

2010 Nike Challenge

Hosted By: Waukesha Express Swim Team

December 10-12, 2010

Sanction # WI2010-233S

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 lane, 25 yard pool. Pool depth is 13 feet at the start end and 5'0" 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 (along with back up buttons and stop watches).

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 December 10, 2010. Coaches must display their Coaches Card while on deck.

Schedule: *Friday* All races are timed finals.

PM session warm-ups: 4:30-5:30 PM
PM session begins: 5:35 PM

Saturday and Sunday:

AM session warm-ups: 7:00 - 8:10 AM
AM session begins: 8:15 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.

Finals Warm-Ups: Not before 4:30 PM
Meet Begins: Not before 5:30 PM

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 Combination of circle swim, pace, and sprint lanes as needed.

The evening finals will be conducted in the 8 lane course configuration (lanes are 9' wide and will be double lane lined). At the discretion of the meet management, for timeline circumstances, the prelim sessions may be conducted in the 10 lane course configuration (lanes 7.5' wide). Once actual entries are received meet management will determine the configuration of the pool and will notify each team competing in the meet.

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: This meet will be designed as a "Qualifying Meet", and a "National Evaluator" will be in attendance for certification and re-certification evaluations. The desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the "Officials" section on the Wisconsin Swimming website (www.wisconsinswimming.org). There will be opportunities at the meet to be evaluated for N2 and N3 level positions. However, there may not be enough resources to accommodate all such requests. All applications should be directed to Tim McAvoy, Meet Referee, at timothymcavoy@yahoo.com.

Entries & Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in three(3) events per day plus relays with a maximum of seven (7) events for the meet.

Deck Entries: Deck entries will be at the meet director's discretion, and will only be allowed if there are open lanes available. All deck entries are \$6.00 per event and \$15.00 per relay 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.

Entries will be accepted starting at noon on Tuesday, November 9, 2010 through Tuesday, November 16, 2010.
No reservations will be taken for the meet. Entries will be accepted on a first come first serve basis.

Entries may be e-mailed to Sara Beam at sara@waukeshaexpress.org starting at noon on Tuesday, November 9, 2010.

Completed entry form, signed waiver, and fees must be received no later than Tuesday, November 16, 2010.

Any questions concerning entries should be directed to Sara Beam, Meet Entry Chair at 262-970-0641 or via e-mail at sara@waukeshaexpress.org. Any questions concerning the conduct of the meet should be directed to Michael Hamm, at 262-970-0641 or via e-mail at michael@waukeshaexpress.org or CEO/Head Coach Blaine Carlson at blaine@waukeshaexpress.org

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 no later than Tuesday, November 16, 2010.

Entry Fees: \$5.00 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.

Any swimmer meeting the USA Junior National Qualifying time standards will be allowed to compete free of charge in all of their individual races. These swimmers must still pay to compete in relays as well as the Wisconsin Swimming Splash Fee

Ind. Events: The meet will be a combination of prelim/final events and timed final events. The top eight (8) 11-12 and top sixteen (16) 13-14 and senior age groups will compete in the evening finals session on Saturday and Sunday evenings. All 10 and under events are timed final events.

Friday's timed final events may be limited to the top 24 depending on the number of entries per event, and our meet timeline. Meet management will post a psych sheet online, and will let you know if the entries will be limited for all distance events.

Relay Events: All relay events will be conducted as timed finals. The top eight (8) Senior 400 Freestyle and Medley Relays will compete in the evening finals session. All other relays will be swum to completion in the session in which they are scheduled.

Admissions: \$3.00 per spectator over the age of 12. Heat sheets are an additional \$3.00.

Awards: *Individual events:* 1st ó 8th place - Medals
9th ó 16th place ó Ribbons
Relay events: 1st ó 8th place - Ribbons

High Point Award:
1st ó 3rd place in each age group (both male and female)

Scoring: Sixteen place scoring will be used for individual events.

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 all of Friday's events. Swimmers must provide their own counter for the 500 Freestyle. Seed times must be equal to or faster than the time standard for the event.

The Waukesha Express Swim Team reserves the right to enter their own team's swimmers into the events, even if those swimmers don't meet the entry qualifying time standard.

Meet Fines: Swimmers failing to meet the qualifying standards may be required to prove their entry time. Failure to make the qualifying standard and not being able to prove their time will result in a \$25.00 fine.

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 Nike Challenge

Hosted by the Waukesha Express Swim Team

*****Order of Events*****

Friday -- PM (Timed Finals)

Warm-ups will run from 4:30-5:30 p.m. The meet will start at 5:35 p.m.

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	5:12.19	5:48.39	Senior 500 Freestyle	5:25.29	4:53.29	2
3	5:16.59	5:52.99	13 - 14 500 Freestyle	5:39.39	5:05.59	4
5	5:32.39	6:09.29	11 - 12 500 Freestyle	6:04.69	5:29.19	6
7	3:47.29	3:19.39	10 & U 200 I.M.	3:18.09	3:44.79	8
9	5:56.59	5:14.09	Senior 400 I.M.	4:49.09	5:29.99	10
11	6:02.29	5:19.59	13 - 14 400 I.M.	5:02.39	5:46.19	12

Saturday -- AM Session (Prelims)

Prelims: Warm-ups 7:00-8:10 a.m. Meet starts at 8:15 a.m. Finals: Warm-ups not before 4:30 p.m. Meet starts 1 hour later.

13	2:45.29	2:25.39	13 - 14 200 Freestyle	2:16.29	2:37.09	14
15	2:41.89	2:22.39	Senior 200 Freestyle	2:10.89	2:30.49	16
17	1:23.69	1:13.79	13 - 14 100 Butterfly	1:08.69	1:17.99	18
19	1:22.19	1:12.39	Senior 100 Butterfly	1:05.59	1:14.79	20
21	3:27.99	3:01.99	13 - 14 200 Breaststroke	2:49.39	3:17.59	22
23	3:24.19	2:58.39	Senior 200 Breaststroke	2:42.59	3:08.79	24
25	35.49	30.99	13 - 14 50 Freestyle	28.79	33.19	26
27	34.99	30.49	Senior 50 Freestyle	27.49	31.79	28
29	1:26.79	1:14.39	13 - 14 100 Backstroke	1:10.29	1:21.29	30
31	1:24.79	1:13.29	Senior 100 Backstroke	1:06.39	1:17.59	32

*****5 - 10 minute warm-up break*****

33			Senior 400 Medley Relay			34
----	--	--	-------------------------	--	--	----

Saturday -- PM Session

35	2:52.39	2:31.79	11 - 12 200 Freestyle	2:27.99	2:48.69	36
37	1:56.19	1:42.09	10 & U 100 Butterfly	1:40.59	1:53.99	38
39	3:17.79	2:52.99	11 - 12 200 Butterfly	2:51.49	3:15.89	40
41	54.89	47.79	10 & U 50 Breaststroke	48.19	55.09	42
43	45.59	41.09	11 - 12 50 Breaststroke	41.09	47.09	44
45	40.89	36.19	10 & U 50 Freestyle	35.59	40.39	46
47	36.39	32.19	11 - 12 50 Freestyle	30.99	35.69	48
49	1:48.89	1:33.99	10 & U 100 Backstroke	1:32.49	1:46.09	50
51	1:34.39	1:21.89	11 - 12 100 Backstroke	1:19.09	1:31.39	52

*****5 - 10 minute warm-up break*****

53			10 & U 200 Medley Relay			54
55			11 - 12 200 Medley Relay			55

Sunday -- AM Session

57	3:06.79	2:43.89	13 - 14 200 I.M.	2:33.69	2:56.39	58
59	3:02.09	2:40.69	Senior 200 I.M.	2:26.99	2:50.19	60
61	1:36.59	1:24.49	13 - 14 100 Breaststroke	1:18.39	1:30.49	62
63	1:34.99	1:22.69	Senior 100 Breaststroke	1:14.99	1:27.29	64
65	3:05.69	2:39.59	13 - 14 200 Backstroke	2:31.09	2:55.09	66

67	3:01.29	2:37.99	Senior 200 Backstroke	2:23.69	2:47.19	68
69	1:16.99	1:07.39	13 - 14 100 Freestyle	1:02.89	1:12.19	70
71	1:15.59	1:06.19	Senior 100 Freestyle	59.99	1:09.39	72
73	3:03.59	2:40.99	13 - 14 200 Butterfly	2:32.59	2:53.29	74
75	2:58.39	2:38.79	Senior 200 Butterfly	2:25.59	2:44.89	76
5 - 10 minute warm-up break						
77	Senior 400 Free Relay					78

2010 Nike Challenge
Hosted by the Waukesha Express Swim Team
*****Order of Events*****

Sunday -- PM Session

79		1:34.39	10 & U 100 I.M.	1:31.39		80
81	3:15.19	2:51.79	11 - 12 200 I.M.	2:49.69	3:13.89	82
83	2:02.39	1:46.69	10 & U 100 Breaststroke	1:44.79	1:59.79	84
85	1:41.89	1:29.29	11 - 12 100 Breaststroke	1:28.39	1:41.99	86
87	49.89	43.49	10 & U 50 Backstroke	43.89	50.49	88
89	42.49	37.09	11 - 12 50 Backstroke	36.79	42.29	90
91	1:32.99	1:22.09	10 & U 100 Freestyle	1:19.99	1:31.09	92
93	1:20.19	1:08.29	11 - 12 100 Freestyle	1:08.09	1:17.49	94
95	48.59	42.99	10 & U 50 Butterfly	41.99	46.89	96
97	1:30.79	1:20.59	11 - 12 100 Butterfly	1:19.29	1:30.19	98
5 - 10 minute warm-up break						
99	10 & U 200 Free Relay					100
101	11 - 12 200 Free Relay					102

Saturday -- Finals Session

11 - 12 200 Freestyle						
13 - 14 200 Freestyle						
Senior 200 Freestyle						
11 - 12 200 Butterfly						
13 - 14 100 Butterfly						
Senior 100 Butterfly						
11 - 12 50 Breaststroke						
13 - 14 200 Breaststroke						
Senior 200 Breaststroke						
11 - 12 50 Freestyle						
13 - 14 50 Freestyle						
Senior 50 Freestyle						
11 - 12 100 Backstroke						
13 - 14 100 Backstroke						
Senior 100 Backstroke						

*****5 - 10 minute warm-up break*****

Senior 400 Medley Relay

Sunday -- Finals Session

11 - 12 200 I.M.						
13 - 14 200 I.M.						
Senior 200 I.M.						
11 - 12 100 Breaststroke						

13 - 14 100 Breaststroke

Senior 100 Breaststroke

11 - 12 50 Backstroke

13 - 14 200 Backstroke

Senior 200 Backstroke

11 - 12 100 Freestyle

13 - 14 100 Freestyle

Senior 100 Freestyle

11 - 12 100 Butterfly

13 - 14 200 Butterfly

Senior 200 Butterfly

*****5 - 10 minute warm-up break*****

Senior 400 Free Relay

2010 Nike Challenge

Hosted By: Waukesha Express Swim Team
Friday, December 10-Sunday November 12, 2010

Sanction # WI2010-233S

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 \$5.00	\$ _____
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: Sara Beam
c/o Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187

***** Entries due on Tuesday, November 16, 2010*****