

# 2010 WISCONSIN 13 & OVER SC STATE CHAMPIONSHIP

## Prelims/Finals and Timed Finals Short Course Meet

Hosted By Lake Country Swim Team  
SANCTION #2010- 145WI

- Date:** Thursday- Sunday, March 4-7, 2010
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Thursday:** General Warm-up 2:50-3:50 pm. Timed finals 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 1000 Heats:** General warm-ups will begin immediately after the conclusion of the preliminary session and will last for 45 minutes. Starting times will be posted on the Tuesday prior to the meet.
- 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.
- Warm-up and Warm down during the Meet:** The middle section of the main pool will be open for warm-down and warm-up while both courses are being used for competition. There will be continuous access throughout the meet to the warm-down pool located in the Rite-Hite YMCA. The south pool will be open during finals, including during award presentation.
- Swimmers must enter the pool from the start ends using a three point, feet-first entry for warm-up.
- Pool:** The Walter Schroeder Aquatic Center will be configured as two 25-yard competition pools with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 7'. Pool depth at South pool starting end is 16'. Block height is 29.5". The competition course has been certified in accordance with 104.2.2(C). A copy of the certification is on file with USA Swimming.
- Timing:** Colorado System 6, touch pads and back-up buttons with back-up watches
- Official Rules:** Official 2010 Short Course USA and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of March 4<sup>th</sup>, 2010.
- Swimmer with a Disability:** Please note any special requirements for swimmer with a disability on the entry form.
- Entry Chair:** Darsi Kohnhorst  
PO Box 181  
Hartland, WI 53029  
Phone: (262) 367-7657 (for pre-meet inquiries—no meet entries will be accepted by phone)  
Email: lakecountryswim@sbcglobal.net
- Meet Director:** Mark Kohnhorst  
Email: lakecountryswim@sbcglobal.net
- Officials:** Meet Referee: Paul Roehr (MWY), Email: [pdroehr53527@yahoo.com](mailto:pdroehr53527@yahoo.com)  
Admin Referee: George Geanon (LAKE), Email: [gdgeanon@wi.rr.com](mailto:gdgeanon@wi.rr.com)  
Head Chief Judge and Officials' Coordinator: Cindy Raatz (SSTY), Email: [raatzharp@hotmail.com](mailto:raatzharp@hotmail.com)
- Entry Deadlines:** Entries (Email, disk or handwritten) must be received by the entry chair **6:00 PM, Thursday February 25, 2010**. Waiver, hard copy of entry forms and non-refundable fees must also be received by the entry chair no later than **Monday March 1, 2010**. 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, March 1, 2010, 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 at a meet 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 lakecountryswim@sbcglobal.net. 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, March 1, 2010.**

- Entry Limit:** Swimmers may enter a maximum of six (6) individual events plus relays and any number of 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 swimmers is entered in three (3) or more events under the cut, they are not allowed any bonus events. Please note -- Include bonus entries on Hy-Tek file. Be sure to use the Hy-tek options for indicating bonus entries when you prepare your entry file. Also, indicate bonus entries on the hard copy of the 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 February 25 and March 1 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 enter one relay per event if using a relay only swimmer 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 in which 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 entered, including relay only swimmers, must pay the \$5.00 Wisconsin Swimming LSC surcharge and the \$7.00 Walter Schroeder Aquatic Center.
- Seed Times:** All courses may be used for entry. Non-conforming times will be seeded after SCY times. The order used for seeding will be SCY-SCM-LCM. Bonus entries will be seeded after qualified swims in the same course order.
- Proof of Time:** Swimmers who fail to achieve the meet time standard in a non-bonus event, or are disqualified from an individual event, are required to prove their time with a viewable meet result or the SWIMS Database or pay a \$50 fine. 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. Time trials or relay leads from this meet will not be accepted for proof of time. Proof must be provided, or fine paid, before the start of the next session. 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.
- 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.
  - Two pools will be used during Thursday and Sunday's distance timed final session and all preliminary sessions. Men and Women will compete in separate pools, alternating by session. Events may be moved to an alternate pool at the discretion of meet management. All finals will be swum in the North pool.
  - Additional breaks may be inserted in the meet at the discretion of the Meet Director.
  - 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 order of heats during finals will be 13-14 Girls Consolation, 13-14 Girls Championship, 13-14 Boys Consolation, 13-14 Boys Championship, 15-16 Girls Consolation, 15-16 Girls Championship, 15-16 Boys Consolation, 15-16 Boys Championship, 17-Over Girls Consolation, 17-Over Girls Championship, 17-Over Boys Consolation, 17-Over Boys Championship.
  - The 200 yard relay events will be swum to completion at the start of prelims on Friday and Saturday, **run slow to fast**.
  - The 400 yard relays not seeded into the finals session will compete at the end of the preliminary sessions on Saturday and Sunday, **run fast to slow**. Top heat of 13-14 and top two heats of Seniors will compete at Finals, **run slow to fast**.
  - The 800 Free Relay shall be a timed final check-in event with all heats competing during the Thursday night session. The top 8 teams of each age will compete first (13-14 then Senior), followed by the slower heats of 13-14 and then the slower heats of Seniors, **run fast to slow**.
  - The 1650 Free shall be a timed final check-in event with all heats competing during the timed final session on Thursday. Top heat of each age group will swim first, starting with 13-14. Slower heats will be combined ages and run **fast to slow** after top heats of all three age groups are finished. Age groups will be separated for scoring and awards.
  - The 400 IM and 500 Free events shall be timed final, check-in events. The top heat of checked-in swimmers in each age group competes in finals. Slower heats will run **fast to slow** with ages combined.
  - The 1000 Free events shall be timed final, check-in events. The top heat of checked-in swimmers, regardless of age will compete in finals. The final heat of the 1000 free will be the first event in finals (before the 200 Butterfly). Swimmers must provide their own counters. Slower heats of the 1000 Free will be **run fast to slow** with ages combined at the completion of the Sunday prelim session.

- On Saturday, the 400 MR will be swum before the 500 freestyle during prelims, and after the 500 freestyle in finals.

#### Check-in Events:

The 400 IM, 1000 Free, 1650 Free, 500 Free, 800 Free Relay, 400 Free Relay and 400 Medley Relay will be Timed Final, positive check-in events. Check in at the meet management table outside the glass office. If you are not at the pool to check in at these times, please do so via email at [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net) or text to 262-224-4854.

1650 Free	3:20 PM, Thursday, 3/4
800 Free Relay	30 minutes before the start of the Thursday night relay session
400 IM	6:30 PM, Thursday, 3/4
500 Free, 400 Medley Relay	6:30 PM Friday, 3/5
1000 Free, 400 Free Relay	6:30 PM Saturday, 3/6

Swimmers failing to check in will not be seeded. **Please scratch if you do not intend to swim.**

#### Relay Events:

Swimmer names and the order of the swimmers must be listed on all relay cards. Relay-only swimmers must be included on your meet entry. 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 200 yard relay events will be swum to completion at the start of prelims on Friday and Saturday, **run slow to fast.**
  - The 400 yard relays not seeded into the finals session will compete at the end of the preliminary sessions on Saturday and Sunday, **run fast to slow.** Top heat of 13-14 and top two heats of Seniors will compete at Finals, **run slow to fast.**
  - The 800 Free Relay shall be a timed final check-in event with all heats competing during the Thursday night session. The top 8 teams of each age will compete first (13-14 then Senior), followed by the slower heats of 13-14 and then the slower heats of Seniors, **run fast to slow.**

**Seed Time Challenges:** A psych sheet will be posted on the Wisconsin Swimming website **Tuesday, March 2, 2010.** Coaches may challenge the top 8 seeded times in check-in events, but must do so before **Noon Thursday, March 4, 2010.** Challenges should be directed to the Meet Director at [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net). Swimmers with challenged seed times that cannot be proved will be seeded into the slowest heat.

#### Individual 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.
- 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.
- A swimmer may "declare a false start" with the Deck Referee prior to the start of their heat, and not incur a penalty.
- 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.
- A checked in relay team member failing to swim for the relay event shall be barred from the next individual event in which the swimmer is entered, either that or the next meet day. The relay team members who are present to swim shall not be penalized for failure of the other relay team members to appear.
- A relay team may "declare a false start" with the Deck Referee prior to the start of their heat, and not incur a penalty.

#### Scratching from Finals:

- Swimmers must declare their intent to scratch finals 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.
- 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. If a swimmer scratches into finals and the swimmer or coach accepts the seeded position, the swimmer must swim. If they do not

swim, they are barred from further competition for the remainder of the meet. If the swimmer is unaware they have scratched into finals, and does not swim, there is no penalty.

- 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 companion final shall be swum without reseeding for empty lanes.
- Exceptions for Failure to compete — No penalty shall apply for failure to withdraw or compete in an individual event or relay if:
  - (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - (2) A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
  - (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

- Coaches Meeting.:** Thursday at 3:15 PM 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.
- Hospitality:** Food and refreshments will be available to coaches and officials who are working that session.
- Admissions:** Spectator admission is \$6.00 per session for prelims or finals; Thursday admission is \$3.00. Heat sheets will be available for \$3.00 per session. A daily pass for \$12.00 (heat sheets included) is also available.
- Awards Presentation:** Breaks for award presentations for the top 8 individual, and top 3 relay award winners will be determined once the meet timeline has been generated. Please have swimmer, or a proxy, in the awards staging area promptly.
- Awards:** *No awards will be mailed! (Awards not picked up at the meet will be brought to the April 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 (printable, Meet Manager 3.0 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 stop 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 coolers or large bags will be allowed in the spectator area. Anyone violating these rules may 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 East hallway.
- 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. LAKE and the WSAC 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:** Limited parking will be located in the west parking lot. There will be additional parking available behind the Old Navy store and at the park and ride to the south of the Applebee's which is just a short walk to the pool. 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.

# 2010 Wisconsin 13 & Over SC State Championships Order of Events

**Thursday – March 4, 2010**

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

**Men in North Pool, Women in South Pool**

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

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
19:29.69	19:50.59	20:14.39	*1A	13-14 1650 Freestyle	*2A	20:01.29	19:37.79	19:22.29
18:59.79	19:19.29	19:30.89	*1B	15-16 1650 Freestyle	*2B	18:49.19	18:27.09	18:20.99
18:55.99	19:11.19	19:22.29	*1C	Senior 1650 Freestyle	*2C	18:27.69	18:05.99	18:03.39
				<b>45-minute Warm-up***</b>				
			**3	13-14 800 Freestyle Relay	**4			
			**5	Senior 800 Freestyle Relay	**6			

\*TF event swum to completion in this session. Top heat of each age group will swim first, starting with 13-14. Slower heats will be combined ages and run fast to slow after top heats of all three age groups are finished.

\*\* TF check in event swum to completion in this session. Top heat of checked-in relays in each age group will swim first, starting with 13-14. Slower heats will run fast to slow in separate age groups.

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

**Friday – March 5, 2010**

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

**Women in North Pool, Men in South Pool**

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

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

\*TF event swum to completion in this session run slow to fast

\*\*TF event with the top heat of checked in swimmers in each age division participating in Finals. Slower heats will run fast to slow with ages combined.

**Friday – March 5, 2010**

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

**North Pool**

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

Women	Event	Men
11A	13-14 100 Breaststroke	12A
11B	15-16 100 Breaststroke	12B
11C	Senior 100 Breaststroke	12C
13A	13-14 200 Freestyle	14A
13B	15-16 200 Freestyle	14B
13C	Senior 200 Freestyle	14C
15A	13-14 100 Butterfly	16A
15B	15-16 100 Butterfly	16B
15C	Senior 100 Butterfly	16C
*17A	13-14 400 IM	*18A
*17B	15-16 400 IM	*18B
*17C	Senior 400 IM	*18C

\*TF event with the top heat of checked in swimmers in each age division participating in Finals..

# 2010 Wisconsin 13 & Over SC State Championships Order of Events

Saturday – March 6, 2010

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

Men in North Pool, Women in South Pool

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

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			*19	13-14 200 Freestyle Relay	*20			
			*21	Senior 200 Freestyle Relay	*22			
				<b>5-Minute Break (Pool Closed)</b>				
26.99	29.99	30.59	23A	13-14 50 Freestyle	24A	29.69	29.19	25.79
25.99	28.99	29.59	23B	15-16 50 Freestyle	24B	27.79	27.29	24.29
25.79	28.89	29.39	23C	Senior 50 Freestyle	24C	26.99	26.49	23.39
2:45.19	3:04.59	3:08.19	25A	13-14 200 Breaststroke	26A	3:05.89	3:02.19	2:39.09
2:42.89	3:00.99	3:04.49	25B	15-16 200 Breaststroke	26B	2:53.09	2:49.69	2:29.59
2:39.49	2:59.69	3:03.19	25C	Senior 200 Breaststroke	26C	2:49.19	2:45.89	2:26.59
2:25.69	2:43.99	2:47.19	27A	13-14 200 Backstroke	28A	2:42.79	2:39.59	2:20.09
2:21.39	2:39.29	2:42.19	27B	15-16 200 Backstroke	28B	2:32.79	2:29.79	2:11.59
2:20.49	2:37.99	2:41.09	27C	Senior 200 Backstroke	28C	2:27.39	2:24.49	2:07.69
				<b>10-Minute Warm-up (Pool Open)</b>				
			**29	13-14 400 Medley Relay	**30			
			***31	Senior 400 Medley Relay	***32			
				<b>10-Minute Warm-up (Pool Open)</b>				
5:34.09	4:52.89	4:58.69	****33A	13-14 500 Freestyle	****34A	4:58.69	4:52.89	5:27.29
5:26.29	4:47.69	4:53.39	****33B	15-16 500 Freestyle	****34B	4:39.09	4:33.59	5:10.29
5:24.09	4:44.49	4:50.09	****33C	Senior 500 Freestyle	****34C	4:33.19	4:27.79	5:02.99

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

\*\*TF event with top heat of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*TF event with top 2 heats of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*\*TF event with the top heat of checked in swimmers in each age division participating in Finals. Slower heats will run fast to slow with ages combined.

Saturday – March 6, 2010

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

North Pool

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

Women	Event	Men
23A	13-14 50 Freestyle	24A
23B	15-16 50 Freestyle	24B
23C	Senior 50 Freestyle	24C
25A	13-14 200 Breaststroke	26A
25B	15-16 200 Breaststroke	26B
25C	Senior 200 Breaststroke	26C
27A	13-14 200 Backstroke	28A
27B	15-16 200 Backstroke	28B
27C	Senior 200 Backstroke	28C
*33A	13-14 500 Freestyle	*34A
*33B	15-16 500 Freestyle	*34B
*33C	Senior 500 Freestyle	*34C
	<b>10-Minute Warm-up (Pool Open)</b>	
**29	13-14 400 Medley Relay	**30
***31	Senior 400 Medley Relay	***32

\*TF event with the top heat of checked in swimmers in each age division participating in Finals..

\*\*TF event with top heat of checked-in relays competing with finals.

\*\*\*TF event with top 2 heats of checked-in relays competing with finals.

# 2010 Wisconsin 13 & Over SC State Championships Order of Events

Sunday – March 7, 2010

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

Women in North Pool, Men in South Pool

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	35A	13-14 200 Butterfly	36A	2:44.09	2:40.89	2:22.29
2:23.39	2:37.69	2:42.59	35B	15-16 200 Butterfly	36B	2:30.79	2:27.89	2:12.39
2:22.59	2:36.99	2:40.09	35C	Senior 200 Butterfly	36C	2:26.19	2:23.29	2:09.19
1:06.39	1:15.49	1:16.99	37A	13-14 100 Backstroke	38A	1:15.49	1:13.99	1:03.99
1:04.09	1:12.79	1:14.19	37B	15-16 100 Backstroke	38B	1:10.39	1:08.99	1:00.19
1:03.89	1:12.29	1:13.69	37C	Senior 100 Backstroke	38C	1:07.69	1:06.29	57.99
57.99	1:04.79	1:06.09	39A	13-14 100 Freestyle	40A	1:04.29	1:03.09	56.09
56.29	1:02:79	1:04.09	39B	15-16 100 Freestyle	40B	1:00.89	59.69	52.99
55.89	1:02.49	1:03.69	39C	Senior 100 Freestyle	40C	58.79	57.69	51.19
2:25.09	2:42.29	2:45.59	41A	13-14 200 IM	42A	2:40.29	2:37.19	2:18.39
2:20.49	2:37.49	2:40.59	41B	15-16 200 IM	42B	2:28.89	2:25.99	2:09.79
2:19.59	2:36.99	2:40.09	41C	Senior 200 IM	42C	2:25.79	2:22.99	2:06.99
				<b>10-Minute Warm-up (Pool Open)</b>				
			**43	13-14 400 Freestyle Relay	**44			
			***45	Senior 400 Freestyle Relay	***46			
				<b>10-Minute Warm-up (Pool Open)</b>				
11:36.49	10:10.99	10:22.99	****47A	13-14 1000 Freestyle	****48A	10:21.99	10:09.79	11:28.89
11:22.49	9:52.99	10:04.69	****47B	15-16 1000 Freestyle	****48B	9:46.19	9:34.69	10:51.39
11:15.29	9:47.99	9:59.59	****47C	Senior 1000 Freestyle	****48C	9:30.69	9:19.49	10:36.59

\*\*TF event with top heat of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*TF event with top 2 heats of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*\*TF event with the top heat of checked in swimmers with ages combined participating in Finals. Slower heats will run fast to slow with ages combined.

Sunday – March 7, 2010

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

North Pool

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

Women	Event	Men
****47	13-Over 1000 Freestyle	****48
35A	13-14 200 Butterfly	36A
35B	15-16 200 Butterfly	36B
35C	Senior 200 Butterfly	36C
37A	13-14 100 Backstroke	38A
37B	15-16 100 Backstroke	38B
37C	Senior 100 Backstroke	38C
39A	13-14 100 Freestyle	40A
39B	15-16 100 Freestyle	40B
39C	Senior 100 Freestyle	40C
41A	13-14 200 IM	42A
41B	15-16 200 IM	42B
41C	Senior 200 IM	42C
	<b>10-Minute Warm-up (Pool Open)</b>	
**43	13-14 400 Freestyle Relay	**44
***45	Senior 400 Freestyle Relay	***46

\*\*TF event with top heat of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*TF event with top 2 heats of checked-in relays competing with finals. Slower heats will run fast to slow.

\*\*\*\*TF event with the top heat of checked in swimmers with ages combined participating in Finals.

# Time Trials

Sanction #2010 146WI (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 director. Trials will be scheduled in the first available competition pool.
- 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 2010 13 & Over State SC 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. The maximum number of individual events in one day is three (3). This includes time trials. This means that on Sunday, for example, that a swimmer may swim 3 individual events total per 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 Lake Country Swim Team, the Walter Schroeder Aquatic Center, 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 amateur 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 Surcharge) = \$ \_\_\_\_\_  
**(\*\*Be sure to include your "relay only" swimmers)**

\*\*Number of Swimmers Entered in Meet \_\_\_\_\_ X \$7.00 ea (WSAC Surcharge) = \$ \_\_\_\_\_  
**(\*\*Be sure to include your "relay only" swimmers)**

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

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

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

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

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

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

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

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

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

# 2010 Wisconsin 13 & Over SC 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					
#7 Women 13-14 200 Medley Relay					
#9 Women Senior 200 Medley Relay					
#19 Women 13-14 200 Free Relay					
#21 Women Senior 200 Free Relay					
#29 Women 13-14 400 Medley Relay					
#31 Women Senior 400 Medley Relay					
#43 Women 13-14 400 Freestyle Relay					
#45 Women Senior 400 Freestyle Relay					
#4 Men 13-14 800 Freestyle Relay					
#6 Men Senior 800 Freestyle Relay					
#8 Men 13-14 200 Medley Relay					
#10 Men Senior 200 Medley Relay					
#20 Men 13-14 200 Free Relay					
#22 Men Senior 200 Free Relay					
#30 Men 13-14 400 Medley Relay					
#32 Men Senior 400 Medley Relay					
#44 Men 13-14 400 Freestyle Relay					
#46 Men Senior 400 Freestyle Relay					

