

# 2009 WISCONSIN 13 & OVER LONG COURSE STATE CHAMPIONSHIP

## Prelim/Final Long Course Meet

SANCTION 2009-144WI



- Date:** Thursday- Sunday, July 30 – August 2, 2009
- Place:** Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin 53209
- Warm-up/Start:** **Thursday:** General Warm-up 2:50-3:50 pm. Timed final will begin at 4:00 pm. 30 minutes of circle swim will precede 30 minutes of sprint, pace and general warm-up as needed.
- Friday/Saturday/Sunday Prelims:** General Warm-up 7:30-8:50 am. AM prelims will begin at 9:00 am. Warm-up times and lanes will be assigned for Friday, Saturday and Sunday preliminary sessions. Two 30 minute assigned warm-up sessions will precede 20 minutes of sprint, pace and general warm-up as needed.
- Sunday 1500 Heats:** General warm-ups will begin at the conclusion of the preliminary session and will last for 20 minutes.
- Finals:** General warm-ups will not begin before 4:15 pm and will last for 1 hour. Finals will start at 5:30 pm. 30 minutes of circle swim will precede 30 minutes of sprint, pace and general warm-up as needed.
- Swimmers must enter the pool from the starting end using a three-point entry for warm-up.**
- Pool:** The Schroeder Aquatic Center will be configured as one 50-meter competition pool with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 6'. Pool depth at South pool starting end is 17'. Block height is 30". The Competition course has been certified in accordance with 104.2.2(C). A copy of certification is on file with USA Swimming.
- Timing:** Colorado System 6, touch pads and back-up buttons with back-up watches.
- Official Rules:** Official 2009 USA and Wisconsin Swimming (LSC) Rules shall prevail for this meet, except as otherwise specified in this meet information. Swimmers must be registered WI and USA swimmers with their age as of July 30, 2009.
- Swimmers with a disability:** Please note any special requirements for swimmers with a disability on the entry form.
- Entry Chair:** Pat Lewno  
5330 Linden Circle  
Racine, WI 53406  
Phone: (262) 637-2913 (for pre-meet inquiries—no meet entries will be accepted by phone)  
Email: lewno@wi.rr.com (for meet entries and event check-in)
- Meet Director:** Jennifer Pennings  
1011 Appaloosa Trail  
Racine, WI 53402  
Phone: (262) 752-0387 (for pre-meet inquiries)  
Email: djpenning@wi.rr.com
- Officials:** LSC Appointed Officials: Meet Referee—Bruce Barbee; Administrative Referee—Judy Linsley; and Head Chief Judge—Patrick Weisling.
- Entry Deadlines:** Entries (Email, disk or handwritten) must be received by the entry chair no later than **6:00 pm, Thursday, July 23, 2009**. Waiver, hard copy of entry forms and non-refundable fees must also be received by the entry chair no later than **6:00 PM, Monday, July 27, 2009**. No phone entries will be accepted. **All express mail must be pre-signed so it will not require a signature for delivery.** Teams are strongly encouraged to submit their entries via a Hy-Tek disk or e-mail file.
- NEW CUTS: Additional entries will be accepted up until **6:00 pm, Monday, July 27, 2009, for first time cuts only**, and only for cuts made after the initial entry deadline. Additional relays will also be accepted if there are additional new swimmers qualified after the initial entry deadline. Swimmers entered in the maximum number of events at the state meet who make an additional cut at a subsequent meet may substitute the event in which the new cut was achieved for another event already entered. All additional entries will be accepted from the team's entry person only. **These additional entries must be emailed to lewno@wi.rr.com. You may send in a new entry file with the additions and changes included. No phone entries will be accepted.**
- Any corrections(s) to team entries must be made by **6:00 pm, Monday, July 27, 2009**.
- Entry Limit:** Swimmers may enter a maximum of six (6) individual events plus relays and plus time trials. All swimmers are limited to three (3) individual events per day in any combination of meet events and time trials. **Relay only swimmers must be entered in the meet and are only allowed on 13-14 relays.**
- 13-14 Bonus Event:** Bonus events are allowed for 13-14 swimmers only. No bonus events for 15-Over (or 12-Under) swimmers. If a 13-14 swimmer has achieved a cut in one (1) event, they are allowed to enter two (2) bonus events in addition to the qualified swim. If a 13-14 swimmer has achieved the cut in two (2) events they may swim one (1) bonus event in addition to the qualified swims. If a 13-14 swimmer is entered in three (3) or more events under the cut, they are not allowed any bonus events. Please note -- Include bonus entries on the Hy-Tek file. Be sure to use the Hy-tek options for indicating bonus entries when you prepare your entry file. Also, include the Bonus Entries in the hard copy of individual entries. This will assist Meet Management in deciphering bonus entries from entry exceptions. Anyone entered in a bonus event who

achieves a qualifying time in that event between July 23 and July 27 may update the time in that event and select another bonus event within the limitations described above.

- Relay Limit:** **No relay only swimmers are allowed on senior relays. All senior relay swimmers must be individually qualified participants in the meet.**
- Relay only swimmers must be entered in the meet and are only allowed on 13-14 relays. Relay only swimmers are only allowed on "A" relays. Teams may only enter one relay per event if using a relay only athlete for that age group. To enter a 13-14 relay, your team must have at least one qualified participant in that age group. Relay only swimmers should be included in your initial entry. Additional or alternate relay only swimmers may be added during the meet, but must be entered in the meet management office at least 30 minutes before the start of the session that they are scheduled to swim.**
- Deck Entries:** Deck entries will not be accepted. Deck registration will not be accepted.
- Fees:** Individual events are \$6.00 per event and Relays are \$16.00. All swimmers, including relay only swimmers, must pay the \$7.00 Walter Schroeder facility fee and the \$5.00 Wisconsin Swimming LSC surcharge.
- Seed Times:** DO NOT CONVERT. All courses may be used for entry. Non-conforming times will be seeded after LCM times. The order used for seeding will be LCM-SCM-SCY. Bonus entries will be seeded after qualified swims in the same course order.
- Proof of Time:** A swimmer who does not swim equal to or faster than the Meet qualifying time must prove his/her time or pay a \$50 fine. A swimmer disqualifying from an individual event also must prove his/her time. **The requirement to prove time also applies to a "Downseeded" swimmer who competes. Bonus entries are not required to show a proof of time.** Acceptable proof of time includes any printed Meet Final Results or a printout from the SWIMS database. The proof of time must identify the swimmer by name, his/her time, and the Meet name and date at which the swimmer previously achieved the qualifying time. Time trials or relay leadoffs from this meet will not be accepted for proof of time. A swimmer with an outstanding proof of time may not compete in another individual event in the Meet and his/her team may not compete in relay events in the Meet until the swimmer provides the proof or pays the penalty. All proofs must be completed by the conclusion of Sunday's events. There will be no refunds for proofs after that time. Proof of time will be accepted at the meet management table in front of the glass office. Any Team, with a swimmer owing a proof of time penalty for an individual event from this Meet may not enter a LSC sanctioned or approved Meet until the proof of time is paid.
- Entry times submitted by the initial deadline will be verified through USA SWIMS database. Additional entries, submitted after the initial deadline, will not be verified through the USA Swimming SWIMS database.
- Meet Format:** The meet will be a combination of prelim/final events and timed final events.
- All preliminary heats will be swum with all ages combined and separated by age groups for finals and scoring.
  - Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet.
  - The top 16 swimmers in each age group, unless otherwise noted, will qualify for consolation and championship finals. There are no bonus heats.
  - The 800 Free shall be a timed final check in event with all heats competing during the timed final session on Thursday. Heats will run fast to slow, alternating girls and boys, with all ages combined for seeding and separated for scoring and awards.
  - The 400 IM and 400 Free events shall be timed final, check in events. The top checked in heat in each age group compete in finals. Prelim heats will run fast to slow, alternating girls and boys, in separate age groups.
  - The 1500 Free events shall be timed final, check in events, with all ages combined for seeding and separated for scoring and awards. The top checked in heat, regardless of age will compete in finals. The final heat of the 1500 free will be the first event in finals (before the 200 Butterfly). Swimmers must provide their own counters.
  - The 1500 free event will be swum with 2 swimmers per lane, starting from opposite ends of the pool. Swimmers will be instructed to stay on their correct side of the lane. The timing system will consist of two buttons and 1 watch (automatic pads will not be used). There will be no split times available. In the Timed Finals session, heats will consist of 16 girls, alternating with 16 boys, fastest to slowest. The top checked in heat of 8 swimmers will swim in Finals, regardless of age.
  - Breaks may be added at the discretion of the Meet Director.
- Check-in Events:** The 400 Free, 800 Free, 1500 Free, 400 IM, 800 Free Relay, 400 Free Relay, 400 Medley Relay, the 200 Free Relay and the 200 Medley Relay will be Timed Final, check in events. Positive check in for these events will close according to the schedule shown below.
- If a team will not be at the meet to declare intent to swim and scratches according to the schedule below, the coach designated on the meet waiver will be allowed to email intent to swim and scratches to the entry chair (lewno@wi.rr.com). The check in deadlines still apply if the email option is utilized.
- The Positive Check In Book will be available at all sessions at the meet management table in front of the glass office.
- |   |  |
|---|--|
| <b>800 Free</b>                                 | <b>Thursday, July 30, at 3:20 PM</b>                                       |
| <b>800 Free Relay</b>                           | <b>Thursday, July 30, 30 minutes before the start of the relay session</b> |
| <b>400 IM, 200 Medley Relay, 200 Free Relay</b> | <b>Thursday, July 30, at 6:30 PM</b>                                       |
| <b>400 Free, 400 Medley Relay</b>               | <b>Friday, July 31, at 6:30 PM</b>   |
| <b>**1500 Free, 400 Free Relay</b>              | <b>**Saturday, August 1, at 6:30 PM</b>                                    |
- \*\*Swimmers failing to check-in for Sunday events will be assigned to available open lanes in the slowest heat or to an

additional slowest heat as necessary. These swimmers will be assigned a No Time (NT). At least three swimmers will be assigned to each heat. "Downseeded" swimmers, those assigned to the slowest heats, are still eligible for points and awards. Please scratch if you do not intend to swim a check-in event.

#### **Relay Events:**

Swimmer names and the order of the swimmers must be listed on all relay cards. Additional relay-only swimmers may be added during the meet, *but must be entered in the meet management office at least 30 minutes before the start of the session in which they swim.*

- Teams may enter an "A" 13-14 Relay if they have an individual qualifier in that age group. **Relay Only swimmers are allowed to complete 13-14 "A" relays only.**
- **Senior relays must be comprised entirely of individually qualified swimmers. No relay only swimmers are allowed.**
- The 800 Free Relay will be a timed final, check in event, with all heats competing during the Thursday timed final session. Heats will run fast to slow.
- The 200 and 400 Free Relays and the 200 and 400 Medley Relays will be timed final, check in events, with the top sixteen (16) Senior and top eight (8) 13-14, checked in relays participating in finals. Prelim heats will run fast to slow. Final heats will run slow to fast.

**Seed Time Challenges:** A psych sheet will be posted on the Wisconsin Swimming website **Tuesday, July 28, 2009**. Coaches may challenge the top 8 seeded times in check-in events, but must do so before Noon on **Thursday, July 30, 2009**. Challenges should be directed to the Meet Director. Swimmers with challenged times that cannot be proved will be seeded into the slowest heat.

#### **Ind. Scratch Rule:**

*Pre-seeded Events* - Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Any swimmer not reporting for or competing in a preseeded preliminary heat when finals are scheduled shall not be penalized.

*Events Seeded on the Deck* - Any swimmer entered in an individual event that is seeded on the deck, who has checked in for the event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch or check in will result in the swimmer being seeded in the slowest heat. Downseeded swimmers will not be penalized for not swimming. Checked in swimmers failing to compete will be barred from the next individual event in which the swimmer is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding according to the schedule in this meet information.

#### **Relay Scratch Rule:**

*Pre-seeded Events* - Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.

*Events Seeded on the Deck* - Any relay entered in a relay event that is seeded at the meet, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. Failure to scratch or check in will result in the relay being seeded in the slowest heat. Downseeded relays will not be penalized for not swimming. A checked in relay team member failing to appear ready to swim for the relay event shall be barred from the next individual event in which the swimmer is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of the other relay team members to appear. Exceptions-Relay teams or team members who give acceptable notification to the referee of illness, injury, or that failure to compete caused by circumstances beyond the control of the swimmer(s) shall not be penalized. Finals shall include those relay events deck seeded, but swum as timed finals in prelim-finals competition.

**Scratching from Finals:** Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Listed alternates shall be announced along with the final qualifiers. These alternates shall be based on original preliminary results prior to any scratches. These alternates shall not be penalized if not available to compete in the finals. When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the champion final shall be swum without reseeding for empty lanes. Finals shall include those events deck seeded but swum as timed finals in prelim finals competition. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch within thirty (30) minutes after their last individual event of the day.

#### **Coaches Meeting.:**

Thursday afternoon and as needed. Coaches packets can be picked up at the start of the meet at the meet management table by the glass office. All outstanding entry fees must be paid in full at the time the packet is picked up. Current coach's cards must be visible.

#### **Hospitality:**

Food and refreshments will be available in the hospitality room only for coaches and officials who are working that session. Free refreshments will not be available at the concession area.

- Admissions:** Admissions for all prelim sessions will be \$5.00 for spectators 12 and over.  
Heat sheets for Friday, Saturday, and Sunday are \$5.00 and must be purchased separately.  
Admissions for all final sessions will be \$5.00 and will include a heat sheet.  
A Gold Ticket, covering admission and heat sheets for every session, will be available for \$35.00.  
A Silver Ticket, covering admission for every session—without heat sheets, will be available for \$30.00.
- Awards:** *No awards will be mailed! (Awards not picked up at the meet will be brought to the October LSC meeting.)*  
Individual Awards: Medals: 1<sup>st</sup> – 8<sup>th</sup>, Ribbons: 9<sup>th</sup> – 16<sup>th</sup>  
Relays: Medals: 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons: 4<sup>th</sup> – 8<sup>th</sup>  
State Championship t-shirt will be awarded to the winner in each event. (Limit one per swimmer.)  
  
Individual High Point: 1<sup>st</sup> – 3<sup>rd</sup> male and female  
  
Women's & Men's Age Group Team Awards: 1<sup>st</sup> – 3<sup>rd</sup>
- Team Awards:** Team awards for total point accumulation will be awarded in two (2) divisions. The top 5 teams in each division will be awarded team awards. Division seeding and information can be found online at [www.wisconsinswimming.org](http://www.wisconsinswimming.org).
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- Final Results:** Results (PDF file of Final Results, Meet Manager back-up and Team Manager results file) will be posted on the Wisconsin LSC website, [www.wisconsinswimming.org](http://www.wisconsinswimming.org).
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Only coaches, swimmers, and meet workers are allowed on deck and in the lower bleachers. Teams are asked that following each session of the meet they pick up any garbage in their immediate team area. Swimmers and coaches may not stand on the bulkheads to cheer for their swimmers. The only people who may step on the bulkheads are officials and counters for the distance events. By order of the Brown Deer Fire Department, there will be no videotaping, watching the meet, or picture taking allowed in any area of the stairwells or upper stair well landing areas. Cell phones and other recording devices are not allowed in the locker rooms. No cooler, large bags, or stadium chairs will be allowed in the spectator area. Anyone violating these rules will be promptly removed from that area. Please exercise consideration for your fellow spectators at all times to make for an enjoyable meet for everyone. Swimmers (and their bags) should sit in their team's area in the lower bleachers, not in the spectator stands. No chairs, sleeping bags, or loitering are/is allowed in the hallways.
- Lost & Found:** There will be a lost and found area set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. SEAY and the Walter Schroeder Aquatic Center are not responsible for lost items. Please check the lost and found area during the meet. Items not picked-up by the end of the meet will be discarded or donated to charity.
- Concessions:** Athletes are allowed to bring refreshments (liquids) but NO GLASS is allowed. There will be a selection of food and beverages available for purchase at the meet.
- Parking:** Extremely limited parking will be located in the west parking lot. There will be overflow parking available behind Old Navy and at the park & ride area to the south of Applebee's. WSAC is also offering parking spaces with a fee on the east side of the building. We advise you to drop off your swimmer at the pool and then park your car at the park-and-ride. We encourage use of carpooling to the meet during Prelims.

## 2009 Wisconsin 13 & Over Long Course State Championships Order of Events

All qualifying times will be seeded by LCM, SCM, and finally SCY in prelims.

**Thursday – July 30, 2009**

\*\*\*\*\* **Timed Finals Order of Events** \*\*\*\*\*

*Prelims: Warm-ups 2:50 - 3:50 pm Meet Starts 4:00 pm*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
11:36.49	10:10.99	10:22.99	*1A	13-14 800 Freestyle	*2A	10:21.99	10:09.79	11:28.89
11:22.49	9:52.99	10:04.69	*1B	15-16 800 Freestyle	*2B	9:46.19	9:34.69	10:51.39
11:15.29	9:47.99	9:59.59	*1C	Senior 800 Freestyle	*2C	9:30.69	9:19.49	10:36.59
				<b>45-minute Warm-up***</b>				
			**3	13-14 800 Freestyle Relay	**4			
			**5	Senior 800 Freestyle Relay	**6			

\* TF check in event swum to completion in this session. Heats will run fast to slow, alternating girls and boys. All ages combined for seeding and separated for scoring and awards.

\*\* TF check in event swum to completion in this session. Heats will run fast to slow.

\*\*\* Warm-up start time will be announced and posted after entries are finalized.

**Friday – July 31, 2009**

\*\*\*\*\* **Prelim Order of Events** \*\*\*\*\*

*Prelims: Warm-ups 7:30 - 8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
2:04.99	2:19.09	2:21.89	7A	13-14 200 Freestyle	8A	2:20.99	2:18.19	2:01.99
2:02.69	2:15.69	2:18.29	7B	15-16 200 Freestyle	8B	2:12.59	2:09.99	1:55.69
2:01.09	2:14.79	2:17.39	7C	Senior 200 Freestyle	8C	2:08.49	2:05.99	1:51.59
1:15.59	1:24.99	1:26.59	9A	13-14 100 Breaststroke	10A	1:25.49	1:23.79	1:12.99
1:14.19	1:22.49	1:24.09	9B	15-16 100 Breaststroke	10B	1:19.89	1:18.39	1:08.09
1:12.79	1:21.59	1:23.19	9C	Senior 100 Breaststroke	10C	1:16.79	1:15.29	1:06.19
1:06.19	1:13.19	1:14.59	11A	13-14 100 Butterfly	12A	1:13.09	1:11.59	1:03.99
1:04.09	1:11.19	1:12.59	11B	15-16 100 Butterfly	12B	1:07.59	1:06.19	59.69
1:03.19	1:10.49	1:11.89	11B	Senior 100 Butterfly	12C	1:05.49	1:04.19	57.49
5:10.49	5:46.69	5:53.59	*13	13-14 400 IM	*14	5:48.19	5:41.39	5:02.59
5:02.49	5:35.99	5:42.49	*15	15-16 400 IM	*16	5:23.49	5:17.09	4:43.99
5:00.19	5:35.09	5:41.69	*17	Senior 400 IM	*18	5:17.19	5:10.89	4:37.19
				<b>15 minute in water break</b>				
			**19	13-14 200 Medley Relay	**20			
			***21	Senior 200 Medley Relay	***22			
			**23	13-14 200 Freestyle Relay	**24			
			***25	Senior 200 Freestyle Relay	***26			

\*TF check in event with the top checked in heat in each age division participating in Finals. Prelim heats will run fast to slow, alternating girls and boys, in separate age groups.

\*\*TF check in event with the top 8 seeded relays participating in Finals. Prelim heats run fast to slow.

\*\*\*TF check in event with the top 16 seeded participating in Finals. Prelim heats run fast to slow.

**Friday – July 31, 2009**

\*\*\*\*\* **Final Order of Events** \*\*\*\*\*

*Finals: Warm-ups not before 4:15 pm Meet Starts 5:30 pm*

Women	Event	Men
19	13-14 200 Medley Relay	20
21	Senior 200 Medley Relay	22
7A	13-14 200 Freestyle	8A
7B	15-16 200 Freestyle	8B
7C	Senior 200 Freestyle	8C
9A	13-14 100 Breaststroke	10A
9B	15-16 100 Breaststroke	10B
9C	Senior 100 Breaststroke	10C
11A	13-14 100 Butterfly	12A
11B	15-16 100 Butterfly	12B
11B	Senior 100 Butterfly	12C
13	13-14 400 IM	14
15	15-16 400 IM	16
17	Senior 400 IM	18
	<b>10-Minute Warm-up</b>	
23	13-14 200 Freestyle Relay	24
25	Senior 200 Freestyle Relay	26

**Saturday – August 1, 2009**

**\*\*\*\*\* Prelim Order of Events \*\*\*\*\***

*Prelims: Warm-ups 7:30 - 8:50 am Meet Starts 9:00 am*

<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
26.99	29.99	30.59	27A	13-14 50 Freestyle	28A	29.69	29.19	25.79
25.99	28.99	29.59	27B	15-16 50 Freestyle	28B	27.79	27.29	24.29
25.79	28.89	29.39	27C	Senior 50 Freestyle	28C	26.99	26.49	23.39
2:45.19	3:04.59	3:08.19	29A	13-14 200 Breaststroke	30A	3:05.89	3:02.19	2:39.09
2:42.89	3:00.99	3:04.49	29B	15-16 200 Breaststroke	30B	2:53.09	2:49.69	2:29.59
2:39.49	2:59.69	3:03.19	29C	Senior 200 Breaststroke	30C	2:49.19	2:45.89	2:26.59
1:06.39	1:15.49	1:16.99	31A	13-14 100 Backstroke	32A	1:15.49	1:13.99	1:03.99
1:04.09	1:12.79	1:14.19	31B	15-16 100 Backstroke	32B	1:10.39	1:08.99	1:00.19
1:03.89	1:12.29	1:13.69	31C	Senior 100 Backstroke	32C	1:07.69	1:06.29	57.99
5:34.09	4:52.89	4:58.69	*33	13-14 400 Freestyle	*34	4:58.69	4:52.89	5:27.29
5:26.29	4:47.69	4:53.39	*35	15-16 400 Freestyle	*36	4:39.09	4:33.59	5:10.29
5:24.09	4:44.49	4:50.09	*37	Senior 400 Freestyle	*38	4:33.19	4:27.79	5:02.99
				<b>15 minute in water break</b>				
			**39	13-14 400 Medley Relay	**40			
			***41	Senior 400 Medley Relay	***42			

\*TF event with the top checked in heat in each age division participating in Finals. Prelim heats will run fast to slow, alternating girls and boys, in separate age groups.

\*\*TF event with the top 8 checked in relays participating in Finals, heats run fast to slow.

\*\*\*TF event with the top 16 checked in relays participating in Finals, heats run fast to slow.

**Saturday – August 1, 2009**

**\*\*\*\*\* Final Order of Events \*\*\*\*\***

*Finals: Warm-ups not before 4:15 pm Meet Starts 5:30 pm*

<b>Women</b>	<b>Event</b>	<b>Men</b>
27A	13-14 50 Freestyle	28A
27B	15-16 50 Freestyle	28B
27C	Senior 50 Freestyle	28C
29A	13-14 200 Breaststroke	30A
29B	15-16 200 Breaststroke	30B
29C	Senior 200 Breaststroke	30C
31A	13-14 100 Backstroke	32A
31B	15-16 100 Backstroke	32B
31C	Senior 100 Backstroke	32C
33	13-14 400 Freestyle	34
35	15-16 400 Freestyle	36
37	Senior 400 Freestyle	38
	<b>10-Minute Warm-up</b>	
39	13-14 400 Medley Relay	40
41	Senior 400 Medley Relay	42

**Sunday – August 2, 2009**  
**\*\*\*\*\* Prelim Order of Events \*\*\*\*\***

*Prelims: Warm-ups 7:30 - 8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
2:28.59	2:45.29	2:48.79	43A	13-14 200 Butterfly	44A	2:44.09	2:40.89	2:22.29
2:23.39	2:37.69	2:42.59	43B	15-16 200 Butterfly	44B	2:30.79	2:27.89	2:12.39
2:22.59	2:36.99	2:40.09	43C	Senior 200 Butterfly	44C	2:26.19	2:23.29	2:09.19
2:25.69	2:43.99	2:47.19	45A	13-14 200 Backstroke	46A	2:42.79	2:39.59	2:20.09
2:21.39	2:39.29	2:42.19	45B	15-16 200 Backstroke	46B	2:32.79	2:29.79	2:11.59
2:20.49	2:37.99	2:41.09	45C	Senior 200 Backstroke	46C	2:27.39	2:24.49	2:07.69
57.99	1:04.79	1:06.09	47A	13-14 100 Freestyle	48A	1:04.29	1:03.09	56.09
56.29	1:02.79	1:04.09	47B	15-16 100 Freestyle	48B	1:00.89	59.69	52.99
55.89	1:02.49	1:03.69	47C	Senior 100 Freestyle	48C	58.79	57.69	51.19
2:25.09	2:42.29	2:45.59	49A	13-14 200 IM	50A	2:40.29	2:37.19	2:18.39
2:20.49	2:37.49	2:40.59	49B	15-16 200 IM	50B	2:28.89	2:25.99	2:09.79
2:19.59	2:36.99	2:40.09	49C	Senior 200 IM	50C	2:25.79	2:22.99	2:06.99
				<b>15 minute in water break</b>				
			*51	13-14 400 Freestyle Relay	*52			
			**53	Senior 400 Freestyle Relay	**54			

\*TF event with the top 8 checked in relays participating in Finals, heats run fast to slow.

\*\*TF event with the top 16 checked in relays participating in Finals, heats run fast to slow.

**Sunday – August 2, 2009**  
**\*\*\*\*\* 1500 Freestyle Heats \*\*\*\*\***

*Timed Finals: 20 minute warm-up starting at the conclusion of the Prelim session Meet Starts 5 minutes after conclusion of warm-up*

19:29.69	19:50.59	20:14.39	*55A	13-14 1500 Freestyle	*56A	20:01.29	19:37.79	19:22.29
18:59.79	19:19.29	19:30.89	*55B	15-16 1500 Freestyle	*56B	18:49.19	18:27.09	18:20.99
18:55.99	19:11.19	19:22.29	*55C	Senior 1500 Freestyle	*56C	18:27.69	18:05.99	18:03.39

\* TF event with the top checked in heat, regardless of age, participating in Finals. Heats will run fast to slow, alternating girls and boys. All ages combined for seeding and separated for scoring and awards. The 1500 will be swum with 2 swimmers per lane, starting at opposite ends of the pool.

**Sunday – August 2, 2009**  
**\*\*\*\*\* Final Order of Events \*\*\*\*\***

*Finals: Warm-ups not before 4:15 pm Meet Starts 5:30 pm*

Women	Event	Men
55	13-Over 1500 Freestyle	56
43A	13-14 200 Butterfly	44A
43B	15-16 200 Butterfly	44B
43C	Senior 200 Butterfly	44C
45A	13-14 200 Backstroke	46A
45B	15-16 200 Backstroke	46B
45C	Senior 200 Backstroke	46C
47A	13-14 100 Freestyle	48A
47B	15-16 100 Freestyle	48B
47C	Senior 100 Freestyle	48C
49A	13-14 200 IM	50A
49B	15-16 200 IM	50B
49C	Senior 200 IM	50C
	<b>10 Minute Warm-up</b>	
51	13-14 400 Freestyle Relay	52
53	Senior 400 Freestyle Relay	54

# Time Trials

Sanction 2009-145WI (TT)

- When:** At the conclusion of Friday, Saturday, and Sunday prelim sessions and Sunday finals session as time permits and at the discretion of the meet directors.
- Events:** All meet events will be offered. Events will be combined where appropriate at the discretion of the meet management.
- Eligibility:** Open to swimmers entered in the 2009 13 & Over State Long Course Championship Meet.
- Fee:** \$12.00/individual event and \$20.00/relay event.
- Registration:** At the meet management table located in front of the glass office. Registration will be accepted during the prelim and final sessions up to a half hour before the end of the session. Swimmers in the last event of the day have 10 minutes after the end of that event to sign up for time trials.

**Procedures:**

- Swimmer(s) will sign up for an event at the meet management table.
- Swimmer(s) will fill out a seed card at the table -- swimmer's name, age, team, event name, and seed time.
- Seed card and event fee must be turned into the table before the registration deadline.
- An announcement will be made indicating the time that Time Trials will begin.
- A meeting for all time trial participants and timers will be held prior to the start of Time Trials.
- Cards with heat and lane assignments will be handed out at this meeting.
- It is the swimmer's responsibility to be ready to swim when his/her event, name, and lane number are called. The Referee will not hold the start of the event waiting for a swimmer (or timer) to show.
- ALL time trial cards (whether or not a swimmer swims a desired time) MUST be turned in at the end of each heat.

**Meet Host Provides:** Officials, Colorado System Operator, Meet Management

**Swimmers Provide:** Two (2) Timers, Two (2) Watches, and counter (if needed)

- Reminders:**
1. Swimmers may enter a maximum of six (6) individual events plus relays and plus time trials. All swimmers are limited to three (3) individual events per day in any combination of meet events and time trials. This means that on Sunday, for example, that a swimmer may swim 3 individual events for that day including a combination of:
    - (1) Only time trials,
    - (2) Combining time trials and meet events, or
    - (3) Only meet events.
  2. Time trials begin promptly. It is the responsibility of the swimmer to be at the blocks, complete with his/her timers (and watches), ready to swim.

Note: Timers must turn in their cards whether or not a swimmer achieves a desired time.



**Waiver - Summary Entry Form**  
**(Entries will not be accepted without waiver form)**

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In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assignees, waive and release any and all claims against the United States Swimming, Inc., the Wisconsin Local Swimming Committee of United States Swimming, the SEAY Swim Team, the Walter Schroeder Aquatic Center, Rite-Hite Family YMCA and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide USA Swimming registered athletes and eligible to compete in all events /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. I/We also understand that it is our responsibility to ensure that all of our athletes and coaches are currently registered members of United States Swimming. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

**Make (2) copies of the entry forms:**

1. Mail one copy of entry form, Hy-Tek entry disc (or email entry file), plus entry fees to the entry chair.
2. Retain one copy for coaches' records.

Club Name: \_\_\_\_\_ Abbr: \_\_\_\_\_

**Signature of Club Official, Parent, or Guardian**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Entry Fee Recap:**

Total No. of Individual Events in Meet: \_\_\_\_\_ x Ind. Entry Fee @ \$6.00 = \$ \_\_\_\_\_

Total No. of Relays in Meet: \_\_\_\_\_ x Relay Entry Fee @ \$16.00 = \$ \_\_\_\_\_

\*\*Number of Swimmers Entered in Meet \_\_\_\_\_ X \$5.00 ea (WI LSC Splash Fee) = \$ \_\_\_\_\_

**(\*\*Be sure to include your "relay only" swimmers)**

\*\*Number of Swimmers Entered in Meet \_\_\_\_\_ X \$7.00 ea (Schroeder Facility Fee) = \$ \_\_\_\_\_

**(\*\*Be sure to include your "relay only" swimmers)**

**Make Checks Payable to: "SEAY"** Your Check Number Is \_\_\_\_\_ Total Entry Fee = \$ \_\_\_\_\_

**Name of coaches representing your team at meet:**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

**Name of Designated Coach to email intent to swim and scratches for Positive Check-In Events**

Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Contact information for team entry person (in case of entry problem):**

Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Name and email address for final results:**

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

# 2009 Wisconsin 13 & Over Long Course State Championships

## *Relay Entry Form*

Team Name: \_\_\_\_\_ USA Team Code: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ E-mail \_\_\_\_\_

Day Phone #: \_\_\_\_\_ Evening phone #: \_\_\_\_\_

**Please Write Legibly!**

Event Number-Description	A	B	C	D	E
#3 Women 13-14 800 Freestyle Relay					
#5 Women Senior 800 Freestyle Relay					
#19 Women 13-14 200 Medley Relay					
#21 Women Senior 200 Medley Relay					
#23 Women 13-14 200 Free Relay					
#25 Women Senior 200 Free Relay					
#39 Women 13-14 400 Medley Relay					
#41 Women Senior 400 Medley Relay					
#51 Women 13-14 400 Freestyle Relay					
#53 Women Senior 400 Freestyle Relay					
#4 Men 13-14 800 Freestyle Relay					
#6 Men Senior 800 Freestyle Relay					
#20 Men 13-14 200 Medley Relay					
#22 Men Senior 200 Medley Relay					
#24 Men 13-14 200 Free Relay					
#26 Men Senior 200 Free Relay					
#40 Men 13-14 400 Medley Relay					
#42 Men Senior 400 Medley Relay					
#52 Men 13-14 400 Freestyle Relay					
#54 Men Senior 400 Freestyle Relay					

