

**Express Winter Warm-up**  
**Hosted By: Waukesha Express Swim Team**  
**January 13 - 14, 2018**  
**Sanction: WI2018-037S**

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

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

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

**Facility:** Eight or 10 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.

**Rules:** Official 2018 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 January 13, 2018. Coaches must display their Coaches Card while on deck.

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.

**Schedule:** **All races are timed finals.**  
AM session warm-ups: 7:00 AM  
AM session begins: 8:05 AM

The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received. PM session warm-ups will begin at the conclusion of the AM session, and will last for approximately 60 minutes.

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: John Lanham  
Admin Official: Dan Wohl

**Entries & Eligibility:** All entries will be taken when accompanied by full payment. Swimmers may compete in four (4) individual events per day plus relays. Deck entries will only be allowed if there are open lanes available. All deck entries are \$8.00 per 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 will be accepted beginning December 27, 2017 through January 2, 2018. Any questions concerning entries should be directed to Dan Wohl, Meet Entry Chair at 262-408-0428. Your signed waiver and entry fees should be received by January 2, 2018.

## Mail

**Entries:** Mail forms, signed waiver and fees (payable to WEST) to:  
Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187  
Entries accepted December 27, 2017 - January 2, 2018.

**Entry Fees:** \$4.00 per individual event  
\$10.00 per relay event  
\$7.00 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.*

**Admissions:** \$5.00 per spectator over the age of 12.  
Heat sheets will NOT be sold. Heat sheets will be available at [www.waukeshaexpress.org](http://www.waukeshaexpress.org)

**Awards:** *Individual events (except Sr events):* *Relay events:*  
1st-3rd place- Ribbons 1st-8th place - Ribbons  
4th-16th place - Ribbons  
**All awards will be bagged and handed out at end of meet.**

**Scoring:** Sixteen place scoring will be used for individual events. Relay event scores will be doubled.

## Final

**Results:** Final results will be E-mailed to all competing teams.  
Final results will be posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org) and [www.waukeshaexpress.org](http://www.waukeshaexpress.org)

**Seeding:** All individual events will be pre-seeded except events: 57, 58, 87, 88, 107, and 108 will be positive check-in and may be limited to the top 3 heats. 8 & under events will be staged.

**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 within 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 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-up

**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.

## January Winter Warm - Up: Order of Events

Girls	Saturday AM	Boys
1	11-12 200 yd. Freestyle	2
3	10 & Under 200 yd. Freestyle	4
5	8 & Under 25 yd. Freestyle	6
	10 min break	
7	11-12 200 yd. Medley Relay	8
9	10 & Under yd. 200 Medley relay	10
11	11-12 100 yd. Breaststroke	12
13	10 & Under 100 yd. Breaststroke	14
15	8 & under 50 yd. Breaststroke	16
17	11-12 50 yd. Backstroke	18
19	10 & Under 50 yd. Backstroke	20
21	8 & under 25 yd. Backstroke	22
23	11-12 50 yd. Butterfly	24
25	10 & Under 50 yd. Butterfly	26
27	8 & Under 25 Butterfly	28
29	11-12 100 yd. IM	30
31	10 & Under 100 yd. IM	32
33	8 & Under 100 yd. IM	34
Girls	Saturday PM	Boys
35	13-14 50 yd. Freestyle	36
37	Open 50 yd. Freestyle	38
39	13-14 200 yd. Breaststroke	40
41	Open 200 yd. Breaststroke	42
	10 Minute Break	
43	Open 200 yd. Medley Relay	44
45	13 - 14 100 yd. Backstroke	46
47	Open 100 yd. Backstroke	48
49	13-14 100 yd. Butterfly	50
51	Open 100 yd. Butterfly	52
53	13-14 200 yd. IM	54
55	Open 200 yd. IM	56
	5 min break	
57	Open 500 yd. Freestyle	58

<b>Girls</b>	<b>Sunday AM</b>	<b>Boys</b>
59	11-12 100 yd. Freestyle	60
61	10 & Under 100 yd. Freestyle	62
63	8 & Under 50 yd. Freestyle	64
	10 min break	
65	11-12 200 yd. Free Relay	66
67	10 & Under yd. 200 Free Relay	68
69	11-12 50 yd. Breaststroke	70
71	10 & Under 50 yd. Breaststroke	72
73	8 & under 25 yd. Breaststroke	74
75	11-12 100 yd. Backstroke	76
77	10 & Under 100 yd. Backstroke	78
79	8 & under 50 yd. Backstroke	80
81	11-12 100 yd. Butterfly	82
83	10 & Under 100 yd. Butterfly	84
85	8 & Under 50 yd. Butterfly	86
	5 min break	
87	12 & U 500 yd. Freestyle	88
<b>Girls</b>	<b>Sunday PM</b>	<b>Boys</b>
89	13-14 200 yd. Butterfly	90
91	Open 200 yd. Butterfly	92
93	13-14 100 yd. Breaststroke	94
95	Open 100 yd. Breaststroke	96
	10 min break	
97	Open 200 yd. Free Relay	98
99	13 - 14 200 yd. Backstroke	100
101	Open 200 yd. Backstroke	102
103	13-14 100 yd. Freestyle	104
105	Open 100 yd. Freestyle	106
	5 min break	
107	Open 400 yd. IM	108

**2018 EXPRESS WINTER OPEN**  
**Hosted By: Waukesha Express Swim Team**  
**Saturday-Sunday January 13 - 14, 2018**  
**Sanction: Pending**

**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 \$4.00	\$	_____
	Less: Reservation	\$	_____
	<b>Total amount due for Individual Events</b>	<b>\$</b>	<b>_____</b>
	<b>*** Excess reservation <u>cannot</u> be used for relay/LSC Surcharge ***</b>		
	Relay Events x \$10.00	\$	_____
	Surcharge x \$7.00	\$	_____
	(# of swimmers in Individual Events)		_____
	<b>Total Entry Fee Due</b>	<b>\$</b>	<b>_____</b>

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