

2016 Express July Open

Hosted By: Waukesha Express Swim Team
Saturday July 16th
Sanction#2016-228S

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

Meet Director: Michael Hamm
P.O. Box 1874
Waukesha, WI 53187
Michael@waukeshaexpress.org

Meet Entry Chair: Dan Wohl
P.O. Box 1874
Waukesha, WI 53187
Dan@waukeshaexpress.org

Facility: Eight-Ten lane, 25 yard pool. Pool depth is 13 feet at the start end and 5'10" feet at the bulkhead (turn end). Blocks are 30" high. The pool features a 9'x13' full color, digital display scoreboard. Concessions will be available. No food or beverage is allowed in the pool area. The competition course has not been certified in accordance with USA Swimming's Rule 104.2.2C(4).

Timing: Colorado System 6 timing system with aqua grip touch pads.

Rules: Official 2016 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 July 16, 2016. Coaches must display their Coaches Card while on deck. 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.

Schedule: *Saturday* – All races are timed finals.
AM session warm-ups: 7:00 – 8:00 AM
AM session begins: 8:05 AM
PM session: Warm-ups will begin immediately at the conclusion of AM session and the meet will begin 65 minutes after the start of PM session warm-ups.

The 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	Sprint lanes in lanes 1-4

Sit and slide entries from the starting end of the pool during general warm-ups will be enforced at all times. Failure to follow warm-up guidelines may result in disqualification from the next individual event.

Officials: Meet Ref- Tom Joachim, joachimt@matc.edu
Admin Official- Michael Hamm, michael@waukeshaexpress.org

Entries & Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in four (4) events per day plus relays. Deck entries will only be allowed if there are open lanes available. All swimmers must be registered USA swimmers and their USA Swimming number MUST be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

Completed entry form, signed waiver and fees must be received no later than Tuesday, July 5th, 2016. Any questions concerning entries should be directed to Dan Wohl, Entry Chair at 262-408-0428. Signed waiver and fees must be received by July 16, 2016.

- Mail**
- Entries:** Mail forms, signed waiver and fees (payable to WEST) to:
Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187
All entries must be received by Tuesday, July 5th, 2016.
- Entry Fees:** \$5.00 per individual event
\$12.00 per relay event
\$3.00 per swimmer entered in meet for LSC tax (splash fee)
\$2.00 per swimmer entered in meet facility surcharge
Entry fees must accompany the official entry forms and are not refundable.
- Admissions:** \$5.00 per spectator over the age of 12. Please note doors will open at 6:30 AM.
- Awards:** *Individual events(Open events will not be awarded):* 1st – 3rd place - Medals
Relay events: 1st – 8th place Ribbons
4th – 16th place – Ribbons
All Awards will be bagged and handed out to the coaches at the end of the meet.
- Scoring:** Sixteen place scoring will be used for individual events. Relay event scores will be doubled.
- Final**
- Results:** Final results will be posted at www.wisconsinswimming.org and emailed to all attending teams.
- Seeding:** Events #55, 56, 57, 58 will be positive check-in and may be limited to the top 24 swims. All other events will be pre-seeded
- Conduct:** Each team is responsible for the behavior of their swimmers. ***The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior. In accordance with the Federal Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is strictly prohibited.***
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designed areas is not appropriate and is prohibited.
- 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.

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ORDER OF EVENTS

Girls	SATURDAY AM	Boys
1	11 - 12 200 yd. Freestyle	2
3	10 & Under 200 yd. Freestyle	4
5	8 & Under 50 yd. Freestyle	6
7	11 - 12 200 yd. Medley Relay	8
9	10 & Under 200 yd. Medley Relay	10
11	8 & Under 100 yd. Medley Relay	12
13	11 - 12 50 yd. Breaststroke	14
15	10 & Under 50 yd. Breaststroke	16
17	8 & Under 25 yd. Breaststroke	18
19	11 - 12 50 yd. Backstroke	20
21	10 & Under 50 yd. Backstroke	22
23	8 & Under 25 yd. Backstroke	24
25	11 - 12 50 yd. Butterfly	26
27	10 & Under 50 yd. Butterfly	28
29	8 & Under 25 yd. Butterfly	30
31	11-12 200 yd. IM	32
33	10 & Under 200 yd. IM	34
35	8 & Under 100 yd. IM	36
Girls	SATURDAY PM	Boys
37	13 - 14 100 yd. Freestyle	38
39	Open 100 yd. Freestyle	40
41	Open 200 yd. Medley Relay	42
43	13 -14 100 yd. Breaststroke	44
45	Open 100 yd. Breaststroke	46
47	13 - 14 100 yd. Butterfly	48
49	Open 100 yd. Butterfly	50
51	13 - 14 100 yd. Backstroke	52
53	Open 100 yd. Backstroke	54
55	13 - 14 500 yd. Freestyle	56
57	Open 500 yd. Freestyle	58

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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: _____

<u>Entry Fee Recap:</u>	Individual Events x \$5.00	\$ _____
	Less: Reservation	\$ _____
	Total amount due for Individual Events	\$ _____
	Relay Events x \$12.00	\$ _____
	LSC Surcharge x \$3.00(# of swimmers entered in meet)	\$ _____
	Facility Surcharge x\$2.00(# of swimmers entered in meet)	\$ _____
	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: Michael Hamm
c/o Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187

***** Entries due on Tuesday, July 5th, 2016 *****