

2010 Express State/Non-State Open

Hosted By: Waukesha Express Swim Team

Sunday, November 7, 2010

Sanction #WI2010-323S

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 ten 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 104.2.2C(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 November 7, 2010. Coaches must display their Coaches Card while on deck.

Schedule: *Sunday* ó All races are timed finals.

AM session warm-ups: 7:00 ó 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 afternoon warm-ups will start as soon as the morning session has been completed. The afternoon session will begin 1 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: Alan Potratz

**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, October 26, 2010. Any questions concerning entries should be directed to Sara Beam, Meet Entry Chair at 262-970-0641. If you choose to email you're your entry file it must be received by October 26, 2010 and signed waiver and fees received by October 26, 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 26, 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.***

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 Express State/Non-State Open ORDER OF EVENTS

Girls	Sunday AM	Boys
1	Open 200 yd. Freestyle	2
3	13-14 200 yd. Freestyle	4
5	8 & Under 25 yd. Freestyle	6
7	6 & Under 25 yd. Freestyle	8
9	Open 400 yd. Free Relay	10
11	8 & Under 100 yd. Free Relay	12
13	Open 100 yd. Breaststroke	14
15	13-14 100 yd. Breaststroke	16
17	8 & Under 25 yd. Breaststroke	18
19	6 & Under 25 yd. Breaststroke	20
21	Open 100 yd. Butterfly	22
23	13-14 100 yd. Butterfly	24
25	8 & Under 25 yd. Butterfly	26
27	6 & Under 25 yd. Butterfly	28
29	Open 100 yd. Backstroke	30
31	13 - 14 100 yd. Backstroke	32
33	8 & Under 25 yd. Backstroke	34
35	6 & Under 25 yd. Backstroke	36
37	Open 200 yd. IM	38
39	13 -14 200 yd. IM	40
41	8& Under 100 yd. IM	42
43	Open 50 yd. Freestyle	44
Girls	Sunday PM	Boys
45	11-12 100 yd. Backstroke	46
47	10 & Under 50 yd. Backstroke	48
49	11-12 200 yd. Freestyle Relay	50
51	10 & Under 200 yd. Freestyle Relay	52

53	11-12 100 Breaststroke	54
55	10 & Under 50 Breaststroke	56
57	11-12 100 Butterfly	58
59	10 & Under 50 Butterfly	60
61	11-12 100 yd. IM	62
63	10 & Under 100 yd. IM	64
65	11-12 50 yd. Freestyle	66
67	10 & Under 50 yd. Freestyle	68
69	12 & Under 500 Freestyle	70
71	10 & Under 200 Freestyle	72

2010 Express State/Non-State Open

Hosted By: Waukesha Express Swim Team

Sunday, November 7, 2010

Sanction #WI2010-323S

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 26, 2010 *****