

2010 Express State/Non-State Open

Hosted By: Waukesha Express Swim Team

Saturday, July 10 – Sunday, July 11

Sanction # WI2010-233S

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 July 10, 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.

Failure to follow warm-up guidelines may result in disqualification from the next individual event.

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 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 29, 2010. Any questions concerning entries should be directed to Michael Hamm, Meet Manager at 262-970-0641. If you choose to email you're your entry file it must be received by June 29, 2010 and signed waiver and fees received by June 29, 2010 as well. **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 29, 2010.

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 an additional \$3.00.

Awards: *Individual events:* 1st – 3rd place - Medals
Relay events: 1st – 8th place - Ribbons
4th – 16th place – Ribbons

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

Final

Results: Final results will be posted at www.wisconsinswimming.org.

Seeding: All individual events will be pre-seeded.

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

Girls	SUNDAY PM	Boys
87	13-14 400 yd. IM	88
89	Open 400 yd. IM	90
91	Open 200 yd. Freestyle Relay	92
93	8 & Under 100 yd. Freestyle Relay	94
95	13- 14 50 yd. Freestyle	96
97	Open 50 yd. Freestyle	98
99	8 & Under 25 yd. Freestyle	100
101	13 - 14 200 yd. Backstroke	102
103	Open 200 yd. Backstroke	104
105	8 & Under 50 yd. Backstroke	106
107	13 - 14 100 yd. Breaststroke	108
109	Open 100 yd. Breaststroke	110
111	8 & Under 25 yd. Breaststroke	112
113	13- 14200 yd. Butterfly	114
115	Open 200 yd. Butterfly	116
117	8 & Under 50yd. Butterfly	118
119	13-14 200 yd. Freestyle	120
121	Open 200 yd. Freestyle	122

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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 \$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

c/o Waukesha Express Swim Team

P.O. Box 1874

Waukesha, WI 53187

***** Entries due on Tuesday, June 29, 2010 *****