

2011 WESTERN GREAT LAKES OPEN

Prelim/Final Long Course Invitational

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM
SANCTION #WI2011-223S

- Date:** Friday July 8 through Sunday July 10, 2011
- Place:** Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Friday/Saturday Prelims:** Warm-up 7:00-8:10 am. AM prelims start at 8:15 am. PM prelims warm-ups will not start before 11:30 am and will last for 45 minutes with the meet not starting before 12:15 pm.
Sunday Timed Finals: 1500 Warm-up 7:00-8:00 am. Meet starts at 8:05 am. Warm-ups for the 14-Under timed final session will not start before 9:00 am and will last for 1 hour. The meet will not start before 10:00 am.
Friday/Saturday Finals warm-ups not before 4:30 pm and will last for 1 hour. Finals start not before 5:30 pm
- Feet first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. The first 30 minutes of the warm-up will be circle swim. Remaining time will be: Circle Swim, Push 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 29.5". The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Timing:** Colorado System with back-up watches. Computerized scoreboard for all lanes.
- Official Rules:** Official current Long Course USA-S and Wisconsin rules shall prevail for this meet. Swimmers must be registered USA-S swimmers with their age as of July 8, 2011. Swimmers unable to prove their USA Swimming membership must deck register before being allowed to compete.
- Disabled Swimmers:** Please note any special requirements for disabled swimmers on the entry form.
- Out Of State** Out-of-state swimmers must be registered with United States Swimming and be able to show proof of registration upon request.
- Racing Start Certification:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Entry Chair:** Darsi Kohnhorst (262) 673-3853 or e-mail: lakecountryswim@sbcglobal.net
- Meet Director:** Mark Kohnhorst (262) 367-7657 or e-mail: lakecountryswim@sbcglobal.net
- Meet Referee:** Greg Barta e-mail: gbarta@wi.rr.com
- Entry Deadlines:** An event file will be available for download for Hy-Tek Team Manager programs from the team web-site: www.lakecountryswimming.com. Entry file is due by **Tuesday, June 28th**. Waiver, entry forms, and fees must be mailed no later than **Tuesday, June 28th, and received by Thursday, June 30th**. 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 file. You must submit a hard copy of your entries, listed by swimmer, along with your payment and waiver. Any additions after **June 30** will be considered deck entries and accepted at the discretion of the meet director. There will be no changes or corrections in entries after Friday, July 1. Deck entries will be allowed at the discretion of the Meet Director to fill open lanes only during the meet.
- Entry Limit:** Swimmers may enter a maximum of six (6) individual events plus relays (Please see exception for the 1500 Freestyle). Swimmers are limited to 3 individual events per day on Friday and Saturday. Swimmers may enter up to 4 events on Sunday.
- Entry Exception:** Because the 1500 Freestyle on Sunday will NOT be scored in the individual high point totals, it will not count toward the individual's 6 maximum swims for the entire meet. Swimmers are allowed 6 events + 1500 Free.
- Entry Fees:** All Individual events are \$6.00 per event, and all relays are \$12.00. All swimmers entered in at least one individual event must pay the \$2.00 Wisconsin Swimming LSC surcharge. All swimmers will be charged a Schroeder facility surcharge of \$6.00. Deck entries will be \$10.00/event for individual entries and \$20.00/relay.

- Deck Entries:** Deck entries will be accepted for open lanes only, and are not to exceed the maximum per day or maximum for the entire meet. There will no scratching from one event to deck enter another. Deck Entries will be \$10.00 for individual events, and \$20.00 for relays.
- Seed Times:** Seed times may be submitted in any course. Swimmers in non-confirming courses will be seeded after those entered in long course meters.
- Relay Only Entries:** Relay only swimmers should be entered in their respective relays or written on the entry form. They should also be listed on the entry as Relay Only. They are also subject to the swimmer surcharges.
- Time Standards:** Swimmers must be entered under the entry time standards listed on the events sheet. The host club reserves the right to enter its own swimmers who do not meet the time standards. There are no time standards for the 50 meter events.
- Meet Fines:** Proof of time is required for swimmers failing to make the cut off time. **There is a \$50 fine for times that cannot be proven.** Times may be proven in any course.
- Meet Format:** The meet will be a combination of prelim/final events and timed final events. The top eight **(8)** 10-Under and 11-12, and top sixteen **(16)** 13-14 and Senior individual qualifiers from prelims on Friday and Saturday will compete in finals. The Senior 400 Free and Senior 400 IM are timed final events with the top checked-in heat swimming in finals. The Senior 400 Free and 400 IM will be swum after the relays during Prelims, but swum before the relays during Finals.
- Sunday's events are all timed final events.
- All swimmers participating in the 1500 must provide their own counter and timer.
- Relay Events:** All relays are timed finals. The Senior 400 Free Relays and the Senior 400 Medley Relays will be swum before the 400 Free and 400 IM during Prelims, but swum after the 400 Free and 400 IM during Finals. All relays will be swum to completion in the session in which they are scheduled, except for the top checked in heat of Senior 400 Free and Senior 400 Medley relays which will swim in finals.
- Coaches must check in all Senior relays no later than one-half hour before the start of the session on the day of that relay. All relay names are due into the glass office by the start of the meet. Changes may be made until the start of the actual event, but must be clearly noted on the relay card, and management should be notified. First and last names, age and the order of the swimmers must be legibly written on all relay cards.
- Positive Check-in:** **All events are positive check-in. Positive Check-in will close 30 minutes prior to the start the session.** The following events may be limited to the top 24 checked-in entries: Senior 400 Free, Senior 400 IM, 13-14 400 IM, 13-14 400 Free, 11-12 400 Free. Teams will be notified of any intention to limit events after entries have been received and given an opportunity to change events if the swimmer is likely to be cut.
- 1500 Free** - Check-in for the 1500 free will close at 6:30PM on Saturday night. Heat sheets for the 1500 will be available Saturday night. The Senior 1500 may be limited to the top 24 entries.
- 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 are 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.
- Coaches Mtng.:** Coaches meeting will be held on the first day of the meet and then as needed.
- Admissions:** Friday and Saturday prelims, Sunday timed finals: Daily admission \$6 for spectators 13&over; Heat sheets \$3. Friday and Saturday finals: Admission \$5 for spectators 13&over; Heat sheets \$1.
- Awards:** Individual High Point Awards: 1st-24th Boy/Girl per age group.
Overall Team Awards: 1st-3rd (Host team is not eligible for team awards)
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events: Double Points
- Parking:** There will be limited parking in the west in the lots west and east of the pool. There may be a charge for preferred parking on the east side of the building. There is overflow parking available behind the Old Navy store in the shopping mall on Green Bay Road that is a short walk from the pool.

- Final Results:** Results will be submitted to the National SWIMS Database for USA Swimming. Results will be available for printing on our website, www.lakecountryswimming.com. All parents, attached and unattached swimmers may purchase a copy of the final results at the admissions table for \$15.00 per hard copy. Teams submitting an e-mail address on their waiver form will receive an e-mail back-up of the final results Monday, July 12.
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Cell phone cameras and other digital recording devices are not allowed in the locker room area. 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.
- 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 Walter Schroeder Aquatic Center 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 Phoenix Swim Team
(262) 367-7657
www.lakecountryswimming.com
lakecountryswim@sbcglobal.net

2011 Western Great Lakes Open

***** Order of Events *****

Friday Prelims - AM

Prelims: Warm-ups 7:00 -8:10 am Meet Starts 8:15 am Finals: Warm-ups not before 4:30 Meet Starts 1 hour later

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	2:42.69	2:24.49	Senior 200 Butterfly	2:13.39	2:30.59	2
3	2:48.29	2:28.59	13-14 200 Butterfly	2:20.29	2:38.79	4
5	1:26.69	1:15.69	Senior 100 Breaststroke	1:08.89	1:19.69	6
7	1:28.99	1:17.59	13-14 100 Breaststroke	1:12.09	1:21.29	8
9	1:08.59	1:00.79	Senior 100 Freestyle	55.19	1:03.09	10
11	1:10.39	1:02.19	13-14 100 Freestyle	57.39	1:05.99	12
13	1:16.29	1:06.59	Senior 100 Backstroke	1:01.09	1:10.59	14
15	1:17.79	1:08.49	13-14 100 Backstroke	1:04.19	1:14.49	16
17	2:47.29	2:26.99	Senior 200 IM	2:15.09	2:35.89	18
19	2:51.49	2:30.49	13-14 200 IM	2:20.29	2:42.39	20
*** 5 Minute Warmup Break ***						
**21			Senior 400 Free Relay			**22
*** 5 Minute Warmup Break ***						
*23	5:08.89	5:47.39	Senior 400 Freestyle	5:24.29	4:50.19	*24

* Timed Final, Top heat swims in finals. **Run Fast-Slow, alternating W/M.** (May be limited to the top 24 entries)

** Timed Final, Top heat swims in finals. **Run Slow-Fast, all Women then all Men.**

Please note the 400 Free Relays are swum before the 400 Free in Prelims, and after the 400 Free in Finals.

Friday Prelims - PM

Prelims: Warm-ups not before 11:30 am Meet Starts 45 minutes later Finals: Warm-ups not before 4:30 Meet Starts 1 hour later

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
25			10-Under 50 Butterfly			26
27			11-12 50 Butterfly			28
29	2:02.29	1:46.69	10-Under 100 Breaststroke	1:43.69	1:59.79	30
31	1:33.79	1:22.19	11-12 100 Breaststroke	1:20.49	1:32.49	32
33	1:32.99	1:21.59	10-Under 100 Freestyle	1:19.99	1:31.09	34
35	1:13.49	1:03.09	11-12 100 Freestyle	1:02.69	1:11.39	36
37	1:48.89	1:33.99	10-Under 100 Backstroke	1:32.09	1:45.69	38
39	1:23.29	1:14.19	11-12 100 Backstroke	1:12.29	1:23.59	40

* Timed Final, **Run to completion in Prelims.**

Friday Finals

Finals: Warm-ups not before 4:30 pm Meet Starts 1 hour later

Women	Event	Men
1	Senior 200 Butterfly	2
3	13-14 200 Butterfly	4
*27	11-12 50 Butterfly	*28
*25	10-Under 50 Butterfly	*26
5	Senior 100 Breaststroke	6
7	13-14 100 Breaststroke	8
*31	11-12 100 Breaststroke	*32
*29	10-Under 100 Breaststroke	*30
9	Senior 100 Freestyle	10
11	13-14 100 Freestyle	12
*35	11-12 100 Freestyle	*36
*33	10-Under 100 Freestyle	*34
13	Senior 100 Backstroke	14
15	13-14 100 Backstroke	16
*39	11-12 100 Backstroke	*40
*37	10-Under 100 Backstroke	*38
17	Senior 200 IM	18
19	13-14 200 IM	20
*** 5 Minute Warmup Break ***		
*23	Senior 400 Freestyle	*24
*** 5 Minute Warmup Break ***		
*21	Senior 400 Freestyle Relay	*22

* No consolation heat.

2011 Western Great Lakes Open

***** Order of Events *****

Saturday Prelims - AM

Prelims: Warm-ups 7:00 -8:10 am Meet Starts 8:15 am Finals: Warm-ups not before 4:30 Meet Starts 1hour later

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
41	2:27.19	2:10.39	Senior 200 Freestyle	2:00.09	2:17.19	42
43	2:31.79	2:13.79	13-14 200 Freestyle	2:05.29	2:23.29	44
45	2:44.29	2:23.89	Senior 200 Backstroke	2:12.39	2:31.29	46
47	2:47.39	2:27.29	13-14 200 Backstroke	2:18.19	2:40.69	48
49	3:05.69	2:42.79	Senior 200 Breaststroke	2:30.09	2:54.29	50
51	3:11.99	2:46.79	13-14 200 Breaststroke	2:36.29	3:01.99	52
53	1:14.19	1:06.29	Senior 100 Butterfly	1:00.09	1:07.69	54
55	1:16.49	1:07.79	13-14 100 Butterfly	1:02.89	1:11.09	56
57			Senior 50 Freestyle			58
59			13-14 50 Freestyle			60
*** 5 Minute Warmup Break ***						
**61			Senior 400 Medley Relay			**62
*** 5 Minute Warmup Break ***						
*63	5:50.59	5:09.89	Senior 400 IM	4:47.79	5:27.09	*64

* Timed Final, Top heat swims in finals. **Run Fast-Slow, alternating W/M.** (May be limited to the top 24 entries)

** Timed Final, Top heat swims in finals. **Run Slow-Fast, all Women then all Men.**

Please note the 400 Medley Relays are swum before the 400 IM in Prelims, and after the 400 IM in Finals.

Saturday Prelims - PM

Prelims: Warm-ups not before 11:30 am Meet Starts 45 minutes later Finals: Warm-ups not before 4:30 Meet Starts 1 hour

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
65	2:37.69	2:19.89	11-12 200 Freestyle	2:16.19	2:34.89	66
*67			10-Under 200 Freestyle Relay			*68
*69			11-12 200 Freestyle Relay			*70
71			10-Under 50 Backstroke			72
73			11-12 50 Backstroke			74
75			10-Under 50 Breaststroke			76
77			11-12 50 Breaststroke			78
79	1:55.19	1:42.09	10-Under 100 Butterfly	1:40.39	1:53.19	80
81	1:22.89	1:20.19	11-12 100 Butterfly	1:11.69	1:21.49	82

* Timed Final, **Run to completion in Prelims.**

Saturday Finals

Finals: Warm-ups not before 4:30 pm Meet Starts 1 hour later

Women	Event	Men
41	Senior 200 Freestyle	42
43	13-14 200 Freestyle	44
*65	11-12 200 Freestyle	*66
45	Senior 200 Backstroke	46
47	13-14 200 Backstroke	48
*73	11-12 50 Backstroke	*74
*71	10-Under 50 Backstroke	*72
49	Senior 200 Breaststroke	50
51	13-14 200 Breaststroke	52
*77	11-12 50 Breaststroke	*78
*75	10-Under 50 Breaststroke	*76
53	Senior 100 Butterfly	54
55	13-14 100 Butterfly	56
*81	11-12 100 Butterfly	*82
*79	10-Under 100 Butterfly	*80
57	Senior 50 Freestyle	58
59	13-14 50 Freestyle	60
*** 5 Minute Warmup Break ***		
*63	Senior 400 IM	*64
***5 Minute Warmup Break ***		
*61	Senior 400 Medley Relay	*62

2011 Western Great Lakes Open

***** Order of Events *****

Sunday 1500 Freestyle Event

Warm-ups 7:00 -8:00 am Meet Starts 8:05 am

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
83	20:28.39	19:58.89	Senior 1500 Freestyle	18:47.99	19:13.39	84

Timed final, **Run Fast-Slow, alternating Women/Men.** (May be limited to the top 24 entries)

This event is not scored and does not count in individual high point totals.

Please Note: All swimmers participating in the 1500 must provide their own counter and timer.

Sunday 14-Under Timed Final Events

Warm-ups not before 9:00 am Meet Starts 1 hour later

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
*85	6:00.99	5:17.79	13-14 400 IM	5:00.49	5:44.49	*86
87			10-Under 200 Medley Relay			88
89			11-12 200 Medley Relay			90
91	3:23.59	2:58.29	10-Under 200 Freestyle	2:50.89	3:13.99	92
*93	5:32.39	6:09.29	11-12 400 Freestyle	6:04.69	5:27.09	*94
*95	5:16.59	5:52.99	13-14 400 Freestyle	5:35.19	5:02.79	*96
97			10-Under 50 Freestyle			98
99			11-12 50 Freestyle			100
101	3:46.49	3:19.39	10-Under 200 IM	3:18.09	3:44.79	102
103	2:59.79	2:37.59	11-12 200 IM	2:35.59	2:58.09	104

* May be limited to top 24

Lake Country Swim Team (262) 367-7657
Web Site: www.lakecountryswimming.com
E-Mail: lakecountryswim@sbcglobal.net

Time Trials

Sanction #WI2011-224TT

- When:** At the conclusion of Sunday finals session only and at the discretion of the meet director(s).
- Events:** See meet order of events listing.
- Fee:** \$10.00/individual 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:** 2 Timers with watches.
- Reminders:**
1. The maximum number of individual events on Sunday is five (5) -- This includes time trials. This means that on Sunday, for example, that a swimmer may swim 5 individual events including a combination of: 1)Only time trials, or 2)combining time trials and up to 4 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), seed card, and be ready to swim. Timers must turn in their cards whether or not a swimmer achieves a desired cut time.

***** Order of Events*****

1	50 Free	2
3	50 Butterfly	4
5	50 Back	6
7	50 Breast	8
9	200 IM	10
11	100 Free	12
13	100 Butterfly	14
15	100 Back	16
17	100 Breast	18
19	200 Free	20
21	200 Butterfly	22
23	200 Back	24
25	200 Breast	26
27	400 IM	28
29	400 Free	30

2011 Western Great Lakes Open Waiver Form

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourself, 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:

_____ #10 & Under, 11-12, Ind. Events x \$6.00 = \$ _____
 _____ #13-14, Senior Ind. Events x \$6.00 = \$ _____
 Less Reservation Check = \$ _____

Please Note: Reservation money is non-refundable and is to be applied to your actual entered INDIVIDUAL events. It cannot be used to pay for your relay or Wisconsin LSC surcharge.

A: Individual Entry Fees Owed = \$ _____

_____ Relay Teams x \$12.00 = \$ _____
 _____ LSC Surcharge x \$2.00/swimmer = \$ _____
 _____ Schroeder Facility Surcharge x \$6.00/swimmer = \$ _____

B: Relay & Surcharge Total = \$ _____

Total Due (Total of Lines A & B) = \$ _____

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

Name(s) of USS registered coach(es) representing entered swimmers at meet: Current Certification required.

Name: 1) _____; 2) _____; 3) _____

E-Mail Entries to: lakecountryswim@sbcglobal.net

Mail waiver, payment and hard copy to: Lake Country Swim Team (WGLO)
 Attn: Darsi Kohnhorst
 PO Box 181
 Hartland, Wisconsin 53029

Lake Country Swim Team (262) 367-7657
Web Site: www.lakecountryswimming.com

ENTRY DUE TUESDAY, JUNE 28th 2011

WAIVER AND PAYMENT ARE DUE THURSDAY, JUNE 30th 2011