

Waukesha Express Swim Team 2009 - 10 Fall/Winter Meet Schedule

Families must sign up their swimmer(s) on our website for each of the below meets. Sign up and deadlines will be e-mailed to you. Make sure your e-mail address is current on your website account to ensure you receive this information. You are not required to attend all of these meets; however, our coaches have made recommendations for each month. New families: you can sign up for as few or many as you wish. We encourage swimmers to participate in meets when they are ready. If you have questions about whether or not your swimmer is ready or which events to swim, please contact your swimmer's coach.

We will post all time standards on our website along with our meet schedule. All will be posted under the Events page, 2009/10 Meet Schedule.

<u>Date</u>	<u>Meet Name</u>	<u>Eligible Swimmers</u>
October		
Saturday, October 3	SWAT Senior Circuit Meet (SCY) @ Waukesha South H.S.	Sr. 1/Sr. 2/Sr. Team/ Gold (with permission from lead coach)
Sunday, October 11	SEAY Pentathlon Meet (SCY) @ Waukesha South H.S.	All 12 and under swimmers
Saturday, October 17	Express October SYOA Meet (SCY) @ Waukesha South H.S.	All swimmers should attend TEAM MEET

Coach Recommendations: Everyone should try to get into two meets in October. The 13 and Over swimmers should compete in the SWAT Meet and the Express Home Meet. The 12 and under swimmers should compete in the SEAY Meet and Express Home Meet. The Express Home Meet on October 17th is a team meet and we would like all swimmers to participate.

November		
Sunday, November 1	SEAY Meet (SCY) @ Waukesha South H.S.	All swimmers w/o qualifying times for WGLO meet
Sunday, November 8	Express Home Meet (SCY) @ Waukesha South H.S.	All swimmers should attend TEAM MEET
Fri., Nov. 13 – Sun., Nov. 15	U of Minnesota Grand Prix Meet (SCY) @ University of Minnesota	All Senior swimmers with qualifying times
Fri., Nov. 20 – Sun., Nov. 22	WGLO Meet (Lake Country Swim Team) @ Schroeder YMCA (SCY)	All swimmers with qualifying times

Coach Recommendations: Everyone should try to get into two meets in November. Our Team Meet for the month is our Express Home Meet on November 8th and we would like all swimmers participating. If you have qualifying times, one of them should be the WGLO Meet. If not you should attend the SEAY Meet and Express Home Meet. All Senior swimmers with qualifying times should attend the Minnesota Grand Prix Meet. This is the last chance for the high school boys to compete before the high school season begins.

December		
Thurs., Dec. 3 – Sun., Dec. 6	USA Short Course National Championships Federal Way, WA (SCY)	All senior swimmer with qualifying times should attend
Saturday, December 5	SWAT SYOA Meet (SCY) @ Waukesha South H.S.	Open only to those that don't have qualifying times for next weekend's Nike Challenge Meet

Fri., Dec. 11 – Sun., Dec. 13	Express Nike Challenge Meet (SCY) @ Waukesha South H.S.	All swimmers with qualifying times should attend
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Coach Recommendations: Everyone that has qualifying times should swim in our Nike Challenge Meet, even those that attended Short Course Nationals. For those that don't have qualifying times for the Nike Challenge you should attend the SWAT Meet the previous weekend. Any times made at the SWAT Meet can be used to enter into the Nike Challenge Meet.

January

Saturday, January 2	WAM Sr. Meet (SCY) @ Waukesha South H.S.	All Gold/Sr. 1/Sr. 2/Sr. Team Swimmers
Fri., Jan. 8 – Sun., Jan. 10	BAC January Classic (SCY) @ UW-Madison Natatorium	Open to all 12 and under swimmers
Fri., Jan. 8 – Sun., Jan. 10	Academy Bullets Meet (SCY)	Open to all senior swimmers
Sat., Jan. 23 – Sun., Jan. 24	Express Home Meet (SCY) @ Waukesha South H.S.	Open to all swimmers TEAM MEET
Fri., Jan. 29 – Sun., Jan. 31	Circle City Classic (SCY) @ IUPUI, Indianapolis, IN	Open to all swimmers with qualifying times

Coach Recommendations: Swimmers have a number of options in January. Remember that we are starting to get into our Championship portion of our season in January. It is important that all of the 12 and under swimmers attend the BAC Meet, as this is where the 12 and Under State Meet will be held. The Senior swimmers should attend the Academy Meet – they are changing this meet to a new location for the senior swimmers and bringing in larger teams to make it a higher level competition. Everyone that has qualifying times for the INDY Meet should attend. Everyone should swim in our home meet on the 23rd and 24th. Even if your swimmer is competing at INDY they should swim one day at our home meet.

February

Saturday, February 6	MFSC 10 and Under Meet @ Menomonee Falls H.S.	All 10 and under swimmers
Sunday, February 7	SEAY Meet @ Waukesha South H.S.	All swimmers
Fri., Feb. 12 – Sun., Feb. 14	St. Charles Prelim/Final Meet @ ran at 2 locations for prelims and Combined for the evening finals in one location	All swimmers (prelim/final format for more experienced swimmers)
Sunday, February 14	J-Hawk 8 and Under Meet @ UW-Whitewater	All 8 and under swimmers
Fri., Feb. 19 – Sun., Feb. 21	USS Regional Meet @ Waukesha South H.S.	TEAM MEET
Fri., Feb. 26 – Sun., Feb. 28	12 and Under State Meet (SCY) @ UW-Madison Natatorium	All 12 and under swimmers with qualifying times are expected to compete (as well as those needed for relays)

Coach Recommendations: Make sure that you give yourselves enough opportunities at the end of the season to make State Cuts, and to gear up for the end of the season meets. We would like all 8 and Under swimmers

to attend the J-Hawk Meet, as well as all 10 and Under swimmers to attend the MFSC Meet. Everyone that doesn't have State qualifying times should compete at the USS Regional Meet that we are hosting as your season ending meet. Swimmers with state cuts should talk to their coach and participate at least one day at the Regional Meet.

March

Thurs., March 4 – Sun., March 7	13 and Over State Meet (SCY) @ Schroeder YMCA	Everyone with 13 and over State cuts
Tues., March 16 – Sat., March 20	NCSA Jr. National Championships (SCY) @ Orlando YMCA, Orlando, FL	All senior swimmers with qualifying times should attend