

# 2009 FALL WESTERN GREAT LAKES OPEN

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #2009-228WI

- Date:** Friday November 20 through Sunday November 22, 2009
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin (414) 354-9622
- Warm-up/Start:** Friday Prelim Session 1: Warm-up 2:30-3:40 pm. The meet will begin at 3:45 pm.  
Saturday Prelim Session 2: Warm-up 7:30-8:40 am. The meet will begin at 8:45 am.  
Saturday Finals (Fridays Events) Session 3: Warm-ups not before 4:00 pm. Meet will not begin before 5:05 pm.  
Sunday Finals (Saturdays Events) Session 4: Warm-up 9:00-10:00 am. Meet will begin at 10:05 am.
- Warm-ups will be run as follows: All lanes will start as general warm-up. Sprint and push-pace lanes will be opened as needed. In finals, a 12-Under only lane and additional sprint lanes will be added if necessary. Three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- The space between the courses will be available for warm-up throughout prelims. The auxiliary Y pool will not be available during the meet.
- Pool:** Two eight lane, 25 yard pools with non-turbulent lane markers and backstroke flags. Pool depth at starting end is a minimum of 7'. Block height is 29.5". Finals will be conducted in the North pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Bulkhead Use:** The bulkhead may only be used by officials and counters during the meet. Swimmers and coaches will not be allowed to cross the pool via the bulkheads during the meet.
- Timing:** Colorado System with two back-up buttons and one watch. Computerized scoreboard for all lanes.
- Official Rules:** Official current USA Swimming and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of November 20, 2009. Coaches must also be USA registered.
- Disabled Swimmers:** Please note any special requirements for disabled swimmers on the entry form.
- Meet Referee:** George Geanon      **Head Chief Judge:** Greg Barta
- Official Coordinator:** Richard Hein
- Entry Chair:** Darsi Kohnhorst (262) 673-3853    E-mail: lakecountryswim@sbcglobal.net
- Meet Director:** Mark Kohnhorst—Team Office: (262) 367-7657    E-mail: lakecountryswim@sbcglobal.net
- Entry Deadlines:** A meet event file will be available for download into Team Manager from our team web site: [www.lakecountryswimming.com](http://www.lakecountryswimming.com). We request that teams submit via disk or e-mail using Hy-Tek. Email entry must be received no later than **Wednesday, November 4<sup>th</sup>, 2009**. Waiver, fees and hard copy of entry listed by swimmer name must arrive by Friday, November 6<sup>th</sup>. Any additions after November 4<sup>th</sup> will be accepted at the discretion of the meet director. Entry lists will be posted at our website or returned to teams for review and correction. Deck entries will be allowed at the discretion of the meet director to fill open lanes; however, there will be no scratching of one event to deck enter another.
- Entry Limit:** **Swimmers may enter a maximum of six (6) individual events plus relays for the entire meet. Swimmers are limited to 3 individual events per day.** Relay only swimmers must be listed on the relay only entry form or included in the relay in the entry file. All seed times should be short course yards.
- Time Standards:** Swimmers must meet the entry time standards listed on the event sheet. 10-Under standards are national BB, 11-12 and 13-14 standards are national A and senior standards are national AA 15-16 times. Long course and Short Course Meter times may be used for meet qualification and proof. There are no time standard requirements for 50's. The host club reserves the right to enter its own swimmers who do not meet the time standards.
- Meet Fines:** There will be a **\$50 fine** for missed cuts in races 200 yards and over that cannot be proven. All fines must be paid by the end of the meet.
- Fees:** Individual events are \$5.50 per event and \$12.00 per relay. All swimmers entered in at least one individual event must pay the \$3.00 Wisconsin Swimming LSC surcharge and the \$6.00 WSAC Facility surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees must accompany the official entry form and are not refundable. Deck entries will be \$8.00/event for individual entries and \$20.00/relay.
- Meet Format:** The meet will be a combination of prelim/final and timed final events.
- Relays are pre-seeded and run to completion in prelims.
  - All individual events, with the exception of the 13-14 and Senior 400 yard IM and 500 yard free events, are preseeded.
  - The 13-14 and Senior 400 yard IM and 500 yard free events are positive check-in with the top heat after check-in competing in finals.
  - Championship Finals (top 8) for the Senior 50 yard events will be conducted in an Australian Skins format with 5 elimination rounds to determine a champion. The elimination rounds will be run about 1 minute apart

with the last two finishing swimmers eliminated from the first two rounds and the last finishing swimmer eliminated from each of the final three rounds.

- Scheduled breaks are shown in the event listing. Additional breaks may be added at the discretion of the meet director.

- Finals:** Top 16 swimmers qualify for finals in all prelim/final events. In timed final check-in events the top heat after positive check-in will compete in finals.
- Timed Finals:** The following individual events will be conducted as timed final events: 10-Under and 11-12 200 yard IM and 200 yard free; 13-14 and Senior 400 yard IM and 500 yard freestyle. The 13-14 and Senior 400 yard IM and the 13-14, and Senior 500 yard freestyle events require positive check-in 30 minutes prior to the start of the session in which the race will be conducted. The 13-14 and Senior 400 yard IM and 500 yard freestyle, alternating women and men, and may be limited to the top 24 competitors.
- 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 pre-seeded timed final event shall not be penalized. Any swimmer not reporting for or competing in a preliminary heat shall not be penalized. Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.
- Deck Seeded Events:** Swimmers must check-in for deck seeded events by the announced deadlines. Once deck seeded events are seeded, swimmers must compete in that event. Failure to compete will result in the swimmer being disqualified from their next individual event.
- Scratching from Cons./Finals:** Any swimmer qualifying for a consolation or final heat in an individual event who fails to compete in said consolation or final heat 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 not to exceed two (2) shall be announced and posted. Alternates shall not be penalized if unavailable 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/final 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 or rescind their intention to scratch within thirty (30) minutes after their last individual event.
- Coaches Mtng.:** There will be a coaches meeting scheduled on Friday and as needed.
- Admissions:** \$6.00 per individual session admission (prelims & finals are individual sessions) \$3.00 heat sheet for prelim sessions. Finals heat sheet included with admission. Spectators will be asked to show proof of admission upon entering pool area.
- Final Results:** Final results will be emailed to participating teams and posted on the Wisconsin LSC and Lake Country Swim Team's website.
- Lead-Off Splits:** Coaches wishing lead-off splits, should notify the office and obtain the official split form to be used. Procedures will be stated and must be followed. **You must provide your own watches and timers.** Three watches are required as a back-up to the automatic timing system.
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Please note, there will be no oil rub downs allowed on deck. All on deck seating will be reserved for use by the athletes and coaches. No parents are allowed on deck or in any of the on-deck seating. Any person who, in the opinion of the Meet director, Meet Referee or Meet Marshal, is harmful to others or to the property of others will be required to leave the competition venue. By order of the Brown Deer Fire Department, there will be no videotaping or picture taking allowed in any area of the stair wells or upper stair well landing areas. Anybody using these areas for videotaping or picture taking will be promptly removed from that area. Cell phones and other recording devices are not allowed in the locker room.
- Awards:** Individual High Point: 1st-24th Women and Men per age group including Senior.  
Overall Team Awards: 1st-3rd (Host team not eligible for team award)  
Please note: No awards will be mailed following the meet.
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: Double Points
- 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 all times during the meet.

## 2009 FALL WGLO Order of Preliminary Events

### Friday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
*1		Senior 50 Butterfly		*2
3		13-14 50 Butterfly		4
5	2:17.89	Senior 200 Backstroke	2:06.79	6
7	2:27.29	13-14 200 Backstroke	2:18.19	8
9	2:20.89	Senior 200 IM	2:09.49	10
11	2:30.49	13-14 200 IM	2:20.29	12
*13		Senior 50 Breaststroke		*14
15		13-14 50 Breaststroke		16
17	1:03.59	Senior 100 Butterfly	57.59	18
19	1:07.79	13-14 100 Butterfly	1:02.89	20
21	58.19	Senior 100 Freestyle	52.89	22
23	1:02.19	13-14 100 Freestyle	57.39	24
25	1:12.49	Senior 100 Breaststroke	1:05.99	26
27	1:17.59	13-14 100 Breaststroke	1:12.09	28
<b>5 Minute Break - No Warm-Up</b>				
**29		Senior 200 Free Relay		**30
**31		13-14 200 Free Relay		**32
<b>10 Minute Warm-Up Break</b>				
***33	5:32.89	Senior 500 Freestyle	5:10.79	***34
***35	5:52.99	13-14 500 Freestyle	5:39.19	***36

\* Australian Skin format championship finals. 5 elimination rounds.

\*\* Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

\*\*\*Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

### Friday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
37		11-12 50 Backstroke		38
39		10-Under 50 Backstroke		40
41	1:13.99	11-12 100 IM	1:11.49	42
43	1:33.79	10-Under 100 IM	1:31.19	44
45	1:13.19	11-12 100 Butterfly	1:11.69	46
47	1:42.09	10-Under 100 Butterfly	1:40.39	48
49		11-12 50 Freestyle		50
51		10-Under 50 Freestyle		52
53	1:22.19	11-12 100 Breaststroke	1:20.49	54
55	1:46.69	10-Under 100 Breaststroke	1:43.69	56
<b>5 Minute Break - No Warm-Up</b>				
**57		11-12 200 Free Relay		**58
**59		10-Under 200 Free Relay		**60
<b>5 Minute Break - No Warm-Up</b>				
**61	2:19.89	11-12 200 Freestyle	2:16.19	**62
**63	2:58.29	10-Under 200 Freestyle	2:50.89	**64

\*\*Timed Final - Pre-Seeded - Run to completion in Prelims, slowest to fastest, all Women then all Men

\*\*\*\*\* Please Note \*\*\*\*\*

All seed times **MUST** be in yards!

## 2009 FALL WGLO Order of Preliminary Events Saturday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
*65		Senior 50 Backstroke		*66
67		13-14 50 Backstroke		68
69	2:18.49	Senior 200 Butterfly	2:07.79	70
71	2:28.59	13-14 200 Butterfly	2:20.29	72
73	2:35.99	Senior 200 Breaststroke	2:23.89	74
75	2:46.79	13-14 200 Breaststroke	2:36.29	76
*77		Senior 50 Freestyle		*78
79		13-14 50 Freestyle		80
81	1:03.79	Senior 100 Backstroke	58.59	82
83	1:08.49	13-14 100 Backstroke	1:04.19	84
85	2:04.89	Senior 200 Freestyle	1:55.09	86
87	2:13.79	13-14 200 Freestyle	2:05.29	88
89		Senior 100 IM		*90
91		13-14 100 IM		92
<b>5 Minute Break - No Warm-Up</b>				
**93		Senior 200 Medley Relay		**94
**95		13-14 200 Medley Relay		**96
<b>10 Minute Warm-Up Break</b>				
***97	4:56.99	Senior 400 IM	4:35.79	***98
***99	5:17.79	13-14 400 IM	5:00.49	***100

\* Australian Skin format championship finals. 5 elimination rounds.

\*\* Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

\*\*\*Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

## Saturday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
101		11-12 50 Butterfly		102
103		10-Under 50 Butterfly		104
105		11-12 50 Breaststroke		106
107		10-Under 50 Breaststroke		108
109	1:14.19	11-12 100 Backstroke	1:12.29	110
111	1:33.99	10-Under 100 Backstroke	1:32.09	112
113	1:03.09	11-12 100 Freestyle	1:02.69	114
115	1:21.59	10-Under 100 Freestyle	1:19.99	116
<b>5 Minute Break - No Warm-Up</b>				
**117		11-12 200 Medley Relay		**118
**119		10-Under 200 Medley Relay		**120
<b>5 Minute Break - No Warm-Up</b>				
**121	2:37.59	11-12 200 IM	2:35.59	**122
**123	3:19.39	10-Under 200 IM	3:18.09	**124

\*\*Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

\*\*\*\*\* Please Note \*\*\*\*\*

All seed times **MUST** be in yards!

# 2009 FALL WGLO Championship Finals Order of Events

## Saturday PM Finals (Fridays Prelim Events)

### Events

\*Senior 50 Butterfly  
13-14 50 Butterfly  
Senior 200 Backstroke  
13-14 200 Backstroke  
11-12 50 Backstroke  
10-Under 50 Backstroke  
Senior 200 IM  
13-14 200 IM  
11-12 100 IM  
10-Under 100 IM  
\*Senior 50 Breaststroke  
13-14 50 Breaststroke

### **10 Minute Warm-up Break**

Senior 100 Butterfly  
13-14 100 Butterfly  
11-12 100 Butterfly  
10-Under 100 Butterfly  
Senior 100 Freestyle  
13-14 100 Freestyle  
11-12 50 Freestyle  
10-Under 50 Freestyle  
Senior 100 Breaststroke  
13-14 100 Breaststroke  
11-12 100 Breaststroke  
10-Under 100 Breaststroke

\*\*Senior 500 Freestyle  
\*\*13-14 500 Freestyle

## Sunday AM Finals (Saturdays Prelim Events)

### Events

\*Senior 50 Backstroke  
13-14 50 Backstroke  
Senior 200 Butterfly  
13-14 200 Butterfly  
11-12 50 Butterfly  
10-Under 50 Butterfly  
Senior 200 Breaststroke  
13-14 200 Breaststroke  
11-12 50 Breaststroke  
10-Under 50 Breaststroke  
\*Senior 50 Freestyle  
13-14 50 Freestyle

### **10 Minute Warm-up Break**

Senior 100 Backstroke  
13-14 100 Backstroke  
11-12 100 Backstroke  
10-Under 100 Backstroke  
Senior 200 Freestyle  
13-14 200 Freestyle  
11-12 100 Freestyle  
10-Under 100 Freestyle  
Senior 100 IM  
13-14 100 IM

\*\*Senior 400 IM  
\*\*13-14 400 IM

\* Australian Skin format championship finals. 5 elimination rounds. 1<sup>st</sup> round eliminates 7<sup>th</sup> and 8<sup>th</sup> place, 2<sup>nd</sup> round eliminates 5<sup>th</sup> and 6<sup>th</sup> place, 3<sup>rd</sup> round eliminates 4<sup>th</sup> place, 4<sup>th</sup> round eliminates 3<sup>rd</sup> place and final round determines event champion. Approximately 1 minute between rounds.

\*\*Timed Final - Positive Check-in required 30 minutes before the PRELIM session begins. Top 8 checked in swimmers/relays compete in finals.

## Western Great Lakes Open 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 the 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 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 or Guardian: \_\_\_\_\_ Title \_\_\_\_\_

**Final Results Mailing Address: Please Print!**

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

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

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

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

Entry Fee Recap: \_\_\_\_\_ Individual Events x \$5.50 = \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**Relay and surcharge fees are not a part of this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay and surcharge fees.** Less Reservation - \$ \_\_\_\_\_  
Balance Due = \$ \_\_\_\_\_ = \$ \_\_\_\_\_

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

\_\_\_\_\_ LSC Surcharge x \$3.00 = \$ \_\_\_\_\_ \$ \_\_\_\_\_  
(# of swimmers including relay only)

\_\_\_\_\_ WSAC Facility Use Surcharge x \$6.00 = \$ \_\_\_\_\_ \$ \_\_\_\_\_  
(# of swimmers including relay only)

+ \$ \_\_\_\_\_

**Make checks payable to: Lake Country Swim Team** Total of Check = \$ \_\_\_\_\_ Check # \_\_\_\_\_

Name of USA registered coach(es) or USA registered team representative(s) at meet:

**Please Print!**

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

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

Person to contact in case of entry problems:

**Please Print!**

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

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

Mail Entries, Disk, and Check to:  
Lake Country Swim Team c/o Darsi Kohnhorst  
PO Box 181  
Hartland, Wisconsin 53029

**Did you include:**

- ✓ Hard copy of your entry (listed by swimmer's name)
- ✓ Team check to cover entry fees/surcharges
- ✓ Entry disk (if needed at the end of the meet)
- ✓ Completed waiver form

Lake Country Swim Team Office (262) 367-7657  
Web Page: [www.lakecountyswimming.com](http://www.lakecountyswimming.com)  
Questions and Entries get E-mailed to: [lakecountyswim@sbcglobal.net](mailto:lakecountyswim@sbcglobal.net)



