

# 2010 MAY OPENER

**Hosted By: Waukesha Express Swim Team**

**Saturday, May 15 – Sunday, May 16**

**Sanction #WI2010-208S**

**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](mailto:blaine@waukeshaexpress.org)

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

**Facility:** Eight lane, 25 yard pool. Pool depth is 13 feet at the start end and 5'10" feet at the bulkhead (turn end). Blocks are 30" high. The pool features a 9'x13' 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 as USA swimmers. Age is as of May 15, 2010. Coaches must display their Coaches Card while on deck.

**Schedule:** *Saturday* – All races are timed finals.  
AM session warm-ups: 7:00 – 8:00 AM  
AM session begins: 8:05 AM  
PM session: Warm-ups will begin immediately at the conclusion of AM session and the meet will begin 65 minutes after the start of PM session warm-ups.  
*Sunday* – All races are timed finals.  
AM session warm-ups: 7:00 – 8:00 AM  
AM session begins: 8:05 AM  
PM session: Warm-ups will begin immediately at the conclusion of AM session and the meet will begin 65 minutes after the start of PM session warm-ups.

The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received.

### *Warm-Up Guidelines*

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

Sit and slide entries from the starting end of the pool during general warm-ups will be enforced at all times.

**Officials:** Tim McAvoy

**Entries & Eligibility:** All entries will be taken when accompanied by full payment. Swimmers may compete in four (4) events per day plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per event.

All swimmers must be registered USA swimmers and their USA Swimming 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 Tuesday, May 4, 2010. Any questions concerning entries should be directed to Blaine Carlson, Meet Manager at 262-970-0641. **PLEASE NOTE THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5" DISKETTE 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  
**All entries must be received by Tuesday, May 4, 2010.**
- 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:** \$3.00 per spectator over the age of 12. Heat sheets are an additional \$3.00.
- Awards:** *Individual events:* 1<sup>st</sup> – 8<sup>th</sup> place - Medals  
9<sup>th</sup> – 16<sup>th</sup> place – Ribbons  
*Relay events:* 1<sup>st</sup> – 8<sup>th</sup> place - Ribbons
- Scoring:** Sixteen place scoring will be used for individual events. Relay event scores will be doubled.
- Final Results:** Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.
- Seeding:** All individual events will be pre-seeded except for positive check-in for the 400 IM and 500 Freestyle. Swimmers must provide their own counter for the 500 Freestyle.
- 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 the locker rooms is strictly prohibited.***
- Coaches:** All coaches must pick up their coaches packet in person and must show their coach's card. If a coach does not present a USA registration card they will not be allowed on deck and the swimmers for the team will be assigned to a 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 notification 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

<b>SATURDAY AM SESSION (Timed Finals)</b>		
1	13 — 14 100 yd. Backstroke	2
3	Senior 100 yd. Backstroke	4
5	Senior 200 yd. Freestyle Relay	6
7	13 — 14 200 yd. Breaststroke	8
9	Senior 200 yd. Breaststroke	10
11	13 — 14 100 yd. Butterfly	12
13	Senior 100 yd. Butterfly	14
15	13 — 14 50 yd. Freestyle	16
17	Senior 50 yd. Freestyle	18
19	13 — 14 200 yd. IM	20
21	Senior 200 yd. IM	22
23	13 — 14 500 yd. Freestyle	24
25	Senior 500 yd. Freestyle	26
<b>SATURDAY PM SESSION (TIMED FINALS)</b>		
27	11-12 200 yd. Freestyle	28
29	10 & under 200 yd. Freestyle	30
31	8 & under 25 yd. Freestyle	32
33	6 & under 25 yd. Freestyle	34
35	11-12 200 yd. Freestyle Relay	36
37	10 & under 200 yd. Freestyle Relay	38
39	11-12 100 yd. Breaststroke	40
41	10 & under 100 yd. Breaststroke	42
43	8 & under 25 yd. Breaststroke	44
45	6 & under 25 yd. Breaststroke	46
47	11-12 50 yd. Backstroke	48
49	10 & under 50 yd. Backstroke	50
51	8 & under 50 yd. Backstroke	52
53	11-12 100 IM	54
55	10 & under yd. 100 IM	56
57	8 & under yd. 100 IM	58
59	11-12 50 yd. Butterfly	60
61	10 & under 50 yd. Butterfly	62
63	8 & under 50 yd. Butterfly	64
<b>SUNDAY AM SESSION (TIMED FINALS)</b>		
65	13 — 14 400 yd. IM	66
67	Senior 400 yd. IM	68
69	Senior 200 yd. Medley Relay	70
71	13 - 14 100 yd. Freestyle	72
73	Senior 100 yd. Freestyle	74
75	13 — 14 200 yd. Backstroke	76
77	Senior 200 yd. Backstroke	78
79	13 — 14 100 yd. Breaststroke	80
81	Senior 100 yd. Breaststroke	82
83	13 — 14 200 yd. Butterfly	84
85	Senior 200 yd. Butterfly	86
87	13-14 200 yd. Freestyle	88
89	Senior 200 yd. Freestyle	90

<b>SUNDAY PM SESSION (TIMED FINALS)</b>		
91	11-12 50 yd. Freestyle	92
93	10 & under 50 yd. Freestyle	94
95	8 & under 50 yd. Freestyle	96
97	11-12 200 Medley Relay	98
99	10 & under 200 Medley Relay	100
101	11-12 100 Backstroke	102
103	10 & under 100 yd. Backstroke	104
105	8 & under 25 yd. Backstroke	106
107	6 & under 25 yd. Backstroke	108
109	11-12 50 yd. Breaststroke	110
111	10 & under 50 yd. Breaststroke	112
113	8 & under 50 yd. Breaststroke	114
115	11-12 100 yd. Butterfly	116
117	10 & under 100 yd. Butterfly	118
119	8 & under 25 yd. Butterfly	120
121	6 & under 25 yd. Butterfly	122
123	11-12 200 yd. IM	124
125	10 & under 200 yd. IM	126

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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 Wisconsin/USA Swimming, Inc.

Club Name: \_\_\_\_\_ Initials: \_\_\_\_\_

Signature of Club Official, Parent or Guardian: \_\_\_\_\_

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

Title: \_\_\_\_\_ Email: \_\_\_\_\_

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

### Entry Fee Recap:

_____ Individual Events x \$4.00	\$ _____
Less: Reservation	\$ _____
Total amount due for Individual Events	\$ _____
*** Excess reservation <b>cannot</b> be used for relay/LSC Surcharge ***	
_____ Relay Events x \$12.00	\$ _____
_____ 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  
c/o Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187

**\*\*\* Entries due on Tuesday, May 4, 2010 \*\*\***