

# 2003 WISCONSIN STATE SENIOR CHAMPIONSHIP

## Prelim/Final Long Course Meet

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #2003-088

- Date:** Friday August 1 through Sunday August 3, 2003
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Friday/Saturday/Sunday:** General Warm-up 7:30-8:50 am. AM prelims will begin promptly at 9:00 am. **All Finals** warm-ups not before 4:45 pm and will last for 1 hour. Finals will start promptly at 6:00 pm.
- 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 Sprint lanes as needed. 1 hour 20 minutes warm-ups will be divided into 50 minute circle swim and 30 minute pace and sprint lanes 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 30".
- Timing:** Colorado System with back-up watches. Computerized scoreboard for all lanes.
- Official Rules:** Official 2003 Long Course USA and Wisconsin rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of August 1, 2003. Swimmers unable to prove their United States Swimming membership will be charged a deck registration fee of \$42.00 before being allowed to compete.
- Adaptive Swimmers:** Please note any special requirements for adaptive swimmers on the entry form.
- Entry Chair & Meet Director:** Kathy Engel (262) 367-8759 or e-mail: kengel@wi.rr.com
- Executive Director:** Mark Kohnhorst (262) 367-7657
- Officials:** LSC Appointed
- Entry Deadlines:** Meet format will be available for download for Hy-Tek Team Manager programs from the team web-site: [www.lakecountryswimming.com](http://www.lakecountryswimming.com). Waiver, entry forms, disk and non-refundable fees must be received no later than **Thursday July 17, 2003**. No phone or fax 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. A processing fee of \$2.00 per swimmer, up to a team maximum of \$50, will be charged for swimmers or teams entering their entries not via a Hy-tek file. You must still submit a hard copy, listed by swimmers, of your entry along with your entry.
- Extended Deadline:** Additional entries will be accepted up until noon on Monday, July 21, 2003, for first time cuts only, and only for cuts made after the initial entry deadline. There will be no updating of previously entered times. Additional Relays will also be accepted if there are new swimmers qualified at a meet held after the initial deadline. All additional entries will be accepted from the team's entry person only. E-mail: kengel@wi.rr.com
- 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.
- Seed Times:** **All seed times must be entered in long course meter times.** Seed times must be equal to or faster than the time standard for the event.
- Relay Only Entries:** Relay only swimmers must be listed on the entry form and designated as Relay Only.
- Time Standards:** Swimmers should follow the entry time standards listed on the events sheet.
- Qualifying For 50's:** Swimmers may qualify for the 50 Fly, Back and Breast events in one of three ways: 1) Achieve the listed time standard for the event, 2) Achieve the listed time standard for the 100 of the same stroke (i.e. Any swimmer who qualifies for the 100 Butterfly, automatically qualifies for the 50 Butterfly), 3) Achieve the listed time standard for the 50 Freestyle. This qualifies the swimmer automatically for the 50 Butterfly, the 50 Backstroke and the 50 Breaststroke.
- Any swimmer who fails to equal or better the listed time standard for the 50 Butterfly, Backstroke or Breaststroke may use any of the three qualifying methods as a proof of time.
- Meet Fines:** Competitors not swimming equal to or faster than the meet time standard must be able to prove their time or pay a \$50 fine. Time trials from this meet will not be accepted for proof of time. Swimmers whose times are listed in the in the Wisconsin "Top Times" database will not have to come to the proof of time table. Coaches, please check the file prior to coming to the meet to verify proofs. Otherwise, you must present a hard copy to the Proof Table. 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. 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.
- Proof of time is also required for swimmers who are disqualified from their event.

- Fees:** Individual events are \$5.00 per event and Relays are \$12.00. 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: Final, consolation, and bonus heats for 50, 100, and 200 meter individual events; Final and consolation heats only for the 400 IM and 400 Free. The 1500 and 800 Free events shall be timed finals with the fastest 8 checked in swimmers competing in finals. The Wisconsin scratch rule will be in effect for this meet, including qualifiers for bonus heats. Bonus heats will be run before the consolation and final heats.
- All individual events will be pre-seeded except for the 800 Free and 1500 Free. Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet.
- The 400, 800 and 1500 free will be run following the relays in prelims, and prior to the relays in finals. The 800 and 1500 will be swum in prelims, with the exception of the top 8 checked in swimmers who will swim in finals. There will be no consolation heat for the 400 Free.
- Challenges:** A psych sheet will be posted on the Wisconsin Swimming website Tuesday, July 29, 2003. Coaches may challenge the top 8 seeded times in deck seeded events, but must do so before Noon on Thursday, July 31, 2003. Challenges should be directed to the Meet Director.
- Check-in Events:** The 800 Free, 1500 Free, 800 Free Relay, 400 Free Relay and 400 Medley Relay will be Timed Final, check in events. Positive check in for these events must be made at the meet management table 30 minutes prior to the beginning of the session in which they are swum.
- Relay Events:** The 200 Medley and 200 Free will swim to completion in prelims. The top 8 checked in teams for the 800 Free Relay will swim in finals while the remaining teams swim in prelims. The top 16 checked in 400 Medley and 400 Free relays will swim in finals with the remaining teams swimming in prelims.
- 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 Bonus/Cons./Finals:** Any swimmer qualifying for a bonus heat, consolation final or final race in an individual event who fails to compete in said bonus heat, 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 bonus heat, consolation final or final when possible with the next qualified swimmer(s). Listed alternates not to exceed four (4) 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 bonus heats or consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the bonus heat, consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a bonus heat 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 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 Mtng.:** Friday morning 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.
- Admissions:** Admission will be charged and heat sheets available for purchase. A championship ticket will be available.
- Awards:** Individual Awards: 1st - 8th Medals, 9th-16th Ribbons  
Relays: 1st - 3rd Medals **No awards will be mailed!**

- Individual High Point: 1st - 3rd male and female  
Women's & Men's Team Awards: 1st - 3rd  
Overall Team Awards: 1st - 10th  
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double Points
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double Points
- Timers:** Each swimmer in the 800 & 1500 free events must provide their own counters and timer.
- Parking:** There will be limited parking in the west parking lot only. Participants in the meet should not park in the north or east lots of the YMCA.
- OVC Verification:** All times will be submitted to the National Times Database at the conclusion of the meet.
- 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. Teams submitting an e-mail address on their waiver form will receive an e-mail of the final results Sunday night. 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. 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 set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. Lake Country and the Schroeder YMCA are not responsible for lost items.
- 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.

**Lake Country Swim Team (262) 367-7657 Web Site: [www.lakecountryswimming.com](http://www.lakecountryswimming.com) E-Mail: [kengel@wi.rr.com](mailto:kengel@wi.rr.com)**

## Time Trials

Sanction #2003-089

- When:** At the conclusion of Friday prelim session and Sunday finals session as time permits and at the discretion of the meet director(s).
- Events:** See meet order of events listing.
- Fee:** \$5.00/individual event and \$12.00/relay event.
- Registration:** At the meet management table located over the glass office. Registration will be accepted during the prelim and final sessions up to about a half hour before the end of the session. (Swimmers in the last event of the day have up until the end of that event to sign up for time trials.
- 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. 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. An announcement will be made that time trials are beginning and swimmers and their timers should report to the meeting immediately. 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:** Timers, 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 cut time.

# 2003 Wisconsin State LC Senior Championships

## \*\*\*\*\* Order of Events \*\*\*\*\*

All seed times MUST be in long course meters

If a swimmer has a (SCY) cut but not the (LCM) cut, the swimmer is eligible to enter the event but should enter at the (LCM) time standard.

### Friday - August 1, 2003

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am Finals: Warm-ups 4:45 pm Meet Starts 6:00 pm*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	1:19.39	1:10.19	Senior 100 Butterfly	1:09.39	1:18.69	2
3	:35.89	:31.49	Senior 50 Backstroke	:30.99	:35.29	4
5	3:15.49	2:52.29	Senior 200 Breaststroke	2:49.39	3:17.59	6
7	2:26.29	2:08.89	Senior 200 Freestyle	2:08.69	2:27.19	8
9	2:46.69	2:27.29	Senior 200 Individual Medley	2:28.49	2:50.79	10
<b>5 Minute Warm-up Break</b>						
***11			Senior 800 Freestyle Relay			***12
<b>5 Minute Warm-up Break</b>						
****13	10:48.69	12:07.59	Senior 800 Freestyle	11:57.69	10:47.19	****14

\*\*\* TF event with the top 8 checked in relays participating in Finals. The relays will swim following the 800 Free in Finals.

\*\*\*\* TF event with the top 8 checked in swimmers participating in Finals. The 800 Free will run before the relays in Finals. Prelim heats of the 800 Free will be run fast to slow alternating women and men.

### Saturday - August 2, 2003

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am Finals: Warm-ups 4:45 pm Meet Starts 6:00 pm*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
*15			Senior 200 Freestyle Relay			*16
<b>5 Minute Warm-up Break</b>						
**17	5:58.19	5:16.29	Senior 400 Individual Medley	5:20.29	6:04.59	**18
19	:33.69	:29.99	Senior 50 Butterfly	:29.39	:33.19	20
21	1:17.59	1:08.79	Senior 100 Backstroke	1:08.19	1:16.89	22
23	1:30.09	1:19.29	Senior 100 Breaststroke	1:17.59	1:29.69	24
25	:31.69	:27.79	Senior 50 Freestyle	:27.09	:31.19	26
<b>5 Minute Warm-up Break</b>						
***27			Senior 400 Medley Relay			***28
<b>5 Minute Warm-up Break</b>						
*****29	5:10.49	5:43.79	Senior 400 Freestyle	5:41.59	5:08.39	*****30

\* TF event - Run to completion in prelims

\*\* No bonus heat in Finals

\*\*\* TF event with the top 16 checked in relays participating in Finals. The relays will swim following the 400 Free in Finals.

\*\*\*\* Prelim/Final event with no bonus heat in Finals. The 400 Free will run before the relays in Finals.

Prelim heats of the 400 Free will be run slow to fast, all Women then all Men.

### Sunday - August 3, 2003

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am Finals: Warm-ups 4:45 pm Meet Starts 6:00 pm*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
*31			Senior 200 Medley Relay			*32
<b>5 Minute Warm-up Break</b>						
33	3:03.69	2:40.99	Senior 200 Butterfly	2:34.19	2:54.99	34
35	2:46.49	2:27.79	Senior 200 Backstroke	2:27.69	2:46.39	36
37	:39.59	:34.79	Senior 50 Breaststroke	34.09	39.19	38
39	1:08.39	:59.99	Senior 100 Freestyle	:59.09	1:07.59	40
<b>5 Minute Warm-up Break</b>						
***41			Senior 400 Freestyle Relay			***42
<b>5 Minute Warm-up Break</b>						
***43	20:46.29	20:10.19	Senior 1500 Freestyle	20:47.79	21:12.69	***44

\* TF event - Run to completion in prelims.

\*\*\* TF event with the top 16 checked in relays participating in Finals. The relays will swim following the 1500 Free in Finals.

\*\*\*\* TF event with Top 8 checked in swimmers participating in Finals. The 1500 free will run before the relays in finals.

Prelim heats of the 1500 will be run fast to slow alternating women and men.

\*\*\*\*\* All swimmers listed as relay only swimmers must pay the \$5.00 surcharge\*\*\*\*\*

# 2003 Wisconsin State Senior Championships Waiver Form

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of United States Swimming, the Lake Country "Phoenix" 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 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. 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.

Club Name: \_\_\_\_\_ Initials \_\_\_\_\_

(Four Only)

Signature of Club Official/Parent/Guardian \_\_\_\_\_ Title: \_\_\_\_\_

## Final Results Mailing Address: Please Print!

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ Day Phone: \_\_\_\_\_

City, State, Zip : \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Entry Chairperson: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone : \_\_\_\_\_

**Entry Fee Recap:** \_\_\_\_\_ Individual Events x \$5.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Teams x \$12.00 = \$ \_\_\_\_\_

\_\_\_\_\_ LSC Surcharge x \$5.00 = \$ \_\_\_\_\_  
(# of swimmers - Individual events and Relay only)

Relay & Surcharges Total = \$ \_\_\_\_\_

Non-Hytek Entry Total

\_\_\_\_\_ Manual Entry Surcharge x \$2.00 = \$ \_\_\_\_\_  
(# of swimmers entered. Maximum \$50)

Total Due = \$ \_\_\_\_\_

Make checks payable to: **Lake Country Swim Team** Check # \_\_\_\_\_

## Please also complete the following:

Name(s) of USA registered coach(es) representing entered swimmers at meet:

Name: 1) \_\_\_\_\_; 2) \_\_\_\_\_; 3) \_\_\_\_\_

**Timers:** \_\_\_\_\_ (Team Name) will provide two (2) timers for \_\_\_\_\_ lane(s) at the following session(s):

Friday Prelim \_\_\_\_\_ Fri. Finals \_\_\_\_\_ Sat. Prelim \_\_\_\_\_ Sat. Final \_\_\_\_\_ Sun. Prelim \_\_\_\_\_ Sun. Final \_\_\_\_\_

## Mail Entries, Disk, and Check to:

Lake Country Swim Team  
Attn: Kathy Engel  
PO Box 181  
Hartland, Wisconsin 53029

**E-Mail Entries to:** kengel@wi.rr.com

Send Overnight &/or Signature Required Mail to: W327 N4218 Anchor Rode Lane  
Nashotah, WI 53058

**Lake Country Swim Team (262) 367-7657 // Web Site: [www.lakecountryswimming.com](http://www.lakecountryswimming.com)**



# 2002 Wisconsin State Senior Championships

*Individual Entry Form*

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

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

Please Circle: Women Men

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

Day/Evening Phone#: \_\_\_\_\_

Event Number-Description	A	B	C	D	E
#11 Women 800 Freestyle Relay					
#15 Women 200 Free Relay					
#27 Women 400 Medley Relay					
#31 Women 200 Medley Relay					
#41 Women 400 Freestyle Relay					
#12 Men 800 Freestyle Relay					
#16 Men 200 Freestyle Relay					
#28 Men 400 Medley Relay					
#32 Men 200 Medley Relay					
#42 Men 400 Freestyle Relay					

**Please Write Legibly!**

**There will be a \$2.00/Relay surcharge, (team maximum of \$50) for entering with handwritten non-hytek entries.**