

2010 FALL SWIM YOUR OWN AGE MEET

Hosted By: Waukesha Express Swim Team

Saturday October 16th, 2010

Sanction #WI2010-311S

Location: Waukesha South High School
401 E. Roberta Drive
Waukesha, WI 53186

Meet

Director: Michael Hamm
P.O. Box 1874
Waukesha, WI 53187
(262) 970-0641
Michael@waukeshaexpress.org

Meet Entry

Chair: Sara Beam
P.O. Box 1874
Waukesha, WI 53187
(262) 970-0641
Sara@waukeshaexpress.org

Facility: Eight or 10 lane, 25 yard pool. Pool depth is 13 feet at the start end and 5ø10ö feet at the bulkhead (turn end). Blocks are 30ö high. The pool features a 9ø13øfull 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 Swimmingø Rule 104.2.2C(4).

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 October 16, 2010. Coaches must display their Coaches Card while on deck.

Schedule: All races are timed finals.

AM session warm-ups: 7:00 AM

AM session begins: 8:05 AM

The afternoon warm-ups will start as soon as the morning session has been completed. The afternoon session will begin 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. 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, October 5 2010. Any questions concerning entries should be directed to Sara Beam, Meet Entry Chair at 262-970-0641. (If you choose to e-mail your entry file it must be received by October 5, 2010 and the signed waiver and fees should be received by the meet director by October 6, 2010. **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, October 5, 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: *Sunday's Individual events:* *Relay events:*
1st ó 3rd place - Medals 1st ó 8th place - Ribbons
4th ó 16th place ó 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 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. Final results will be posted at www.wisconsinswimming.org.

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.***

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

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.

2010 Fall Swim Your Own Age ORDER OF EVENTS

Girls	Saturday AM	Boys
1	12 year old 200 yd. IM	2
3	11 year old 200 yd. IM	4
5	10 year old 100 yd. IM	6
7	9 year old 100 yd. IM	8
9	12 year old 100 yd. Backstroke	10
11	11 year old 100 yd. Backstroke	12
13	10 year old 50 yd. Back	14
15	9 year old 50 yd. Back	16
17	12 year old 100 yd. Breaststroke	18
19	11 year old 100 yd. Breaststroke	20
21	10 year old 50 yd. Breaststroke	22
23	9 year old 50 yd. Breaststroke	24
25	12 year old 50 yd. Butterfly	26
27	11 year old 50 yd. Butterfly	28
29	10 year old 50 yd. Butterfly	30
31	9 year old 50 yd. Butterfly	32
33	11-12 200 yd. Freestyle Relay	34
35	9-10 200 yd. Freestyle Relay	36
37	12 year old 100 yd. Freestyle	38
39	11 year old 100 yd. Freestyle	40
41	10 year old 50 yd. Freestyle	42
43	9 year old 50 yd. Freestyle	44
Girls	Saturday PM	Boys
45	Senior 200 yd. IM	46
47	14 year old 200 yd. IM	48
49	13 year old 200 yd. IM	50
51	8 year old 100 yd. IM	52
53	7 year old 100 yd. IM	54
55	6 & Under 100 yd. IM	56
57	Senior 200 yd. Freestyle Relay	58
59	8 & Under 100 yd. Freestyle Relay	60
61	Senior 100 yd. Freestyle	62
63	14 year old 100 yd. Freestyle	64

Girls	Saturday PM	Boys
65	13 year old 100 yd. freestyle	66
67	8 year old 25 yd. freestyle	68
69	7 year old 25 yd. freestyle	70
71	6 & Under 25 yd. Freestyle	72
73	Senior 200 yd. Breaststroke	74
75	14 year old 100 yd. Breaststroke	76
77	13 year old 100 yd. Breaststroke	78
79	8 year old 25 yd. Breaststroke	80
81	7 year old 25 yd. Breaststroke	82
83	6 & Under 25 yd. Breaststroke	84
85	Senior 100 yd. Butterfly	86
87	14 year old 100 yd. Butterfly	88
89	13 year old 100 yd. Butterfly	90
91	8 year old 25 yd. Butterfly	92
93	7 year old 25 yd. Butterfly	94
95	6 & Under 25 yd. Butterfly	96
97	Senior 200 yd. Backstroke	98
99	14 year old 100 yd. Backstroke	100
101	13 year old 100 yd. Backstroke	102
103	8 year old 25 yd. Backstroke	104
105	7 year old 25 yd. Backstroke	106
107	6 and Under 25 yd. Backstroke	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 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: Sara Beam
c/o Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187

***** Entries due on Tuesday, October 5, 2010*****