EXPRESS LC LAST CHANCE MEET

Hosted By: Waukesha Express Swim Team

July 14, 2019

Sanction: WI2019-214S

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location: Walter Schroeder Aquatic Center
9240 N. Green Bay Road, Brown Deer, WI 53209

Meet Director: Wes Lagerhausen
P.O. Box 1874
Waukesha, WI 53187

Meet Entry Chair: Dan Wohl
P.O. Box 1874
Waukesha, WI 53187
(262) 408-0428
dan@waukeshaexpress.org

Facility: Indoor, 50 meter pool with 8 lanes. Pool depth is 6 feet at the start with 30" starting blocks. The Competition course has been certified in accordance with 104.2.2C(4). A copy of certification is on file with USA Swimming.

Rules: Official 2019 Short Course 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 14, 2019. Coaches must display their Coaches Card while on deck.

Schedule: **All races are timed finals.**

AM Warm-ups: 07:00 AM
AM Session starts: 08:05 AM

PM warm-ups will begin immediately at the conclusion of the AM session. One hour of warm-ups will be offered prior to the start of the afternoon session.

Failure to follow warm-up guidelines may result in disqualification from the next individual event. Feet first three point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a)

Officials: Meet Ref: Tom Joachim/John Lanham/Stephanie James
Admin Official: Dan Wohl/Wes Lagerhausen

Entries & Eligibility: All entries will be taken when accompanied by full payment. Swimmers may compete in four (4) individual events per day. Deck entries will only be allowed if there are open lanes available, at $10/event. 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.

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.

Entries are due by June 27, 2019, along with payment and waiver. Any questions concerning entries should be directed to Dan Wohl, Meet Entry Chair at 262-408-0428.

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

All entries are due by June 27, 2019.

Entry Fees: $5.00 per Individual Event
$5.50 Surcharge (Includes WI Swimming & Facility surcharge)

Admissions: **$5.00**
Heat sheets will NOT be sold. Heat sheets will be available at www.waukeshaexpress.org.

Awards: Awards will be provided as follows:

Individual events:	*Relay events:*
1st – 16th place: Ribbons	1st – 8th place: Ribbons

All awards will be bagged and handed out at end of meet.

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

Final Results: Final results will be sent out to attending teams and posted at www.wisconsinswimming.org.
Final results will be posted at www.wisconsinswimming.org and www.waukeshaexpress.org

Seeding: All individual 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.***

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from with in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach read, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

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.

ORDER OF EVENTS

Girls	Saturday AM	Boys
1	13-14 100 m Backstroke	2
3	Senior 100 m Backstroke	4
5	13-14 100 m Breaststroke	6
7	Senior 100 m Breaststroke	8
9	13-14 100 m Freestyle	10
11	Senior 100 m Freestyle	12
13	13 -14 100 m Butterfly	14
15	Senior 100 m Butterfly	16
17	13-14 200 m IM	18
19	Senior 200 m IM	20
21	8 & U 50 m Backstroke	22
23	9 - 10 50 m Backstroke	24
25	11-12 50 m Backstroke	26
27	8 & U 50 m Breaststroke	28
29	9 - 10 50 Breaststroke	30
31	11-12 50 m Breaststroke	32
33	8 & U 50 m Freestyle	34
35	9 - 10 50 m Freestyle	36
37	11-12 50 m Freetyle	38
39	8 & U 50 m Butterfly	40
41	9 - 10 50 m Butterfly	42
43	11-12 50 m Butterfly	44
45	10 & U 200 m IM	46
47	11-12 200 m IM	48

*Time Trials will be offered at the conclusion of the AM and PM session as time permits.

Meet management reserves the right to combine age groups, but events will still be scored separately.

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WAIVER

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:_____

ENTRY FEE RECAP

_____ Individual Events x $5.00 $_____

_____Surcharge x $5.50 $_____

Total due: $_____

Name of coach or team representative at meet:
Name:_____
Phone:_____
Email:_____

Make checks payable to: Waukesha Express Swim Team
Mail entries to: Dan Wohl
c/o Waukesha Express Swim Team
P.O. Box 1874
Waukesha, WI 53187

Entries due June 27, 2019.