Revised

2014 Wisconsin State Regional Championships
Hosted by Waukesha Express Swim Team
WI Sanction Number: WI2014-068S

DATE: February 21-23, 2014

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

FACILITY: Waukesha South Natatorium

MEET DIRECTORS: Michael Hamm
P.O. Box 1874
Waukesha, WI 53817
(262) 309-2776 michael@waukeshaexpress.org

ENTRY CHAIR: Dan Wohl
P.O. Box 1874
Waukesha, WI 53817
(262) 408-0428 dan@waukeshaexpress.org
When emailing entries to the Entry Chair – please include contact information including name of person submitting the entries, name of LSC club and phone number for any questions or problems with the entries.

OFFICIALS: Head Referee: John Lanham (262) 970-3721 johnslanham@gmail.com
Adminstration Official: Steve Carlson

MAIL WAIVERS AND CHECKS TO: Mail forms, signed waiver and fees(payable to WEST) to
Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187

TIMING SYSTEM: Colorado 6 Timing System with horn start, touch pads, one button, and 2 watches as backup. All 25-yard races will be started at the block end.

SCHEDULE:

Friday evening	Warm-ups	4:30-5:30 PM
	Meet start	5:35 PM
Saturday & Sunday A.M.	Warm-ups	7:00-8:00 AM
	Meet start	8:05 AM
Saturday & Sunday P.M.	Warm-ups at the conclusion of the A.M. session and Lasting one hour.	

Breaks may be scheduled prior to each day's distance freestyle event. The meet management and officials would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. **This meet will be run using FLY-OVER starts!!!**

WARM-UPS: General warm-ups/circle swimming for approximately 30-45 minutes. One-way sprint and/or pace lanes will be designated as needed by the meet director for the remainder of the warm-up session.

Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

RULES: Official 2014 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered Wisconsin USA-S swimmers. Age is as of February 21, 2014. Coaches must display their coach's card while on deck. The Waiver is due at the time of entry deadline – fines will be enforced for any missing waivers.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas is not appropriate and is strongly discouraged.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SEEDING: All events will be pre-seeded except for the 500 Free(s), 1000 Free(s) and 1650 Free(s), which will be positive check-in events. The 500, 1000, and 1650 Freestyle events will be run fastest to slowest, alternating girls with boys. Events and or Genders may be combined at the discretion of the head official and the meet directors.

ENTRY DEADLINE: Entries **must** be e-mailed to, Dan Wohl at dan@waukeshaexpress.org, by **6:00 pm on February 17th, 2014**. You will receive a confirmation e-mail. If you have not received your confirmation by February 18th, 2014, call Entry Chairperson immediately.
Your completed entry form, signed waiver, and entry fees must be received by **February 20th, 2014**. This meet will be run using Hy-Tek Meet Manager. All teams are **required** to submit entries in the Hy-Tek/Web based commlink format. No phone entries will be accepted!
ANY entries done manually will be assessed a $10.00 processing fee.

ENTRY FEES: $3.00 LSC splash fee per swimmer, $4.00 per individual event and $10.00 per relay.

ENTRIES: Swimmers may compete in **FIVE** individual events per day to a maximum of **SEVEN** individual events for the meet. Per USA Swimming rules a swimmer may not swim more than 5 individual events per day, including time trial events.

10 & Under, 11-12, and 13-14 swimmers may not swim in an event in their age group in which they have achieved a state cut prior to **entry deadline**. Swimmers may not swim a Senior event if they have achieved the Senior state cut prior to the entry deadline. A swimmer that achieves a state cut after entry deadline of February 17th, 2014 may still swim that event at the Regional meet. All swimmers who have achieved state cuts may swim those events in the Senior category if they have not achieved the Senior state cut in that event.

Any 8 & Under may swim in any 8 & Under event regardless of seed time, but may not swim 10 & Under events in which they have achieved a state cut.

Unattached swimmers without a club affiliation are able to compete in the Regional meet of their choice. Unattached swimmers that are within their 120 days and

affiliated with a club MUST compete in their respective clubs assigned Regional Championship meet.

DECK ENTRIES: **Deck entries are available for High School boys. New heats may be added to accommodate the added High School boy's entries. High School boys deck entries will be at the same cost of $3.00 splash fee, $4.00 per individual entries and $10.00 per relays.**
Any other deck entries will be accepted to fill any open lanes. NO new heats will be created. If the swimmer is not already entered into the meet they will pay the $3.00 LSC splash fee, if they are in already in the meet no new LSC fee is needed. The individual event fee will be $8.00 and $20.00 per relay.

All deck entries must be done at least 30 minutes prior to the session that the events are to be swum.

DECK REGISTRATION: All deck entrants must prove USA Swimming registration at the meet. ONLY APPLIES TO HIGH SCHOOL MALE ATHLETES

DISABILITY SWIMMERS: Please inform the head official of those needs prior to the start of each session.

AWARDS: 1st through 16th place ribbons will be awarded for all individual
1st through 8th place ribbons will be awarded for all relay events.

Individual High Point Awards:
1st-3rd High Point Awards for each Age Group will be awarded (with the exception of Senior Events).
Team High Point Awards: No High Point Team Awards will be awarded but scores will be kept for posting.

No awards will be mailed. Awards not picked up will be brought to the 12-Under State meet.

******All Awards will be bagged and coaches pick up at end of meet*****

SCORING: This meet will be scored through 16th place with relays counting double.

MEET CONDUCT: Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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

FINAL RESULTS: Will be posted on the Wisconsin Swimming website (www.wisconsinswimming.org) within 12-hours of the completion of the meet. Commlinked meet results will be sent via email upon request.

CONCESSIONS: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the Natatorium Pool area.

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WI Sanction #WI2014-056S
Schedule of Events

		Friday Evening				
	4:30-5:30 Warm ups 5:35 Start					
	Cutoff	**Girls**	**Events**	**Boys**	**Cutoff**	
	1:02.29	1	Sr. 100 Fly	2	55.89	
	1:05.39	3	13-14 100 Fly	4	1:02.09	
	2:36.89	5	11-12 200 IM	6	2:36.19	
	2:59.29	7	10&U 200 IM	8	2:58.19	
	1:11.79	9	Sr. 100 Breast	10	1:04.99	
	1:14.69	11	13-14 100 Breast	12	1:11.49	
	1:24.39	13	10&U 100 Back	14	1:23.49	
			***** BREAK *****			
	6:01.49	15	11-12 500 Free	16	6:05.49	
	6:58.59	17	10&U 500 Free	18	7:01.49	
	11:07.49	19	Sr. 1000 Free	20	10:26.49	

	Saturday AM						**Sunday AM**			
(7:00-8:00 am warm-ups, 8:05 am start)						(7:00-8:00 am warm-ups, 8:05 am start)				
Cutoff	**Girls**	**Events**	**Boys**	**Cutoff**		**Cutoff**	**Girls**	**Events**	**Boys**	**Cutoff**
	21	10&U 200 Fr Rel	22			1:12.39	83	11-12 100 Back	84	1:13.19
	23	11-12 200 Fr Rel	24				85	10&U 200 Med Rel	86	
1:10.99	25	10&U 100 Free	26	1:11.69			87	11-12 200 Med Rel	88	
1:01.99	27	11-12 100 Free	28	1:02.89		1:23.19	89	10&U 100 IM	90	1:23.19
37.39	29	10&U 50 Fly	30	36.99		1:12.19	91	11-12 100 IM	92	1:13.39
31.99	31	11-12 50 Fly	32	32.29		32.19	93	10&U 50 Free	94	32.39
38.59	33	10&U 50 Back	34	38.79		2:14.99	95	11-12 200 Free	96	2:16.99
33.19	35	11-12 50 Back	36	33.99		43.49	97	10&U 50 Breast	98	43.69
1:36.89	37	10&U 100 Breast	38	1:36.09		37.39	99	11-12 50 Breast	100	38.29
1:22.29	39	11-12 100 Breast	40	1:23.19		1:24.79	101	10&U 100 Fly	102	1:25.99
2:34.59	41	10&U 200 Free	42	2:35.99		1:12.49	103	11-12 100 Fly	104	1:14.59
28.49	43	11-12 50 Free	44	28.89						
	Saturday PM						**Sunday PM**			
(1-hour warm-ups at end of am session)						(1-hour warm-ups at end of am session)				
Cutoff	**Girls**	**Events**	**Boys**	**Cutoff**		**Cutoff**	**Girls**	**Events**	**Boys**	**Cutoff**

4:54.59	45	Sr. 400 IM	46	4:29.99			105	8&U 25 Free	106	
5:04.69	47	13-14 400 IM	48	4:53.99		1:59.79	107	Sr. 200 Free	108	1:50.39
	49	8&U 100 Fr Rel	50			2:03.59	109	13-14 200 Free	110	2:00.49
	51	Sr. 200 Fr Rel	52				111	8&U 100 Med Rel	112	
	53	13-14 200 FR	54				113	Sr. 200 Med Rel	114	
	55	8&U 50 Free	56				115	13-14 200 Med Rel	116	
55.19	57	Sr. 100 Free	58	50.59			117	8&U 50 Back	118	
57.29	59	13-14 100 Free	60	55.49		1:03.09	119	Sr. 100 Back	120	56.99
	61	8&U 25 Back	62			1:05.59	121	13-14 100 Back	122	1:02.79
2:17.79	63	Sr. 200 Back	64	2:03.99			123	8&U 50 Fly	124	
2:22.39	65	13-14. 200 Back	66	2:15.99		2:19.59	125	Sr. 200 Fly	126	2:05.49
	67	8&U 50 Breast	68			2:25.69	127	13-14 200 Fly	128	2.17.99
25.49	69	Sr. 50 Free	70	23.09			129	8&U 25 Breast	130	
26.69	71	13-14 50 Free	72	25.49		2:36.49	131	Sr. 200 Breast	132	2:23.69
	73	8&U 25 Fly	74			2:41.89	133	13-14 200 Breast	134	2:35.79
2:17.99	75	Sr. 200 IM	76	2:05.49			135	8&U 100 IM	136	
2:23.39	77	13-14 200 IM	78	2:16.69						
		BREAK						*** BREAK ***		
5:20.59	79	Sr. 500 Free	80	4:59.99		18:42.99	137	Sr. 1650 Free	138	17:44.79
5:30.39	81	13-14 500 Free	82	5:23.49						

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Meet Waiver

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming Inc., Waukesha School District, the Waukesha Express Swim Team, 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.

Signature of Club Official, parent or guardian: _____

Position _____ Phone # _____

Email Address: _____

Team Name & Abbreviation _____

Team Coach _____ Phone # _____

Name (if other than coach) & address for sending final results:

Name: _____

Street: _____

City: _____ State _____ Zip _____

E-mail address to send final results: _____

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ENTRY FEE RECAP

Total # of individual events: _____ X $4.00 = $_____

# of Relays: _____X $10.00 = $_____

Total # of swimmers: _____ X $3.00 = $_____

Total Entry Fee Due: $ _____

Make all checks payable to WEST

*****Entries are due on Februray 17th 2014*****

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Time Trials

Sunday, February 23, 2014
WI Sanction #WI2014-057TT

When: At the conclusion of the Sunday afternoon session as time permits and at the discretion of the meet directors. Pool will be open for 10 minutes warm-up period following the conclusion of the Sunday afternoon session.

Events: See meet order of events listing. Events and or Genders may be combined at the discretion of the head official and the meet directors. The order of events will be as follows: Free, back, breast, fly, IM and starting at the shortest distance (50y) and progressing up to the longest (1650y). The 1000 and 1650 free will be run last as a combine event.

Time Limit: Waukesha Express Swim Team reserves the right to limit the time trials to 1 hour. If swims do not make it by the time limit, those fees will be refunded.

Limit: The maximum number of individual events in one day is five (5)…This includes time trials! These may be only time trial events or a combination of time trial and meet events.

Fee: $8.00/individual event AND $20/RELAY EVENT.

Registration: Registrations will be accepted up until 1:00 pm Sunday afternoon. Swimmers who sign up for a time trial event and make the state cut time after the registration deadline, will be refunded upon request.

Procedures: Swimmer(s) will sign up for an event at the pool office.
Swimmer(s) will fill out a seed card at the office—swimmer's name, age, team, event name and seed time. Seed card and event fee must be turned in to the office before the deadline (above). A meeting for time trials participants 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 is called. The referee will not hold the start of the event to wait for a swimmer to show. An announcement will be made that time trials are beginning and swimmers should report to the meeting immediately.

Host Club Provide: Officials and Meet Management.

Swimmers Provide: Timers, stopwatches (some may be available) and counters, where applicable.