

# WISCONSIN 2010 REGIONAL CHAMPIONSHIPS

FOND DU LAC COMMUNITY AQUATIC CENTER

25 YARD POOL

Friday-Saturday-Sunday

February 19-21, 2010

- SANCTION #:** 2010-136WI
- HOSTS:** Fond du Lac Swim Club  
West Bend Swim Club
- LOCATION:** Fond du Lac Community Aquatic Center  
100 West 9<sup>th</sup> Street  
Fond du Lac, WI 54935 (920) 929-3536
- MEET DIRECTOR:** Kris Engstrom  
3931 Victoria Drive  
West Bend, WI 53090 (262) 338-6114 / cell 262-689-6588
- MEET ENTRY CHAIR:** Troy Engstrom  
3931 Victoria Drive  
West Bend, WI 53090 (262) 338-6114/ cell 262-689-2445  
Engstrom6@charter.net
- FACILITY:** Eight 7-foot lanes, 25-yard pool with non-turbulence lane markers and backstroke flags, recessed deck, 30-inch high fixed starting blocks, 4'9 to 5'0 pool depth at starting end. Pool depth is 4' at the non-starting end. The competition course has not been certified in accordance with 104.2.2(C). Balcony seating for 320.
- TIMING:** Colorado electronic timing system with touch pads and manual back-up buttons and horn start. Each lane will have two timers with electronic stopwatches. (25 yard races will be timed by two manual timers).  
25 yard races will start from the starting blocks. The 2<sup>nd</sup> and 4<sup>th</sup> leg of the 100 yard relays will start in the water.
- RULES:** Official 2010 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered Wisconsin USA-S swimmers. Age is as of February 19, 2010. Coaches must display their coach's card while on deck.
- SCHEDULE:** **Friday:** General warm-up **4:30-5:30 p.m.** Meet starts at **5:35 p.m.**  
**Saturday & Sunday:** General warm-up **7:00 to 8:00 a.m.** Failure to follow warm-up guidelines may result in disqualification from the next individual event. **Meet starts at 8:05 a.m.** The afternoon session warm-ups will start as soon as the morning session has been completed, with the start of the afternoon session being one hour after the start of warm-ups. The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received. Diving well will be available for cool down.
- WARM-UPS:** First 30 minutes Circle swims all lanes  
Next 30 minutes Lanes 3-6 - Dive sprints  
Lanes 1,2,7,8 – Circle swims  
Sprint lanes may be changed by meet management on the day of the meet.  
[Feet First three point entries from the starting end of the pool during general](#)  
Warm up will be enforced.
- OFFICIALS:** Michael Patton, Chad Behling, Ted Drewson,

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**25 YARD POOL**  
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**ENTRIES &  
ELIGIBILITY:**

All entries will be taken when accompanied by full payment. Swimmers may compete in **SEVEN (7)** individual events for the meet plus relays. Swimmers may compete in a **MAXIMUM of (5) individual Events including Time Trials per day.** Swimmers who have achieved state cut events must swim in the Senior category for those events. Swimmers who achieve a state time standard after the entry deadline may still swim in that event. Deck entries will be allowed for High School Boys until 30 minutes before the start of each session. (Must prove USA Registration or Pay Registration Fee of \$53 plus \$5 Surcharge, total of \$58 at meet.) All other deck entries are only to fill existing heats with a deadline of 30 min. before the start of the session.

**ENTRY**

***Meet Entry Chairperson should receive the entries by Thursday, February 11, 2010.***

**NO PHONE ENTRIES WILL BE ACCEPTED.** Entries **MUST** be sent via E-Mail as a zipped Hy-Tek Team Manager File. Teams may submit entries via e-mail to [Engstrom6@charter.net](mailto:Engstrom6@charter.net). Please send a **hard copy** of the entries, the waiver, and payment to the meet entries chairperson by **Friday February 12, 2010.** .

**ENTRY FEES:**

\$4.00 per Individual Events, \$10.00 per Relay. The Wisconsin splash fee for this meet is \$3.00 per Individual. Entry fees must accompany the official entry forms and are not refundable.

**ADMISSIONS:**

Friday \$3.00 per spectator over 12. (WILL INCLUDE HEAT SHEET) Twelve and under Are free.  
Saturday/Sunday \$3.00 per spectator over 12. Twelve and under are free. Heat sheets \$3.00 per Session

**DISABLED  
SWIMMERS**

Please indicate on the entry form any disability swimmers. Communicate any special needs for those athletes requiring assistance. Please inform the head official of those needs before the start of the meet.

**AWARDS:**

Ribbons: 1<sup>st</sup> – 16<sup>th</sup> Place for individual events.  
1<sup>st</sup> - 8<sup>th</sup> place for relays.

Individual High Point 1<sup>st</sup> - 3<sup>rd</sup> high point awards for each age group will be awarded.  
Team High Point Awards - 1<sup>st</sup>-3<sup>rd</sup> team awards

**SEEDING:**

The meet will be pre-seeded except for the positive check-in 400 IM, 500, 1000 and 1650 free events. Senior Boys Events will not be seeded to accommodate High School Boys Deck Entries. These events will be deck seeded. Swimmers in the 500, 1000 & 1650 Free must provide their own counters. Staging will be provided for 8 & under events.

**FINAL RESULTS:**

One copy of the meet results will be sent to each team represented. Additional copies may be requested at a cost of \$8.00 per copy. Results will also be sent via e-mail as soon as possible after the meet. If the team would like a copy of the results or back up immediately following the meet, they should bring a disk or flash drive.

**CONDUCT:** Each team is responsible for the behavior of their swimmers. The Meet Director or Meet Marshal may remove any swimmer from competition for disruptive or disorderly behavior.

In accordance with the Federal Voyeurism Prevention Act of 2004, the use of camera phones or video recording devices in locker rooms is prohibited.

**FOOD:** A variety of food items and drinks will be available in the Aquatic Center Lobby.

**NOTES:** Any 8 & Under swimmer can swim four (4) events per day for a total of seven (7) events for the entire meet. These must be 8 & Under events, not four (4) 10 & Under events. Any 8 & Under swimmer can swim in any 8 & Under event, even if they have the 10 & Under Championship Time Standard. They cannot swim the 10 & Under event if they have the state cut in the event. **No one can swim in an event in which they have achieved the Championship Time Standard (CTS) or faster. EXCEPTION:** Senior events are open to any swimmer. An 8 & U, 10 & U, 11 & 12, 13 & 14, with the CTS in their age group can swim that event in the senior category.

**\*\*\*\*\*An Optional 10 minute Break may take place on Friday Night, Saturday Afternoon, and Sunday Afternoon before the 500, 1000 or 1650 Freestyle Events\*\*\*\*\***

**2010 Wisconsin State Regional Swim Meet**  
**Hosted by Fond du Lac Swim Club and West Bend Swim Club**  
**WI Sanction # 2010-136WI**

**Schedule of Events**

**Friday Evening 2/19/10**

(4:30 p.m. warm-ups, 5:35 p.m. start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	1	Sr. 100 Fly	2	
1:06.19	3	13-14 100 Fly	4	1:03.99
2:37.89	5	11-12 200 IM	6	2:37.19
3:02.69	7	10 & U 200 IM	8	2:59.49
	9	Sr. 100 Breast	10	
1:15.59	11	13-14 100 Breast	12	1:12.99
1:25.99	13	10 & U 100 Back	14	1:24.79
<b>OPTIONAL</b>		<b>10 Minute Break</b>		
	15	12 & U 500 Free	16	
	17	Sr. 1000 Free	18	

**Saturday Morning 2/20/10**

(7:00 a.m. warm-ups, 8:05 a.m. start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	19	10 & U 200 FR Relay	20	
	21	11-12 200 FR Relay	22	
1:11.49	23	10 & U 100 Free	24	1:12.19
1:02.39	25	11-12 100 Free	26	1:03.39
37.69	27	10 & U 50 Fly	28	38.09
32.19	29	11-12 50 Fly	30	33.09
38.89	31	10 & U 50 Back	32	39.09
33.39	33	11-12 50 Back	34	34.29
1:38.69	35	10 & U 100 Breast	36	1:37.59
1:22.89	37	11-12 100 Breast	38	1:24.49
2:35.69	39	10 & U 200 Free	40	2:37.09
28.69	41	11-12 50 Free	42	29.09

**Sunday Morning 2/21/10**

(7:00 a.m. warm-ups, 8:05 a.m. start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
1:12.89	81	11-12 100 Back	82	1:14.19
	83	10 & U 200 Medley Relay	84	
	85	11-12 200 Medley Relay	86	
1:24.69	87	10 & U 100 IM	88	1:24.39
1:12.69	89	11-12 100 IM	90	1:14.29
32.49	91	10 & U 50 Free	92	32.69
2:15.79	93	11-12 200 Free	94	2:17.89
44.29	95	10 & U 50 Breast	96	44.39
37.69	97	11-12 50 Breast	98	38.79
1:26.19	99	10 & U 100 Fly	100	1:25.99
1:13.09	101	11-12 100 Fly	102	1:14.59

**Saturday Afternoon 2/20/10**

(1-hour warm-ups at end of morning session)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	43	Sr. 400 IM	44	
5:10.49	45	13-14 400 IM	46	5:02.59
	47	8 & U 100 FR Relay	48	
	49	Sr. 200 FR Relay	50	
	51	13-14 200 FR Relay	52	
	53	8 & U 50 Free	54	
	55	Sr. 100 Free	56	
57.99	57	13-14 100 Free	58	56.09
	59	8 & U 25 Back	60	
	61	Sr. 200 Back	62	
2:25.69	63	13-14 200 Back	64	2:20.09
	65	8 & U 50 Breast	66	
	67	Sr. 50 Free	68	
26.99	69	13-14 50 Free	70	25.79
	71	8 & U 25 Fly	72	
	73	Sr. 200 IM	74	
2:25.09	75	13-14 200 IM	76	2:18.39
<b>OPTIONAL</b>		<b>10 Minute Break</b>		
	77	Sr. 500 Free	78	
5:34.09	79	13-14 500 Free	80	5:27.29

**Sunday Afternoon 2/21/10**

(1-hour warm-ups at end of morning session)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	103	8 & U 25 Free	104	
	105	Sr. 200 Free	106	
2:04.99	107	13-14 200 Free	108	2:01.99
	109	8 & U 100 Medley Relay	110	
	111	Sr. 200 Medley Relay	112	
	113	13-14 200 Medley Relay	114	
	115	8 & U 50 Back	116	
	117	Sr. 100 Back	118	
1:06.39	119	13-14 100 Back	120	1:03.99
	121	8 & U 50 Fly	122	
	123	Sr. 200 Fly	124	
2:28.59	125	13-14 200 Fly	126	2:22.29
	127	8 & U 25 Breast	128	
	129	Sr. 200 Breast	130	
2:45.19	131	13-14 200 Breast	132	2:39.09
	133	8 & U 100 IM	134	
<b>OPTIONAL</b>		<b>10 Minute Break</b>		
	135	Sr. 1650 Free	136	

## WAIVER AND ENTRY 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 United States Swimming (USA), Wisconsin Swimming Inc., Fond du Lac Community Aquatic Center, Fond du Lac Swim Club and the West Bend Swim Club and their staffs for injuries incurred by me/us at the meet or while traveling to and from the meet. I/we are bona-fide eligible USS swimmers and eligible to compete in all events I/we have entered.

CLUB NAME: \_\_\_\_\_ CLUB CODE (four initials):  
\_\_\_\_\_

Signature of club official, parent/guardian, coach: \_\_\_\_\_

### **Mailing address and E-mail for final results:**

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ May we e-mail results instead of sending hard copy? \_\_\_\_\_

### **Name of USS Registered Coaches representing your team at the meet:**

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

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

### **Name, Phone number and E-mail of person to contact regarding this entry form:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### **ENTRY RECAP:**

Number of Total Individual Events: \_\_\_\_\_ X \$4.00 ea. = \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ X \$10.00 ea. = \$ \_\_\_\_\_

Number of Individual Swimmers entered: \_\_\_\_\_ X \$3.00 ea. = \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total Entry Fee: \_\_\_\_\_

**Make checks payable to Fond du Lac Swim Club** and mail with waiver & entry form to:

Troy Engstrom

3931 Victoria Drive

West Bend, WI 53090 (262) 338-6114

Engstrom6@charter.net

**ENTRIES DUE: February 11, 2010**

**WISCONSIN 2010 REGIONAL CHAMPIONSHIPS**  
FOND DU LAC COMMUNITY AQUATIC CENTER  
25 YARD POOL

**TIME TRIALS**

Sunday, February 21, 2010

- SANCTION #:** 2010-137WI(TT)
- WHEN:** At the conclusion of the Sunday afternoon session, as time permits, and at the discretion of the meet director. Pool will be open for a 10-minute warm-up after the end of the Sunday afternoon session.
- EVENTS:** See meet order of events listing. Events may be combined at the discretion of the meet director.
- FEE:** \$8.00/individual event. \$15.00/relay event
- REGISTRATION:** Registration will be accepted up until **2:00 p.m.** Sunday afternoon. If your meet event is after the deadline, sign up early so you can be included in the Time Trial.
- PROCEDURES:** Swimmer(s) will sign up for an event at the pool office. Swimmer(s) will fill out a seed card at the table – swimmer’s name, age, team, event name and seedtime. Seed card and event fee must be turned into the table before the deadline. A meeting for all time trial participants 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 starting. It is the swimmer’s responsibility to be ready to swim when his/her event, name and lane number is called. The referee will not hold the start of the event, waiting for a swimmer to show.
- WE PROVIDE:** Officials, Colorado Operator, and Meet Management, timers
- SWIMMERS PROVIDE:** Counter, if needed  
It would be appreciated that each team participating in time trials provide one or two timers for the Time Trials.
- REMINDER:** The maximum number of individual events in one day is five (5) , this includes time trials. This may be only time trial events or a combination of time trial and meet events.