

**Express Winter Open**  
**Hosted by: Waukesha Express Swim Team**  
**Saturday, January 23 - Sunday, January 24, 2010**  
**Sanction # 2010-112WI**

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 2010 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 Saturday, January 23, 2009. Coaches must display their Coaches Card while on deck.

Schedule: Saturday and Sunday: 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, Tuesday, January 12, 2010. 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 January 12, 2010 and the signed waiver and fees should be received by the meet director by January 13, 2010).  
(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: January 13, 2010 for waiver 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

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 | SATURDAY AM                 | Boys |
|-------|-----------------------------|------|
| 1     | 11 - 12 200 Freestyle       | 2    |
| 3     | 10 & Under 200 Freestyle    | 4    |
| 5     | 11 - 12 200 Medley Relay    | 6    |
| 7     | 10 & Under 200 Medley Relay | 8    |
| 9     | 11 - 12 100 Breaststroke    | 10   |
| 11    | 10 & Under 100 Breaststroke | 12   |
| 13    | 11 - 12 50 Backstroke       | 14   |
| 15    | 10 & Under 50 Backstroke    | 16   |
| 17    | 11 - 12 100 IM              | 18   |
| 19    | 10 & Under 100 IM           | 20   |
| 21    | 11 - 12 50 Butterfly        | 22   |
| 23    | 10 & Under 50 Butterfly     | 24   |

|    | SATURDAY PM                | Boys |
|----|----------------------------|------|
| 25 | 13 - 14 100 Backstroke     | 26   |
| 27 | Open 100 Backstroke        | 28   |
| 29 | 8 & Under 25 Backstroke    | 30   |
| 31 | Open 200 Medley Relay      | 32   |
| 33 | 8 & Under 100 Medley Relay | 34   |
| 35 | 13 -14 200 Breaststroke    | 36   |
| 37 | Open 200 Breaststroke      | 38   |
| 39 | 8 & Under 50 Breaststroke  | 40   |
| 41 | 13 - 14 100 Butterfly      | 42   |
| 43 | Open 100 Butterfly         | 44   |

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|    | SATURDAY PM            | Boys |
|----|------------------------|------|
| 45 | 8 & Under 25 Butterfly | 46   |
| 47 | 13 - 14 50 Freestyle   | 48   |
| 49 | Open 50 Freestyle      | 50   |
| 51 | 8 & Under 25 Freestyle | 52   |
| 53 | 13 - 14 200 IM         | 54   |
| 55 | Open 200 IM            | 56   |
| 57 | 8 & Under 100 IM       | 58   |
| 59 | 13 - 14 500 Freestyle  | 60   |
| 61 | Open 500 Freestyle     | 62   |

|    | SUNDAY AM                  |    |
|----|----------------------------|----|
| 63 | 11 - 12 50 Freestyle       | 64 |
| 65 | 10 & Under 50 Freestyle    | 66 |
| 67 | 11 - 12 200 Free Relay     | 68 |
| 69 | 10 & Under 200 Free Relay  | 70 |
| 71 | 11 - 12 100 Backstroke     | 72 |
| 73 | 10 & Under 100 Backstroke  | 74 |
| 75 | 11 - 12 50 Breaststroke    | 76 |
| 77 | 10 & Under 50 Breaststroke | 78 |
| 79 | 11 - 12 100 Butterfly      | 80 |
| 81 | 10 & Under 100 Butterfly   | 82 |
| 83 | 11 - 12 200 IM             | 84 |
| 85 | 10 & Under 200 IM          | 86 |

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|     | SUNDAY PM                 |     |
|-----|---------------------------|-----|
| 87  | 13 - 14 400 IM            | 88  |
| 89  | Open 400 IM               | 90  |
| 91  | Open 200 Free Relay       | 92  |
| 93  | 8 & Under 100 Free Relay  | 94  |
| 95  | 13 - 14 100 Freestyle     | 96  |
| 97  | Open 100 Freestyle        | 98  |
| 99  | 8 & Under 50 Freestyle    | 100 |
| 101 | 13 - 14 200 Backstroke    | 102 |
| 103 | Open 200 Backstroke       | 104 |
| 104 | 8 & Under 50 Backstroke   | 105 |
| 106 | 13 - 14 100 Breaststroke  | 107 |
| 108 | Open 100 Breaststroke     | 109 |
| 110 | 8 & Under 25 Breaststroke | 111 |
| 112 | 13 - 14 200 Butterfly     | 113 |
| 114 | Open 200 Butterfly        | 115 |
| 116 | 8 & Under 50 Butterfly    | 117 |
| 118 | 13 - 14 200 Freestyle     | 119 |
| 120 | Open 200 Freestyle        | 121 |

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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