

2010 14 & Under “WALK THE PLANK” OPEN

Hosted By: Waukesha Express Swim Team

Saturday, June 26th

Sanction # WI2010-226S

Each swimmer that participates in this meet will receive a goody bag.

Goody bags will be given to your coach upon check in at the meet.

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 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 June 26, 2010. Coaches must display their Coaches Card while on deck.

Schedule: *Saturday Single Session* - All races are timed finals.

AM session warm-ups: 8:00 – 9:00 AM

AM session begins: 9:05 AM

A 15 minute break may be added if the timeline allows for it.

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, June 15, 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, June 15, 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:* 1st – 8th place - Medals
8th – 16th place – Ribbons
Relay events: 1st – 8th place - Ribbons
- High Point awards will be given to the top three (3) finishers for each age group (both male and female).
- Heat winners will receive a gold coin which can be used to pick out a prize from the treasure chest. Each gold coin is then placed in a coaches treasure chest. The coach that wins the most coins will have to “Walk The Plank” at the end of the meet!
- 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. 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 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

| Girls | SATURDAY, JUNE 26th SINGLE SESSION | Boys |
|-------|--------------------------------------|------|
| 1 | 9 - 14 MIXED 200 yd. Medley Relay | 1 |
| 2 | 8 & under MIXED 100 yd. Medley Relay | 2 |
| 3 | 13-14 50 yd. Freestyle | 4 |
| 5 | 11 - 12 50 yd. Freestyle | 6 |
| 7 | 10 & under 50 yd. Freestyle | 8 |
| 9 | 8 & under 50 yd. Freestyle | 10 |
| 11 | 6 & under 50 yd. Freestyle | 12 |
| 13 | 13-14 100 yd. Backstroke | 14 |
| 15 | 11 - 12 50 yd. Backstroke | 16 |
| 17 | 10 & under 50 yd. Backstroke | 18 |
| 19 | 8 & under 25 yd. Backstroke | 20 |
| 21 | 6 & under 25 yd. Backstroke | 22 |
| 23 | 13-14 100 yd. Butterfly | 24 |
| 25 | 11 - 12 50 yd. Butterfly | 26 |
| 27 | 10 & under 50 yd. Butterfly | 28 |
| 29 | 8 & under 25 yd. Butterfly | 30 |
| 31 | 6 & under 25 yd. Butterfly | 32 |
| 33 | 13-14 100 yd. Breaststroke | 34 |
| 35 | 11 - 12 50 yd. Breaststroke | 36 |
| 37 | 10 & under 50 yd. Breaststroke | 38 |
| 39 | 8 & under 25 yd. Breaststroke | 40 |
| 41 | 6 & under 25 yd. Breaststroke | 42 |
| 43 | 13-14 200 yd. IM | 44 |
| 45 | 11 - 12 100 yd. IM | 46 |
| 47 | 10 & under 100 yd. IM | 48 |
| 49 | 8 & under 100 yd. IM | 50 |
| 51 | 6 & under 100 yd. IM | 52 |
| 53 | 13-14 100 yd. Freestyle | 54 |
| 55 | 11 - 12 100 yd. Freestyle | 56 |
| 57 | 10 & under 100 yd. Freestyle | 58 |
| 59 | 8 & under 25 yd. Freestyle | 60 |
| 61 | 6 & under 25 yd. Freestyle | 62 |

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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 cannot 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, June 15, 2010 *****