

# 2019 Arena Mid-Season Showdown

Hosted By: Waukesha Express Swim Team

December 6 - 8, 2019

Sanction: WI2019-515S

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

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

**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:** 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. 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 (along with back up buttons and stop watches).

**Rules:** Official 2019 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 December 6, 2019. Coaches must display deck pass at check-in.

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.

Pursuant to Wisconsin Swimming, Inc. mandate, all applicable adults participating or associated with respective meet to which this information applies, acknowledge that they are an applicable adult, subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand the compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Meet Ref:** Gary Michalek/John Lanham/Tom Joachim  
**AO:** Dan Wohl/Wes Lagerhausen

**Schedule:** **All are estimates until schedule is finalized (after entries are received).**

*Friday– All races are timed finals.*

PM session warm-ups: 4:30-5:30 PM

PM session begins: 5:35 PM

*Saturday and Sunday:*

AM session warm-ups: 6:30 – 7:50 AM

AM session begins: 8:00 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.

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-Ups** First 30 minutes

All lanes circle swim

Last 30 minutes

Combination of circle swim, pace, and sprint lanes as needed.

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).

**At the discretion of the meet management, for timeline circumstances, the prelim sessions may be conducted in the 10 lane course configuration (lanes 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.**

**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 \$10.00 per event and \$15.00 per relay 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.

**Entries will be accepted starting at noon on Monday, November 11 through Monday, November 18, 2019. No reservations will be taken for the meet. Entries will be accepted on a first come first serve basis.**

**Completed entry form, signed waiver, and fees must be received no later than Monday, November 18, 2019. Any questions concerning entries should be directed to Dan Wohl, Meet Entry Chair at 262-408-0428 or via e-mail at dan@waukeshaexpress.org.**

**Any questions concerning the conduct of the meet should be directed to CEO/Head Coach Blaine Carlson at blaine@waukeshaexpress.org.**

**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 Monday, November 18, 2019.**

**Entry Fees:**

\$6.00 per individual event  
\$12.00 per relay event  
\$9.00 per swimmer in an individual event for LSC tax (splash fee) and Facility surcharge  
*Entry fees must accompany the official entry forms and are not refundable.*

**Ind. Events:**

The meet will be a combination of prelim/final events and timed final events. 13 - 14 and Senior age groups will be combined for prelims. The top eight (8) 11-12 and top sixteen (16) for 13-14 and senior girls, top sixteen (16) for 13-14 boys, and top eight (8) for senior boys will compete in the evening finals session on Saturday and Sunday evenings. All 10 and under events are timed final events.

**Friday's timed final events may be limited to the top 24 depending on meet timeline. Meet management will post a psych sheet, and will inform teams if the entries will be limited for distance events.**

**Relay Events:**

All relay events will be conducted as timed finals and will be swum to completion in the prelim session/timed final sessions. Note: no relays on Sunday.

**Admissions:**

\$5.00 per spectator over the age of 12.  
Heat sheets will be available at [www.waukeshaexpress.org](http://www.waukeshaexpress.org) and available via Meet Mobile

**Awards:**

*Individual events:*                      *Relay events:*  
1<sup>st</sup>– 8<sup>th</sup> place - Medals                      1<sup>st</sup> – 8<sup>th</sup> place - Ribbons  
9<sup>th</sup>– 16<sup>th</sup> place – Ribbons  
High Point Award: 1<sup>st</sup>– 3<sup>rd</sup> place in each age group (both male and female)  
**All awards will be bagged and given to the coaches at the end of the meet.**

- Scoring:** Sixteen place scoring will be used for individual events.
- Final Results:** Will be E-mailed to all competing teams and posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org) & [www.waukeshaexpress.org](http://www.waukeshaexpress.org).
- Seeding:** Friday events will be positive check - in. Note check-in deadline of 12:00 pm on Friday, December 6. E-mail your scratches to Dan Wohl, [dan@waukeshaexpress.org](mailto:dan@waukeshaexpress.org). Wisconsin Swimming scratch rules will be enforced.
- Friday's 500's and 400 IM's will be run Fast to Slow and alternating. Swimmers must provide their own counter for the 500 Freestyle.
- The Waukesha Express Swim Team reserves the right to enter their own team's swimmers into the events, even if those swimmers don't meet the 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 their 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. 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.
- 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 within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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 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.

**2019 Arena Mid-Season Showdown**  
**ORDER OF EVENTS**

**Friday -- PM (Timed Finals)**

*Warm-ups 4:30-5:30 p.m. Meet starts at 5:35 p.m.*

<b>Women</b>	<b>(LCM)</b>	<b>(SCY)</b>	<b>Event</b>	<b>(SCY)</b>	<b>(LCM)</b>	<b>Men</b>
1	5:12.19	5:48.39	Senior 500 Freestyle	5:25.29	4:53.29	2
3	5:16.59	5:52.99	13 - 14 500 Freestyle	5:39.39	5:05.59	4
5	5:32.39	6:09.29	11 - 12 500 Freestyle	6:04.69	5:29.19	6
7	3:47.29	3:19.39	10 & U 200 I.M.	3:18.09	3:44.79	8
9	5:56.59	5:14.09	Senior 400 I.M.	4:49.09	5:29.99	10
11	6:02.29	5:19.59	13 - 14 400 I.M.	5:02.39	5:46.19	12

**Saturday -- AM Session (Prelims)**

*Warm-ups 6:30-7:50 a.m. Meet starts at 8:00 a.m.*

13	2:36.29	2:16.49	13 - 14 200 Freestyle	2:16.29	2:37.09	14
15	2:33.89	2:10.99	Senior 200 Freestyle	2:10.89	2:30.49	16
17	1:23.69	1:13.79	13 - 14 100 Butterfly	1:08.69	1:17.99	18
19	1:22.19	1:12.39	Senior 100 Butterfly	1:05.59	1:14.79	20
21	3:27.99	3:01.99	13 - 14 200 Breaststroke	2:49.39	3:17.59	22
23	3:24.19	2:58.39	Senior 200 Breaststroke	2:42.59	3:08.79	24
25	35.49	30.99	13 - 14 50 Freestyle	28.79	33.19	26
27	34.99	30.49	Senior 50 Freestyle	27.49	31.79	28
29	1:23.79	1:11.39	13 - 14 100 Backstroke	1:10.29	1:21.29	30
31	1:22.79	1:10.29	Senior 100 Backstroke	1:06.39	1:17.59	32
			<b>**5 minute warm-up break**</b>			
33			Senior 200 Free Relay			34

**Saturday -- PM Session (Prelims/Timed Finals)**

*Warm-ups TBD. Meet starts at TBD*

35	2:47.39	2:26.50	11 - 12 200 Freestyle	2:27.99	2:48.69	36
37	1:55.19	1:42.09	10 & U 100 Butterfly	1:40.59	1:53.99	38
39	1:30.79	1:20.09	11 - 12 100 Butterfly	1:18.69	1:28.49	40
41	54.89	47.79	10 & U 50 Breaststroke	48.19	55.09	42
43	45.59	41.09	11 - 12 50 Breaststroke	41.09	47.09	44
45	40.89	36.19	10 & U 50 Freestyle	35.59	40.39	46

47	36.39	32.19	11 - 12 50 Freestyle	30.99	35.69	48
49	1:48.89	1:33.99	10 & U 100 Backstroke	1:32.49	1:46.09	50
51	1:34.39	1:21.89	11 - 12 100 Backstroke	1:19.09	1:31.39	52
			<b>**5 minute warm-up break**</b>			
53			10 & U 200 Free Relay			54
55			11 - 12 200 Free Relay			56

### ***Sunday -- AM Session (Prelims)***

*Warm-ups 6:30-7:50 a.m. Meet starts at 8:00 a.m.*

57	2:58.79	2:33.50	13 - 14 200 I.M.	2:33.69	2:56.39	58
59	2:53.09	2:24.99	Senior 200 I.M.	2:26.99	2:50.19	60
61	1:36.59	1:24.49	13 - 14 100 Breaststroke	1:18.39	1:30.49	62
63	1:34.99	1:22.69	Senior 100 Breaststroke	1:14.99	1:27.29	64
65	2:59.69	2:34.59	13 - 14 200 Backstroke	2:31.09	2:55.09	66
67	2:57.29	2:32.99	Senior 200 Backstroke	2:23.69	2:47.19	68
69	1:12.99	1:03.55	13 - 14 100 Freestyle	1:02.89	1:12.19	70
71	1:11.59	1:00.55	Senior 100 Freestyle	59.99	1:09.39	72
73	3:03.59	2:40.99	13 - 14 200 Butterfly	2:32.59	2:53.29	74
75	2:58.39	2:38.79	Senior 200 Butterfly	2:25.59	2:44.89	76

### ***Sunday -- PM Session (Prelims/Timed Finals)***

*Warm-ups TBD. Meet starts at TBD*

77		1:34.39	10 & U 100 I.M.	1:31.39		78
79	3:08.19	2:44.50	11 - 12 200 I.M.	2:49.69	3:13.89	80
81	2:02.39	1:46.69	10 & U 100 Breaststroke	1:44.79	1:59.79	82
83	1:41.89	1:29.29	11 - 12 100 Breaststroke	1:28.39	1:41.99	84
85	49.89	43.49	10 & U 50 Backstroke	43.89	50.49	86
87	42.49	37.09	11 - 12 50 Backstroke	36.79	42.29	88
89	1:32.99	1:22.09	10 & U 100 Freestyle	1:19.99	1:31.09	90
91	1:20.19	1:08.29	11 - 12 100 Freestyle	1:08.09	1:17.49	92
93	48.59	42.99	10 & U 50 Butterfly	41.99	46.89	94
95	39.39	35.09	11 - 12 50 Butterfly	35.19	39.59	96

## ***Finals Sessions***

### ***ORDER OF EVENTS***

*Warm-ups not before 4:30 p.m. Meet starts 1 hour later.*

	<b><i>Saturday</i></b>		<b><i>Sunday</i></b>	
	11 - 12 200 Freestyle		11 - 12 200 I.M.	
	13 - 14 200 Freestyle		13 - 14 200 I.M.	
	Senior 200 Freestyle		Senior 200 I.M.	
	11-12 100 Butterfly		11 - 12 100 Breaststroke	
	13 - 14 100 Butterfly		13 - 14 100 Breaststroke	
	Senior 100 Butterfly		Senior 100 Breaststroke	
	11 - 12 50 Breaststroke		11 - 12 50 Backstroke	
	13 - 14 200 Breaststroke		13 - 14 200 Backstroke	
	Senior 200 Breaststroke		Senior 200 Backstroke	
	11 - 12 50 Freestyle		11 - 12 100 Freestyle	
	13 - 14 50 Freestyle		13 - 14 100 Freestyle	
	Senior 50 Freestyle		Senior 100 Freestyle	
	11 - 12 100 Backstroke		11 - 12 50 Butterfly	
	13 - 14 100 Backstroke		13 - 14 200 Butterfly	
	Senior 100 Backstroke		Senior 200 Butterfly	

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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: \_\_\_\_\_

<u>Entry Fee Recap:</u>	_____ Individual Events x \$6.00	\$ _____
	_____ Total amount due for Individual Events	\$ _____
	_____ Relay Events x \$12.00	\$ _____
	_____ Surcharge x \$9.00	\$ _____
	(# of swimmers in Individual Events)	
	Total Entry Fee Due	\$ _____

Name of coach or team representative at meet:

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

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

Make checks payable to:

Mail entries to:

Waukesha Express Swim Team

Dan Wohl

c/o Waukesha Express Swim Team P.O. Box 1874

Waukesha, WI 53187