

**2009 Nike Challenge**  
**Hosted by: Waukesha Express Swim Team**  
**December 11 – 13, 2009**  
**Sanction #**

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

**Meet Director:** Blaine Carlson  
P.O. Box 1874  
Waukesha WI, 53187  
(262) 970-0641

**Meet Entry Chair:** Michael Hamm  
P.O. Box 1874  
Waukesha, WI 53187  
(262) 309-2776  
Michael@waukeshaexpress.org

**Facility:** Eight lane, 25 yard pool. Pool depth is 13 feet at the start end and 5' 10" feet at bulkhead (turn end). Blocks are 30 inches high. The pool features a 9 by 13 foot full color, digital display scoreboard. Concessions will be available. Warm-up/Warm-down is available during the meet behind the bulkhead. No food or beverage is allowed in the pool area.

**Timing:** Colorado System 6 timing system (along with back up buttons and stop watches) with aqua grip touch pads.

**Rules:** Official 2009 Short Course USA Rules and Wisconsin Swimming Rules shall govern the conduct of this meet. Swimmers must be registered USS swimmers. Age is as of December 11, 2009. Coaches must display their Coaches Card while on deck.

**Schedule:** Friday: (All events are timed final events.)  
PM Session Warm-ups: 4:30 – 5:30 PM  
PM Session Start: 5:35 PM

Saturday & Sunday:  
AM Session Warm-ups: 7:00 – 8:10 AM  
AM Session (Prelims): 8:15 AM  
PM Session: Warm-ups will begin immediately at conclusion of AM session, and the meet will begin 65 minutes after the start of PM session warm-ups.

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

*The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received.*

**WARM UP GUIDELINES**

|                   |   |
|-------------------|---|
| First 30 minutes: | All lanes circle swim   |
| Last 30 minutes:  | Combination of circle swim, pace, and sprint lanes as needed. |

**The evening finals will be conducted in the 8 lane course configuration (lanes are 9' wide and will be double lane lined). At the discretion of meet management, for time line circumstances, the prelim sessions may be conducted in the 10 lane course configuration (lanes are 7.5' wide). Once**

**actual entries are received meet management will determine the configuration of the pool and will notify each team competing in the meet.**

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

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

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

All swimmers must be registered USA Swimming swimmers and their USA Swimming registration number **MUST** be listed on the official entry form. This includes relay only swimmers. Submit current yard times.

**Entries will be accepted starting at noon on Tuesday, November 10, 2009 through Tuesday, November 17, 2009. No reservations will be taken for the meet. Entries will be accepted on a first come first serve basis and will be accepted until the meet is filled.**

Entries may be emailed to Michael Hamm at [michael@waukeshaexpress.org](mailto:michael@waukeshaexpress.org) starting at noon on Tuesday, November 10, 2009.

**Completed entry form, signed waiver, and fees must be received no later than Tuesday, November 17, 2009.**

Any Questions concerning entries should be directed to Michael Hamm, Meet Manager at 262-309-2776 or via email at [Michael@waukeshaexpress.org](mailto:Michael@waukeshaexpress.org) . Any Questions concerning the conduct of the meet should be directed to Blaine Carlson, CEO/Head Coach at 262-970-0641 or via email at [Blaine@waukeshaexpress.org](mailto:Blaine@waukeshaexpress.org) .

**(THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5 DISK AND INCLUDE A PRINTED COPY OF THE ENTRIES.)**

#### **Mail**

**Entries:** Mail forms, signed waiver and fees (payable to WEST) to:  
**Waukesha Express Swim Team**  
**P.O. Box 1874**  
**Waukesha WI, 53187**

**All entries must be received no later than Tuesday, November 17, 2009.**

**Entry Fees:** \$5.00 per individual event  
\$12.00 per relay event  
\$3.00 per swimmer in an individual event for LSC tax (splash fee)  
*Entry fees must accompany the official entry forms and are not refundable.*

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

**Ind. Events:** The meet will be a combination of prelim/final events and timed final events. The top eight (8) 11-12, and top sixteen (16) 13-14 and Senior age groups will compete in Finals on Saturday and Sunday evenings. All 10 and Under events will be timed final events!

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

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

**Admissions:** Admissions will be \$3.00 per session and heat sheets will be available for purchase for \$3.00 each.

**Awards:** Individual Events:  
1<sup>st</sup> – 8<sup>th</sup> place: Medals  
9<sup>th</sup> – 16<sup>th</sup> place: Ribbons

Relay Events:  
1<sup>st</sup> – 8<sup>th</sup> place: Ribbons

High Point Awards:  
1<sup>st</sup>-3<sup>rd</sup> place in each age group (both female and male).

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

#### **Final**

**Results:** Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.

**Seeding:** All individual events will be pre-seeded except for positive check-in for all of Friday's events. Swimmers must provide their own counter for the 500 Freestyle. Seed times must be equal to or faster than the time standard for the event.

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

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

**Conduct:** Each team is responsible for the behavior of their swimmers. ***The Meet Director or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior.***

**Coaches:** All coaches must pick up their coach's packets in person and must show their coach's card. If a coach does not present a USA Swimming registration card, they will not be allowed on deck and the swimmers for the team will be assigned to an 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 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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**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, USS, 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 WI/USA Swimming Inc.

Club Name: \_\_\_\_\_ Initials (Four only) \_\_\_\_\_

Signature of Club Official, Parent or Guardian

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

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

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

Email: \_\_\_\_\_

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

Entry Fee Recap: \_\_\_\_\_ Individual Events x \$5.00 (prelim/final events)=\$ \_\_\_\_\_  
Minus Reservation Paid = \$ \_\_\_\_\_

Bal. Due for Ind. Swims = \$ \_\_\_\_\_

PLUS: \_\_\_\_\_ Relay Events x \$12.00 = \$ \_\_\_\_\_

\_\_\_\_\_ LSC Surcharge x 3.00 = \$ \_\_\_\_\_  
(# of swimmers in Individual Events)

Total Entry Fee Due = \$ \_\_\_\_\_

Name of coach or team representative at meet:

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

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

Email: \_\_\_\_\_

Name and address for mailing of final results:

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

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

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

**Make checks payable to:**

**Waukesha Express Swim Team**

**Mail Entries to:**

**Waukesha Express Swim Team**

**%Nike Challenge Meet**

**P.O. Box 1874**

**Waukesha, WI 53187**

**[Michael@waukeshaexpress.org](mailto:Michael@waukeshaexpress.org)**

