

**Entries Must be received by Tuesday July 24, 2001**