

Express Distance/Sprint Challenge Meet

Hosted by: Waukesha Express Swim Team

Saturday, June 6-7, 2009

Sanction #2009- 113WI

Location: Waukesha South High School
401 E. Roberta Drive
Waukesha WI, 53186

Meet Director: Blaine Carlson
P.O. Box 1874
Waukesha WI, 53187
(262) 970-0641
blaine@waukeshaexpress.org

Meet Entry Chair: Michael Hamm
P.O. Box 1874
Waukesha, WI 53187
(262) 970-0641
michael@waukeshaexpress.org

Facility: Eight or ten lane, 25 yard pool. Pool depth is 13 feet at the start end and 5' 10" feet at bulkhead (turn end). Blocks are 30 inches high. The pool features a 9 1/2 by 13 foot full color, digital display scoreboard. Concessions will be available. No food or beverage is allowed in the pool area. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).

Timing: Colorado System 6 timing system with aqua grip touch pads.

Rules: Official 2009 Short Course USA Swimming Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Age is as of June 6, 2009. Coaches must display their Coaches Card while on deck.

Schedule: Saturday

AM Session Warm-ups: 9:00 AM
AM Session Start: 10:05 AM

Sunday

AM Session Warm-ups: 7:00 AM
AM Session Start: 8:05 AM

PM Session Warm-ups: immediately following the conclusion of the AM Session
PM Session Start: after one hour of warm-ups

WARM UP GUIDELINES

First 30 minutes: All lanes circle swim
Last 30 minutes: Sprint lanes in 1- 4

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced.

Officials: Officials Coordinator: John Borja and Tim McAvoy

Entries &

Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in four individual events, plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event. Swimmers are allowed to compete in three (3) individual events on Saturday's Distance portion of the meet, and are able to compete in (4) individual events on Sunday's Sprint portion of the meet.

All swimmers must be registered with USA Swimming and their USA number MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times. **Completed entry form, signed waiver, and fees must be received no later than Wednesday, May 27, 2009. Any questions concerning entries should be directed to Blaine Carlson, Meet Manager at 262-970-0641.**

(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK AND INCLUDE A PRINTED COPY OF THE ENTRIES.)

- Mail**
Entries: Mail forms, signed waiver and fees (payable to WEST) to:
Waukesha Express Swim Team
P.O. Box 1874
Waukesha WI, 53187
- Entry Fees:** \$4.00 per individual event
 \$12.00 per relay event
 \$3.00 per swimmer in an individual event for LSC tax (splash fee)
Entry fees must accompany the official entry forms and are not refundable.
- Admissions:** Admission: \$3.00
 Heat sheets: \$3.00
- Awards:** Individual Events:
 1st – 3rd place: Medals 4th – 16th place: Ribbons
- Relay Events:
 1st – 8th place: Ribbons
- High Point Trophies will be given for 1st, 2nd, and 3rd for each age.
- Scoring:** Sixteen place scoring will be used for individual events. Relay events scores will be doubled.
- Results:** Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.
- Seeding:** All events will be pre-seeded. 8 & under events will be staged.
- 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 Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.
- Coaches:** All coaches must pick up their coach’s packets in person and must show their coach’s card. If a coach does not present an USA Swimming Coach’s card, they will not be allowed on deck and the swimmers for the team will be assigned to an USA Swimming certified coach for warm-ups.
- Medical:** Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan. Building personnel are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any clean up required.

Express Distance Challenge Order of Events

SINGLE SESSION		
1	OPEN 200 YD FREESTYLE	2
3	OPEN 400 YD IM	4
5	OPEN 200 YD BACKSTROKE	6
7	OPEN 500 FREESTYLE	8
9	OPEN 200 YD BREASTSTROKE	10
11	OPEN 200 YD BUTTERFLY	12
13	OPEN 200 YD IM	14
15	OPEN 1650 FREESTYLE	16

EXPRESS SWIM YOUR OWN AGE MEET

GIRLS	SUNDAY, JUNE 7, 2009	BOYS
AM SESSION		
17	9yearold100yd.Freestyle	18
19	10 year old 100 yd. Freestyle	20
21	11 yearold 100yd. Freestyle	22
23	12 year old 100 yd. Freestyle	24
25	9 – 10 200 yd. Freestyle Relay	26
27	11–12200yd.FreestyleRelay	28
29	9 year old 50 yd. Backstroke	30
31	10yearold 50yd.Backstroke	32
33	11 year old 50yd. Backstroke	34
35	12yearold 50yd.Backstroke	36
37	9 year old 50 yd. Butterfly	38
39	10 year old 50 yd. Butterfly	40
41	11 year old 50 yd. Butterfly	42
43	12 year old 50 yd. Butterfly	44
45	9 year old 50 yd. Breaststroke	46
47	10 year old 50 yd. Breaststroke	48
49	11 year old 50 yd. Breaststroke	50
51	12 year old 50 yd. Breaststroke	52
53	9yearold100yd. IM	54
55	10year old 100yd. IM	56
57	11 year old 100yd. IM	58
59	12yearold 100yd. IM	60
PM SESSION		
61	13 year old 100 yd. Freestyle	62
63	14year old 100yd. Freestyle	64
65	Senior 100 yd. Freestyle	66
67	7 & under 25 yd. Freestyle	68
69	8 year old 25 yd. Freestyle	70
71	Senior 200 yd. Freestyle Relay	72
73	8 & under 100 yd. Freestyle Relay	74
75	13 year old 100 yd. Backstroke	76
77	14yearold 100 yd.Backstroke	78
79	Senior 100 yd. Backstroke	80
81	7 & under 25 yd. Backstroke	82
83	8 year old 25 yd. Backstroke	84
85	13 year old 100 yd. Butterfly	86
87	14 year old 100 yd. Butterfly	88
89	Senior 100 yd. Butterfly	90
91	7 & under 25 yd. Butterfly	92
93	8 year old 25 yd. Butterfly	94
95	13 year old 100 yd. Breaststroke	96
97	14 year old 100 yd. Breaststroke	98
99	Senior 100 yd. Breaststroke	100
101	7 & under 25 yd. Breaststroke	102
103	8 year old 25 yd. Breaststroke	104
105	13 year old 200 yd. IM	106
107	14year old 200yd. IM	108
109	Senior 200 yd. IM	110
111	7 & under 100 yd. IM	112
113	8 year old 100 yd. IM	114

2009 EXPRESS DISTANCE/SPRINT CHALLENGE
Hosted by Waukesha Express Swim Team
WAIVER FORM

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my heirs, administrators, and assigns waive and release any and all claims, against the Waukesha School District, USA Swimming, Wisconsin Swimming, Inc., the Waukesha Express Swim Team and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona-fide amateur athletes and eligible to compete in all the 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. All swimmers entered are current members of WI/USA Swimming Inc.

Club Name: _____ Initials (Four only) _____

Signature of Club Official, Parent or Guardian

Name: _____ Phone: _____

Title: _____ Email: _____

Address: _____

Entry Fee Recap: _____ Individual Events x \$6.00= \$ _____

Minus Reservation Paid = \$ _____

Bal. Due for Ind. Swims = \$ _____

PLUS: _____ LSC Surcharge x 3.00 = \$ _____
(# of swimmers in Individual Events)

Total Entry Fee Due = \$ _____

Name of coach or team representative at meet:

Name: _____ Phone: _____

Email: _____

Name and address for mailing of final results:

Name: _____

Address: _____

City, State, Zip: _____

**Make checks payable to:
Mail Entries to:**

**Waukesha Express Swim Team
Michael Hamm
Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187**

