

**2009 Fall Swim Your Age Meet**  
**Hosted by: Waukesha Express Swim Team**  
**Saturday, October 17, 2009**  
**Sanction #2009-212WI**

Location: Waukesha South High School  
401 E. Roberta Drive  
Waukesha, WI 53186  
Pool Entrance: Tenny Avenue

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

Meet Entry  
Chair: Michael Hamm  
P.O. Box 1874  
Waukesha, WI 53187  
(262) 309-2776  
[michael@waukeshaexpress.org](mailto: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 12 ½ by 14 ½ 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. Swimmers must be registered USA swimmers. Age is as of October 17, 2009. Coaches must display their Coaches Card while on deck.

Schedule: Saturday: Warm-up 7:00 – 8:00 AM, meet starts at 8:05 AM  
The afternoon warm-ups will start as soon as the morning session has been completed, with the afternoon session beginning 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.  
Failure to follow warm-up guidelines may result in disqualification from the next individual event. Feet first three point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).

Officials: Head Official, Tim McAvoy

Entries &  
Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in FOUR (4) individual events per day plus relays. All swimmers must be registered USA Swimming swimmers and MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times. All events will be timed finals.

Completed entry form, signed waiver, and fees must be received no later than Wednesday, October 7, 2009. Any questions concerning entries should be directed to Michael Hamm, Meet Manager at 262-309-2776. (If you choose to e-mail your entry file it must be received by October 7th and the signed waiver and fees should be received by the meet director by October 8th).

(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

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Due Date: October 8, 2009 for all forms and fees.

Entry Fees: \$4.00 per individual event  
\$10.00 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: \$3.00 per spectator over the age of 12. Heat sheets are \$3.00.

Awards: Individual events:  
1st – 3rd Medals  
4th – 16th Ribbons

Relay events:  
1st – 8th Ribbons

High Point awards will be given to the 1st, 2nd and 3rd place finishers in each age group.

Scoring: Sixteen place scoring will be used for individual events. Relay events scores will be doubled.

Final Results: Final results will be posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org).

Seeding: All individual events will be pre-seeded.

Food: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the Natatorium Pool area.

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

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 registration 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.

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**ORDER OF EVENTS**

Girls	AM SESSION	Boys
1	12 year old 200 IM	2
3	11 year old 200 IM	4
5	10 year old 100 IM	6
7	9 year old 100 IM	8
9	12 year old 100 Back	10
11	11 year old 100 Back	12
13	10 year old 50 Back	14
15	9 year old 50 Back	16
17	12 year old 100 Breast	18
19	11 year old 100 Breast	20
21	10 year old 50 Breast	22
23	9 year old 50 Breast	24
25	12 year old 50 Fly	26
27	11 year old 50 Fly	28
29	10 year old 50 Fly	30
31	9 year old 50 Fly	32
33	11 – 12 200 Free Relay	34
35	9 – 10 200 Free Relay	36
37	12 year old 100 Free	38
39	11 year old 100 Free	40
41	10 year old 50 Free	42
43	9 year old 50 Free	44

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Girls	PM SESSION	Boys
45	Senior 200 IM	46
47	14 year old 200 IM	48
49	13 year old 200 IM	50
51	8 year old 100 IM	52
53	7 year old 100 IM	54
55	6 & under 100 IM	56
57	Senior 200 Free Relay	58
59	8 & Under 100 Free Relay	60
61	Senior 100 Free	62
63	14 year old 100 Free	64
65	13 year old 100 Free	66
67	8 year old 25 Free	68
69	7 year old 25 Free	70
71	6 & under 25 Free	72
73	Senior 200 Breast	74
75	14 year old 100 Breast	76
77	13 year old 100 Breast	78
79	8 year old 25 Breast	80
81	7 year old 25 Breast	82
83	6 & under 25 Breast	84
85	Senior 100 Fly	86
87	14 year old 100 Fly	88
89	13 year old 100 Fly	90
91	8 year old 25 Fly	92
93	7 year old 25 Fly	94

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<b>Girls</b>	<b>PM SESSION</b>	<b>Boys</b>
95	6 & under 25 Fly	96
97	Senior 200 Back	98
99	14 year old 100 Back	100
101	13 year old 100 Back	102
103	8 year old 25 Back	104
105	7 year old 25 Back	106
107	6 & under 25 Back	108

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**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, the Waukesha Express Swim Team, Wisconsin Swimming, Inc., 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 \$4.00	\$ _____
	Less Reservation	\$ _____
	Amt due for Individual Events	\$ _____
	***Excess reservation <b>cannot</b> be used for relay/LSC Surcharge	
	_____ Relay Events x \$10.00	\$ _____
	_____ 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: \_\_\_\_\_

Make checks payable to: Waukesha Express Swim Team  
 Mail Entries to: Michael Hamm  
 Waukesha Express Swim Team  
 P.O. Box 1874  
 Waukesha, WI 53187