

2021 Wisconsin LSC Summer Regional Meet
Hosted by Elmbrook Swim Club
July 16 - 18, 2021, Sanction #WI2021-267S

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.

Covid Guidelines: Health Monitoring – It is expected all swimmers, coaches, officials, and volunteers are COVID symptom free and without know contact with someone with covid symptoms or diagnosis with the last two weeks. Please do not attend the meet if you are not feeling well.

COVID-19 RISK ACKNOWLEDGEMENT – In applying for this sanction(ed event), the Host, Elmbrook Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Wisconsin Swimming, Inc., the State of Wisconsin and the Milwaukee County Health Department. We have taken enhanced health and safety measures – for you, the other participants, and meet staff. You must follow all instructions while visiting Walter Schroeder Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID- 19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Walter Schroeder Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND WISCONSIN LSC AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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- Location:** Walter Schroeder Aquatic Center
9240 N. Green Bay Rd.
Brown Deer, WI
- Facility:** The Schroeder Aquatic Center is an eight lane, 50-meter pool with non-turbulent lane markers and backstroke flags. Pool depth at starting end is 7' – turn end is 16'. Block height is 29.5". Backstroke wedges are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Timing:** SST timing system with aqua grip touch pads, backup buttons with backup watches.
- Class of Meet:** Summer Regional Time Standard, WI LSC dictated.
- Eligibility:** All swimmers must be currently registered with Wisconsin Swimming. USA Swimming deck registrations will not be accepted. Age as of July 16, 2021.
- Qualification:** There are no qualifying times for this meet. Swimmers may enter and compete in any event in which they do not have the WI State qualifying time. The time standards are listed at <http://www.wisconsinswimming.org>. If a swimmer makes the qualifying time in an event after Tuesday, July 6, 2021, they will be allowed to compete in that event at the Summer Regional Championships.
- If a swimmer, age 14 or under, has achieved the WI State cut in a given race, they can enter the Senior age group for that event, if and only if, they have NOT achieved the WI State cut in the Senior (15&Over) age group. Any swimmer that has already achieved the Senior (15&Over) cut is not allowed to swim that race.
- Non-conforming Times:** DO NOT CONVERT. All courses will be used. Non-conforming times will be seeded after the LCM times. The order used for seeding will be LCM, SCY, SCM.
- Rules:** Official 2021 USA Swimming and Wisconsin LSC rules shall prevail at this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- USA Swimming membership is required for deck access. Coaches and officials should display their USA Swimming card when on the pool deck or be able to produce credential upon request. Non-athlete members are only allowed on deck for official business. Deck Pass is an acceptable proof of USA Swimming membership.

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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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. 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.

Schedule:

Friday PM Warm-up TBD, Meet Start TBD
Saturday and Sunday AM Warm-up 7:00am, Meet start 8:05am
Saturday and Sunday PM Warm-up, Meet Start TBD
PM session will start no later than 75 min after the AM session ends

All warm up sessions, meet start times, and breaks will be determined after entries are received. Estimated meet timeline will be available on the homepage of the Elmbrook Swim Club (<http://ebsc.org>) as soon as it is available.

Wisconsin Swimming warm-up procedures will be in effect. Swimmers must enter the pool from the starting end using a three point entry for warm-up. Warm-up session will begin with 30 minutes of circle swimming in all lanes. Sprint lanes will be opened as needed during the second 30 minutes. Violators of the Wisconsin Swimming warm-up procedures are subject to disqualifications. There will warm-up lanes available in the adjacent YMCA pool throughout the meet.

Time Trials will begin promptly. It is the responsibility of the swimmer to be at the blocks, complete with her/his two timers (and two watches), ready to swim.

Entry Deadline:

Team entries as Hy-Tek entry file, soft copy (as pdf), waiver (as pdf), and fees must be received by the Entry Chair no later than **6:00 PM, Tuesday, July 6, 2021**. You will receive a confirmation e-mail of receipt of entries. If you have not received your confirmation e-mail by Saturday, July 10, 2021 10:00am, e-mail the entry chair sergey.korabelnikov@gmail.com.

Update of times/events can be made up to Monday, July 12 by 5:00pm.

Mail signed waiver, and fees to:

Sergey Korabelnikov
3140 Jerri Ct
Brookfield, WI 53045

Disabled Swimmers:

Coaches are responsible for informing Officials and the Meet Director of any disabled swimmer's needs prior to warm-ups.

Entry Limit:

Participation is limited to seven (7) individual events for the meet excluding time trials.

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Team may enter up to two (2) teams in each relay event. Relay events may be removed from the meet and entry fees refunded, at the discretion of meet management.

The maximum number of individual events in one day is six (6) and includes Time Trials (USA 102.2.3 and 102.2.7). This means that a swimmer may swim 6 individual events total, including a combination of:

- 1) only Time Trials
- 2) combined Time Trials and meet events
- 3) only meet events

Entry Fees: \$8.00 per individual events, \$16.00 per relay entry, \$16.00 WSAC Surcharge, and \$4.00 WI LSC Splash Fee for each swimmer entered in the meet. Form of payment is due by the start of the competition. Checks should be made payable to “Elmbrook Swim Club”.

NOTE: Please be sure that the waiver is signed and provided to host club prior to the entries deadline. Entries without a waiver won't be accepted.

Deck Entries: Deck entries are not allowed.

Waiver: Adult athletes or Parent/Guardian of a minor must complete the competition waiver online at <https://forms.gle/FcWdXbWRvcFbg5S38>.

Format: This is a timed final meet. All events will be pre-seeded except for the 400 IM, 400 Free, 800 Free, and 1500 Free events.

Deck seeded events: The 400 IM, the 400 Free, the 800 Free, and the 1500 free events will be positive check-in events and deck seeded. Positive check in for these events will close 30 minutes before the start of the session in which the event is swum. These events will be swum fastest to slowest, alternating girls and boys.

The Wisconsin Scratch rule will be in effect for this meet. Failure to scratch prior to seeding or failure to declare a false start with the Deck Referee prior to the start of the swimmer's heat and not swimming the event will result in the swimmer being barred from the next individual event in which he/she is entered. Swimmers who do not check in will not be seeded in the event.

If a team will not be at the meet for positive check in events, the coach of the team will be allowed to email the positive check in information to the entry chair (sergey.korabelnikov@gmail.com). The check in deadlines still apply if the email option is utilized.

Coaches Packet: Coaches shall sign-in to the meet at the beginning of each session as they pick up team packets at the pool office. Any fees owed must be paid before you can obtain

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your packet. Please be prepared to show your proof of valid USA Swimming Coach Certification at the time you pick up your team packet.

Awards: Individual awards: 1st – 16th ribbons
High point awards: 1st – 3rd (male & female) for 10&U, 11-12, 13-14 age groups.
No high point awards for Senior age group.

Awards will be bagged by team for coach pick up at the end of each session. Unclaimed awards will be taken to the 12 & Under WI LCM State Championships or the 13 & Over WI LCM State Championships. Awards will not be mailed after the conclusion of the meet.

Heat Sheets: Heat sheets will be available electronically for free, link will be shared with attending teams prior to the meet. Heat sheets of deck-seeded events will be posted around the pool as well as in the hallway after positive check-in is closed. Heats sheets will be available on the meet landing page <http://ebsc.org>. A very limited number of meet programs will be available for sale at the meet for \$5.00 per session.

Admissions: For all spectators over 12 years of age: \$6.00 per session, \$10.00 per day, or \$25.00 for the 3-day pass. Handicap seating will be available; please contact the meet director in advance so accommodations may be made.

Live streaming will be available – details will be posted at the meet home page.

Concessions: Concessions will be available. No food will be allowed in the pool area.

Parking: Parking lots map is [available here](#). Free parking is available on the west side of the building and in the parking lots behind Office Depot in the Marketplace of Brown Deer Shopping Center. Parking is available on the east side of the building for a \$5 charge per entry. Do not park in other areas of the shopping center, including behind the Pick-n Save building.

Conduct: Please follow the athlete and parent conduct guidelines below. Anyone not following these rules may be subject to removal from the meet and facility. Each team is responsible for the conduct of its swimmers and parents.

Teams are asked to pick up any garbage in their immediate team area after each session.

Only counters and officials are allowed on the bulkheads or pool edge during competition.

No coolers, chairs, or large bags will be allowed in the main pool spectator area.

Swimmers (and their bags) should sit in their team's area on the pool deck.

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No standing on the stairways or landing areas of the spectator area. No chairs or sleeping bags are allowed in the hallways.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Flash photography and photography from behind the starting blocks are prohibited at the start of each race. Only designated photographers will be allowed on deck during the warmups and meet.

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.

First Aid: Report injuries to the Lifeguard and Meet Director. First aid kit is located at the lifeguard station in front of the pool office.

Lost & Found: An area for lost and found will be designated at the meet.

Meet Results: Results will be posted on the WI Swimming website and emailed to the teams.

Meet Officials: Head Official: Amy Balducci balo0n013@gmail.com
Admin Official: Sergey Korabelnikov sergey.korabelnikov@gmail.com
Meet Director: Sergey Korabelnikov sergey.korabelnikov@gmail.com

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Event Order and Cut-Off Times

Friday

Event #	Girls - Friday PM – Boys	Event #
1	11-12 200 IM	2
3	10&U 200 IM	4
5	Senior 400 IM	6
7	13-14 400 IM	8
	Break	
9	11-12 400 Free	10
11	10&U 400 Free	12
13	Senior 800 Free	14
15	13-14 800 Free	16

Saturday

Event #	Girls - Saturday AM - Boys	Event #	Event #	Girls - Saturday PM - Boys	Event #
17	10&U 200 Medley Relay	18	41	Senior 200 Medley Relay	42
19	11-12 200 Medley Relay	20	43	Senior 200 Free	44
21	10&U 50 Free	22	45	13-14 200 Free	46
23	11-12 50 Free	24	47	Senior 100 Fly	48
25	10&U 50 Fly	26	49	13-14 100 Fly	50
27	11-12 50 Fly	28	51	Senior 200 Breast	52
29	10&U 50 Back	30	53	13-14 200 Breast	54
31	11-12 50 Back	32	55	Senior 50 Free	56
33	10&U 100 Breast	34	57	13-14 50 Free	58
35	11-12 100 Breast	36	59	Senior 100 Back	60
37	10&U 200 Free	38	61	13-14 100 Back	62
39	11-12 200 Free	40		Break	
			63	Senior 400 Free	64
			65	13-14 400 Free	66

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Sunday

Event #	Girls - Sunday AM - Boys	Event #	Event #	Girls - Sunday PM - Boys	Event #
67	10&U 200 Free Relay	68	87	Senior 200 Free Relay	88
69	11-12 200 Free Relay	70	89	Senior 100 Free	90
71	10&U 100 Back	72	91	13-14 100 Free	92
73	11-12 100 Back	74	93	Senior 200 Fly	94
75	10&U 50 Breast	76	95	13-14 200 Fly	96
77	11-12 50 Breast	78	97	Senior 100 Breast	98
79	10&U 100 Free	80	99	13-14 100 Breast	100
81	11-12 100 Free	82	101	Senior 200 Back	102
83	10&U 100 Fly	84	103	13-14 200 Back	104
85	11-12 100 Fly	86	105	Senior 200 IM	106
			107	13-14 200 IM	108
				Break	
			109	Senior 1500 Free	110
			111	13-14 1500 Free	112



2021 Wisconsin 12 & Under State Championship Time Standards

10 & Under Girls				10 & Under Boys		
LCM	SCM	SCY		SCY	SCM	LCM
36.99	36.49	32.49	50 Free	32.99	36.99	37.99
1:20.99	1:19.49	1:11.49	100 Free	1:12.99	1:21.49	1:23.99
2:56.49	2:52.99	2:35.99	200 Free	2:39.99	2:57.49	3:02.99
6:17.99	6:04.49	6:59.99	500 Free	7:01.49	6:09.99	6:17.99
44.49	42.99	38.49	50 Back	38.99	43.49	45.99
1:33.49	1:30.49	1:21.49	100 Back	1:24.49	1:33.99	1:38.99
50.49	48.99	43.99	50 Breast	45.99	51.49	53.49
1:47.99	1:45.99	1:34.99	100 Breast	1:37.99	1:48.99	1:53.49
43.49	42.49	37.99	50 Fly	39.99	44.49	45.99
1:39.49	1:37.99	1:27.99	100 Fly	1:29.99	1:40.49	1:42.49
XXX	1:30.99	1:21.99	100 IM	1:23.49	1:32.49	XXX
3:22.99	3:17.49	2:57.99	200 IM	2:57.99	3:17.49	3:22.99

Age 11-12 Girls				Age 11-12 Boys		
LCM	SCM	SCY		SCY	SCM	LCM
32.49	31.99	28.49	50 Free	28.99	32.49	33.49
1:10.99	1:09.49	1:02.49	100 Free	1:02.99	1:09.99	1:12.49
2:33.99	2:30.49	2:15.99	200 Free	2:16.99	2:31.99	2:36.49
5:25.49	5:13.99	6:01.99	500 Free	6:03.99	5:19.49	5:26.49
11:13.49	10:59.99	12:40.99	1000 Free	12:59.99	11:16.49	11:34.49
38.49	37.49	33.49	50 Back	34.99	39.49	40.49
1:21.99	1:19.49	1:11.49	100 Back	1:13.99	1:22.49	1:26.49
2:52.99	2:48.49	2:31.49	200 Back	2:34.49	2:51.49	2:57.99
43.49	42.49	37.99	50 Breast	39.49	43.99	45.99
1:33.99	1:31.99	1:22.49	100 Breast	1:24.99	1:34.49	1:38.49
3:15.49	3:12.99	2:53.49	200 Breast	3:02.49	3:22.49	3:30.49
36.49	35.49	31.99	50 Fly	32.99	36.99	37.99
1:21.49	1:19.99	1:11.99	100 Fly	1:14.99	1:23.49	1:25.49
3:07.49	3:05.49	2:46.99	200 Fly	2:49.99	3:09.49	3:13.99
XXX	1:18.99	1:10.99	100 IM	1:12.99	1:20.99	XXX
2:54.49	2:49.99	2:32.99	200 IM	2:36.49	2:53.99	3:00.49
6:16.99	6:06.49	5:29.99	400 IM	5:44.99	6:23.49	6:38.99

Bonus cut times are required for races 200 yards or longer. For 50s and 100s, there is no minimum time required to swim the event as a bonus cut at the state meet.

11-12 Girls Bonus Cuts				11-12 Boys Bonus Cuts		
LCM	SCM	SCY		SCY	SCM	LCM
2:37.99	2:34.49	2:19.99	200 Free	2:20.99	2:35.99	2:40.49
5:33.49	5:21.99	6:11.99	500 Free	6:13.99	5:27.49	5:34.49
11:29.49	11:17.99	13:00.99	1000 Free	13:19.99	11:24.49	11:50.49
2:56.99	2:52.49	2:35.49	200 Back	2:38.49	2:55.49	3:01.99
3:19.49	3:16.99	2:57.49	200 Breast	3:06.49	3:26.49	3:34.49
3:11.49	3:09.49	2:50.99	200 Fly	2:53.99	3:13.49	3:17.99
2:58.49	2:53.99	2:36.99	200 IM	2:40.49	2:57.99	3:04.49
6:24.99	6:14.49	5:37.99	400 IM	5:54.99	6:31.49	6:46.99

All times must be achieved after September 1st, 2018

Last Edit: November 21, 2020



2021 Wisconsin 13 & Over State Championship Time Standards

Girls			Age 13-14	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
29.79	29.29	26.19	50 Free	24.69	27.69	28.39
1:03.79	1:02.79	56.39	100 Free	53.89	1:02.69	1:04.59
2:18.99	2:16.09	2:02.79	200 Free	1:58.09	2:10.89	2:14.99
4:53.59	4:43.09	5:26.39	500 Free	5:19.49	4:40.59	4:46.59
10:09.39	9:57.29	11:28.59	1000 Free	11:17.99	9:48.09	10:08.09
19:33.89	19:01.49	19:16.29	1650 Free	18:55.39	18:40.89	19:24.59
1:12.39	1:10.29	1:03.19	100 Back	1:01.99	1:08.89	1:12.59
2:36.79	2:32.79	2:17.49	200 Back	2:12.79	2:27.39	2:32.89
1:23.59	1:21.79	1:13.49	100 Breast	1:10.29	1:18.09	1:21.19
2:58.49	2:56.29	2:38.49	200 Breast	2:34.19	2:51.19	2:57.69
1:11.29	1:10.59	1:03.49	100 Fly	1:01.29	1:08.29	1:09.99
2:43.29	2:41.69	2:25.49	200 Fly	2:17.99	2:33.79	2:37.59
2:39.89	2:35.69	2:20.19	200 IM	2:14.29	2:29.19	2:34.89
5:42.39	5:32.89	4:59.89	400 IM	4:52.39	5:24.89	5:38.09

Girls			Senior	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
28.49	27.99	25.09	50 Free	23.19	25.99	26.69
1:01.59	1:00.49	54.39	100 Free	50.39	55.99	57.79
2:14.99	2:12.19	1:59.29	200 Free	1:51.09	2:03.09	2:06.99
4:46.59	4:36.39	5:18.59	500 Free	4:58.69	4:22.29	4:27.89
9:57.39	9:45.49	11:14.99	1000 Free	10:40.99	9:15.99	9:34.89
19:03.19	18:31.59	18:45.99	1650 Free	18:01.99	17:48.19	18:29.79
1:10.89	1:08.79	1:01.89	100 Back	58.49	1:04.99	1:08.49
2:34.49	2:30.59	2:15.49	200 Back	2:06.49	2:20.49	2:25.59
1:21.89	1:20.09	1:11.99	100 Breast	1:05.09	1:12.29	1:15.19
2:54.49	2:52.29	2:34.89	200 Breast	2:24.89	2:40.89	2:46.99
1:08.79	1:08.09	1:01.29	100 Fly	56.29	1:02.79	1:04.29
2:36.59	2:34.99	2:19.49	200 Fly	2:08.39	2:23.09	2:26.59
2:35.09	2:30.99	2:15.99	200 IM	2:05.09	2:18.99	2:24.29
5:33.59	5:24.39	4:52.19	400 IM	4:35.59	5:06.19	5:18.69

Qualifying times must be achieved after September 1st, 2018.

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Waiver and Summary Entry Form

PLEASE MAIL THIS WAIVER AND PAYMENT TO SERGEY KORABELNIKOV,
3140 JERRI CT, BROOKFIELD, WI 53045

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, the Wisconsin Association of the USA Swimming, Walter Schroeder Aquatic Center, the city of Brookfield, Brookfield Park, Recreation, and Forestry Department, the Elmbrook Swim Club, their staff and volunteers for injuries and expenses incurred by me/us at the meet or while on the road to and from the meet. I/we are bonafide amateur athletes and eligible to compete in all events I/we have entered.

Signature of Club Official, Parent, Etc.

Position With Club

Address

Telephone

Name of Club

Club Abbreviation

Total number and **names** of All Official Team Coaches at this Meet

E-mail Address for Contact About this Entry

RECAP OF ENTRIES:

Individual Events _____ at \$8.00 (Ind. Entry Fee) \$ _____

Relay Entries _____ at \$16.00 (Relay Entry Fee) \$ _____

Number of swimmers _____ at \$4.00 (LSC Splash Fee) \$ _____

at \$16.00 (WSAC Facility Fee) \$ _____

TOTAL ENTRY FEES: \$ _____

MAKE CHECK PAYABLE to "EBSC"

Check Number: _____

2021 Wisconsin LSC Summer Regional Meet Time Trials
Hosted by Elmbrook Swim Club
July 17 - 18, 2021, Sanction #WI2021-268TT

- Time Trials:** Time Trials will be offered Saturday and Sunday at the conclusion of the PM Sessions and/or as time permits and at the discretion of the Meet Director.
- Events:** See meet order of events listing.
- Fees:** \$15.00/event.
- Registration:** Entries will be accepted during all sessions up to 60 minutes before the end of the PM session. Swimmers do not need to be entered in the Summer Regional Meet in order to participate in Time Trials. If a swimmer is not signed up for the Silver Meet they must be able to prove they are registered with USA Swimming for 2021. Swimmers must be registered as Wisconsin Swimming Athletes to participate in time trials.
- Procedure:**
- Swimmer will sign up for an event at the meet management table.
 - If not a participant of the Summer Regional meet, the swimmer will prove 2021 USA registration.
 - Swimmer will fill out a seed card at the table - swimmer's name, age, team, event name and seed time.
 - Seed card and event fee must be turned into the table before the registration deadline.
 - An announcement will be made indicating the time that Time Trials will begin.
 - A meeting for all time trial participants and timers will be held prior to the start of Time Trials.
 - Cards with heat and lane assignments will be handed out at this meeting.
 - It is the swimmer's responsibility to be ready to swim when his/her event, name, and lane number are called. The Referee will not hold the start of the event waiting for a swimmer or timer to show.
 - ALL time trial cards (whether or not a swimmer swims a desired time) MUST be turned in at the end of each heat.
- Meet Host Provides:** Officials, Timing System Operator, and Meet Management, watches
- Swimmer Provides:** Two (2) timers, and a person to count laps (if needed).
- Reminders:** The maximum number of individual events in one day is six (6) and includes Time Trials (USA 102.2.3 and 102.2.7). This means that a swimmer may swim 6 individual events total, including a combination of:
- only Time Trials
 - combined Time Trials and meet events
 - only meet events
- Time Trials will begin promptly. It is the responsibility of the swimmer to be at the blocks, complete with her/his two timers (and two watches), ready to swim.