

WISCONSIN 2011 REGIONAL CHAMPIONSHIPS

FOND DU LAC COMMUNITY AQUATIC CENTER

25 YARD POOL

Friday-Saturday-Sunday

February 18-20, 2011

SANCTION #: WI2011-145S

HOSTS: Fond du Lac Swim Club
West Bend Swim Club

LOCATION: Fond du Lac Community Aquatic Center
100 West 9th 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 104.2.2C(4). 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).

RULES: Official 2011 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered Wisconsin USA-S swimmers. Age is as of February 18, 2011. Coaches must display their coach's card while on deck. 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.

SCHEDULE: Friday evening Warm-ups 4:30-5:30 pm
Meet start 5:35 pm
Saturday & Warm-ups 7:00-8:00 am
Sunday A.M. Meet start 8:05 am
Saturday & Warm-ups at the conclusion of the A.M. session and
Sunday P.M. Lasting one hour.

Breaks may be scheduled prior to each day's distance freestyle event. The meet management and officials will determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. However, the diving well will remain open.

This meet will be run using FLY-OVER starts!!!

Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard relays will start in the water.

WISCONSIN 2011 REGIONAL CHAMPIONSHIPS
FOND DU LAC COMMUNITY AQUATIC CENTER
25 YARD POOL
Friday-Saturday-Sunday
February 18-20, 2011

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.

SEEDING: The meet will be pre-seeded except for the positive check-in 500, 1000 and 1650 free events. Swimmers in the 500, 1000 & 1650 Free must provide their own counters.
Staging will be provided for 8 & under events.

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.**
10 & Under, 11-12, and 13-14 swimmers may not swim in an event in their age group in which they have achieved a state cut prior to **February 9, 2011.**
All swimmers who have achieved state cuts may swim those events in the Senior category. A swimmer that achieves a state cut after February 9, 2011 may still swim that event at the Regional meet. Any 8 & Under may swim in any 8 & Under event regardless of seed time, but may not swim 10 & Under events in which they have achieved a state cut.

ENTRY *Meet Entry Chairperson should receive the entries by Thursday, February 9, 2011.*

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. Please send a **hard copy** of the entries, the waiver, and payment to the meet entries chairperson by **Friday February 12, 2011.** .

ENTRY FEES: \$4.00 per Individual Events, \$10.00 per Relay. The Wisconsin splash fee for this meet is \$2.00 per Individual. Entry fees must accompany the official entry forms and are not refundable.

DECK ENTRIES: **1) Deck entries are available for High School boys. New heats may be added to accommodate the added High School boy's entries. High School boys deck entries will be at the same cost of \$2.00 splash \$4.00 per individual and \$10.00 per relays.**
2) Other deck entries will be accepted to fill any open lanes. NO new heats will be created. If the swimmer is not already entered into the meet they will pay the \$2.00 LSC splash fee, if they are already in the meet no new LSC fee is needed. The individual event fee will be \$8.00 and \$20.00 per relay.
3) All deck entries must be done at least 30 minutes prior to the session that the events are to be swum.

REGISTRATION: All deck entrants must prove USA Swimming registration at the meet. If the swimmer is not registered, registration on deck will be accepted for a fee of \$58.00- \$53.00 Registration \$5.00 Surcharge – TOTAL \$58.00

OFFICIALS: Michael Patton, Chad Behling, Lori Koeckenberg, Ted Drewsen

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 and any requirements. Communicate any special needs for those athletes requiring assistance. Please inform the head official of those needs before the start of the meet so we can accomodate them.

AWARDS: Ribbons: 1st – 16th Place for individual events.
1st - 8th place for relays.

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

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 Marshall 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.

2011 Wisconsin State Regional Swim Meet
Hosted by Fond du Lac Swim Club and West Bend Swim Club
WI Sanction # WI2011-145S

Schedule of Events

Friday Evening 2/18/11

(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
3:00.59	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
1:24.99	13	10 & U 100 Back	14	1:24.79
OPTIONAL		10 Minute Break		
7:01.29/6:03.59	15	12 & U 500 Free	16	7:04.49/6:07.99
	17	Sr. 1000 Free	18	

Saturday Morning 2/19/11

(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
1:37.49	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 2/20/11

(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	
1:23.79	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
43.79	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 2/19/11

(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	
2:24.19	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
OPTIONAL		10 Minute Break		
	77	Sr. 500 Free	78	
5:34.09	79	13-14 500 Free	80	5:27.29

Sunday Afternoon 2/20/11

(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	
OPTIONAL		10 Minute Break		
	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 \$2.00 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 9, 2011

WISCONSIN 2011 REGIONAL CHAMPIONSHIPS
FOND DU LAC COMMUNITY AQUATIC CENTER
25 YARD POOL

TIME TRIALS

Sunday, February 20, 2011

- SANCTION #:** WI2011-146TT
- 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 **1:00 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
- 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.