

2019 Wisconsin State Regional 6 Championships

Hosted by Waukesha Express Swim Team

WI Sanction Number: WI2019-044S

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.

DATE: February 15-17, 2019

LOCATION: Waukesha South High School

FACILITY: Eight 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. Pool features full color, digital display scoreboard. The competition course has not been certified.

MEET DIRECTORS: Dan Wohl/Wes Lagerhausen
For inquiries: dan@waukeshaexpress.org, 262-408-0428

ENTRY CHAIR: Dan Wohl, 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: Meet Referee: John Gupton, swimusa@wgup.net, 262-844-5559
Administration Official: Dan Wohl/Wes Lagerhausen, dan@waukeshaexpress.org

MAIL WAIVERS
AND CHECKS TO: **Mail waiver and check to: Waukesha Express Swim Team, PO Box 1874, Waukesha, WI, 53187. Checks payable to Waukesha Express Swim Team (WEST).**

TIMING SYSTEM: All events will be timed using a Colorado Timing System with horn start, touch pads, two buttons, two watches as backup. All 25-yard races will be started at the blocks and will have two buttons and two watches.

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. The diving well will be available for warm-up/warm-down during all sessions.
Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. **No equipment, pull buoys, kick boards, or paddles used in the main pool.**
***Waukesha Express Swim Team reserves the right to assign warm up times and lanes if necessary.**
- RULES:** Official Current USA-Swimming Rules shall prevail for this meet. Swimmers must be registered Wisconsin USA-S swimmers. Age is as of February 15, 2019. Coaches must display their coach's card while on deck. Deck Pass is acceptable proof of USA Swimming membership.

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 400 IM, 500 Free(s), 1000 Free(s) and 1650 Free(s), which will be positive check-in events. The 400 IM, 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@waukeshaexpress.org, by **6:00 pm on Friday, February 8th, 2019**. You will receive a confirmation e-mail. If you have not received your confirmation by February 10th, 2019, call Entry Chairperson immediately. Teams are allowed to send in an updated entry by **12:00 pm on Monday, February 11th, 2019**.
Your completed entry form, signed waiver, and entry fees must be received by **February 15th, 2019**. 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!
- ENTRY FEES:** \$3.00 LSC splash fee per swimmer, \$5.00 per individual event, \$12.00 per relay, and Facility User Fee: \$6.00 per swimmer
- ENTRIES:** Swimmers may compete in **FIVE (5)** individual events per day to a maximum of **EIGHT (8)** individual events for the meet.
PLEASE NOTE: Time Trials are under a **separate sanction** and therefore DO NOT fall under the eight (8) events for meet but DO fall under the total of six (6) events per day, as mandated by USA Swimming.

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 18th, 2019 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.

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 boy's deck entries will be at the same cost of \$3.00 splash fee, \$5.00 per individual entries, \$12.00 per relays, and \$6.00 facility user fee. 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 already in the meet no new LSC fee is needed. The individual event fee will be \$10.00 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.

Deck changes are prohibited.

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

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, 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 Vice President of Program Operations.

- ADMISSIONS: \$5.00 per spectator over the age of 12
- FINAL RESULTS: Will be posted on the Wisconsin Swimming website (www.wisconsinswimming.org) **within 12-hours of the completion of the meet.** Meet results will be sent via email to visiting teams.
- CONCESSIONS: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the pool area. No GLASS IN THE POOL AREA.

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				Friday Evening							
		4:30-5:30 Warm ups 5:35 Start									
		Cutoff	Girls	Events		Boys	Cutoff				
		2:32.99	1	11-12 200 IM		2	2:36.19				
		2:54.99	3	10&U 200 IM		4	2:58.19				
		4:52.19	5	Sr. 400 IM		6	4:35.59				
		4:59.89	7	13-14 400 IM		8	4:52.39				
				*** BREAK ***							
		5:59.99	9	11-12 500 Free		10	6:00.99				
		6:54.09	11	10&U 500 Free		12	7:01.49				
		11:28.59	13	13-14 1000 Free		14	11:17.99				
		11:14.99	15	Sr. 1000 Free		16	10:40.99				
	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
-	17	8&U 25 Free	18			-	-	79	8&U 50 Back	80	-
32.09	19	10&U 50 Free	20			32.39	1:21.79	81	10&U 100 Back	82	1:24.49
28.49	21	11-12 50 Free	22			28.79	1:10.99	83	11-12 100 Back	84	1:13.49
-	23	8&U 100 Med Rel	24			-	-	85	8&U 100 Fr Rel	86	-
-	25	10&U 200 Med Rel	26			-	-	87	10&U 200 Fr Rel	88	-
-	27	11-12 200 Med Rel	28			-	-	89	11-12 200 Fr Rel	90	-
-	29	8&U 25 Fly	30			-	-	91	8&U 25 Breast	92	-
37.59	31	10&U 50 Fly	32	39.99	43.49	93	10&U 50 Breast	94	45.99		
31.39	33	11-12 50 Fly	34	32.49	37.59	95	11-12 50 Breast	96	38.99		
-	35	8&U 25 Back	36	-	-	97	8&U 50 Free	98	-		
37.99	37	10&U 50 Back	38	39.39	1:10.99	99	10&U 100 Free	100	1:12.99		
32.89	39	11-12 50 Back	40	33.99	1:01.99	101	11-12 100 Free	102	1:02.99		
-	41	8&U 50 Breast	42	-	-	103	8&U 50 Fly	104	-		

1:34.4 9	43	10&U 100 Breast	44	1:37.99		1:26.49	105	10&U 100 Fly	106	1:29.99
1:20.9 9	45	11-12 100 Breast	46	1:23.19		1:11.49	107	11-12 100 Fly	108	1:14.09
2:35.5 9	47	10&U 200 Free	48	2:35.99		-	109	8&U 100 IM	110	-
2:14.9 9	49	11-12 200 Free	50	2:15.99		1:21.29	111	10&U 100 IM	112	1:23.49
						1:11.49	113	11-12 100 IM	114	1:12.99
	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
1:59.2 9	51	Sr. 200 Free	52	1:51.09		54.39	115	Sr. 100 Free	116	50.39
2:02.7 9	53	13-14 200 Free	54	1:58.09		56.09	117	13-14 100 Free	118	53.89
-	55	Sr. 200 Med Rel	56	-		-	119	Sr. 200 Fr Rel	120	-
-	57	13-14 200 Med Rel	58	-		-	121	13-14 200 Fr Rel	122	-
1:01.2 9	59	Sr. 100 Fly	60	56.29		2:19.49	123	Sr. 200 Fly	124	2:08.39
1:03.4 9	61	13-14 100 Fly	62	1:01.29		2:24.89	125	13-14 200 Fly	126	2:17.99
2:34.8 9	63	Sr. 200 Breast	64	2:24.89		1:11.99	127	Sr. 100 Breast	128	1:05.09
2:38.4 9	65	13-14 200 Breast	66	2:34.19		1:12.99	129	13-14 100 Breast	130	1:10.29
25.09	67	Sr. 50 Free	68	23.19		2:15.49	131	Sr. 200 Back	132	2:06.49
25.89	69	13-14 50 Free	70	24.69		2:18.39	133	13-14. 200 Back	134	2:12.79
1:01.8 9	71	Sr. 100 Back	72	58.49		2:15.99	135	Sr. 200 IM	136	2:05.09
1:03.4 9	73	13-14 100 Back	74	1:01.99		2:20.19	137	13-14 200 IM	138	2:14.29
-		***BREAK***		-						
5:18.5 9	75	Sr. 500 Free	76	4:58.69				*** BREAK ***		
5:26.3 9	77	13-14 500 Free	78	5:19.49		18:45.9 9	139	+Sr. 1650 Free	140	18:01.99
						19:16.2 9	141	+13-14 1650 Free	142	18:55.39

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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 South High School, Waukesha Express Swim Team, 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.

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: _____

ENTRY FEE RECAP

Total # of individual events: _____ X \$5.00 = \$ _____

of Relays: _____ X \$12.00 = \$ _____

FACILITY USER FEE _____ X \$6.00 = \$ _____

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

Total Entry Fee Due: \$ _____

Make all checks payable to: Waukesha Express Swim Team (WEST)

Mail waiver and fees to:

PO Box 1874, Waukesha, WI. 53187

2019 Wisconsin State Regional 6 Championships Time Trials Hosted by Waukesha Express Swim Team

Time Trials

WI Sanction Number: WI2019-045TT

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.

- When:** At the conclusion of the afternoon session on Saturday and Sunday, 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 afternoon session.
- Eligibility:** Only athletes already entered in the meet are eligible to participate in the Time Trial portion of this meet.
Exception: High School boys may enter into the Time Trial portion without having participated in the meet, however that athlete **MUST** be registered with USA Swimming **AND** be registered for a club participating in their respective Regional meet. Deck Pass is an acceptable proof of eligibility.
- 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:** **SWIMMERS ARE ALLOWED UP TO SIX (6) EVENTS PER DAY.**
PLEASE NOTE: Time Trials are under a separate sanction and therefore do not fall under the eight (8) events per meet. However, **swimmers are NOT allowed to swim more than six (6) events per day which include a combined total of Sunday events and Time Trial events.**
- Fee:** \$10.00/individual event AND \$20/RELAY EVENT.
- Registration:** Registrations will be accepted up until 1:00 pm on Saturday & Sunday. ONLY ATHLETES ASSIGNED TO THAT REGION ARE ELIGIBLE TO COMPETE IN THE TIME TRIALS (Unattached Athletes NOT attached to a specific team but registered as a Wisconsin Athlete may compete). Swimmers, who sign up for a time trial event and make the state cut time after the registration deadline, will be refunded upon request.

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- 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. 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.