

# 2023 LAKE COUNTRY FEBRUARY FREEZE

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #WI2023-005S

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:** Saturday, February 11 through Sunday February 12, 2023

**Place:** Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin (414) 354-9622

**Warm-up/Start:** Saturday and Sunday AM: Warm-up 7:30-8:30 am. The meet will begin at 8:35 am.  
Saturday and Sunday PM: Warm-up, Time to be announced, Warm-up may start in South Pool before the end of AM session. At least 15 minutes will be available in the competition (North) Pool.

Feet-first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. South pool will be available for warm-up and warm-down throughout the meet.

**Pool:** Two eight lane, 25 yard pools with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 7'. Block height is 29.5". All competition will be conducted in the North pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Backstroke wedges are available if the athlete chooses

**Timing:** Superior Swim Timing and Colorado System with button and watch back-up. Computerized scoreboard for all lanes.

**Official Rules:** Official current USA Swimming Rules shall prevail for this meet. Swimmers must be USA-Swimming registered. Age as of the first day of the meet. Please notify meet officials of any disabled swimmers upon arriving at the meet.

**MAAPP Acknowledgement:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. A registered athlete member at a sanctioned/approved meet who is 18 years of age or older, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

**Racing Start Certification:** 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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Conduct:** Each team is responsible for the conduct of its swimmers. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas 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.

**Officials:** **Meet Referee:** Jason Wiedoff, (414)-248-0641, Email: [wiedmari@gmail.com](mailto:wiedmari@gmail.com)  
**Entry Chair:** Darsi Kohnhorst (262) 367-7657, Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)  
**Meet Director:** Mark Kohnhorst—Team Office: (262) 367-7657, Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)

**Entry Deadlines:** Submit entries via e-mail using Hy-Tek. Email entry must be received no later than **Wednesday, February 1<sup>st</sup>**. Waiver and fees must be turned in before the start of the meet. Deck entries will be allowed at the discretion of the meet director to fill open lanes.

**Entry Limit:** **Swimmers may enter a maximum of eight (8) individual events for the meet. Swimmers are limited to five (5) individual events per day.** Enter in short course yards.

**Fees:** Individual events are \$6.00 per event. All swimmers entered in at least one individual event must pay the \$4.00 Wisconsin Swimming LSC surcharge and the \$12.00 WSAC Facility surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees should be turned in before the start of the meet. Deck entries will be \$10.00/event for individual entry.

**Meet Format:** All events will be timed finals. Positive check-in for the Open 400 IM and 500 free

**Admissions:** \$7.00 per day admission, Spectators will be asked to show proof of admission upon entering pool area.

**Final Results:** Final results will be emailed to participating teams and posted on the Wisconsin LSC and Lake Country Swim Team's website.

**Awards:** Ribbons 1<sup>st</sup> through 8<sup>th</sup> place for 8-Under, 10-Under and 11-12. Special State Qualifier Awards for new state cuts.

**Food:** There will be no food or beverages allowed to be brought into the Schroeder Aquatic Center by spectators. This includes the cafeteria area. Athletes are allowed to bring refreshments (liquids) but **NO GLASS** is allowed. There will be a superb selection of food and beverages available at all times during the meet.

# FEBRUARY FREEZE

## Order of Events

### Saturday AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	Open	200 Fly	2
3	Open	50 Free	4
5	Open	200 Breast	6
7	Open	100 Back	8
9	Open	200 Free	10
11	Open	400 IM	12

Events 11 and 12 require positive check-in

### Saturday PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
13	8-Un	25 Fly	14
15	10-Un	100 Fly	16
17	11-12	100 Fly	18
19	10-un	50 Free	20
21	11-12	50 Free	22
23	8-Un	25 Back	24
25	10-Un	100 Back	26
27	11-12	100 Back	28
29	10-Un	50 Breast	30
31	11-12	50 Breast	32
33	10-Un	100 IM	34
35	11-12	100 IM	36
37	12-Un	200 Free	38

### Sunday AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
39	Open	100 Fly	40
41	Open	100 Free	42
43	Open	200 Back	44
45	Open	100 Breast	46
47	Open	200 IM	48
49	Open	500 Free	50

Events 49 and 50 require positive check-in

### Sunday PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
51	10-Un	50 Fly	52
53	11-12	50 Fly	54
55	8-Un	25 Breast	56
57	10-un	100 Breast	58
59	11-12	100 Breast	60
61	10-Un	50 Back	62
63	11-12	50 Back	64
65	8-Un	25 Free	66
67	10-Un	100 Free	68
69	11-12	100 Free	70
71	8-Un	100 IM	72
73	12-Un	200 IM	74

## February Freeze Waiver Form

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 the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the Lake Country "Phoenix" Swim Team, the Walter Schroeder Aquatic Center, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes and eligible to compete in all 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. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: \_\_\_\_\_ Initials \_\_\_\_\_

Signature of Club Official, Parent or Guardian: \_\_\_\_\_ Title \_\_\_\_\_

### Mailing Address: Please Print!

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

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Entry Chairperson: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Entry Fee Recap: \_\_\_\_\_ Individual Events x \$6.00 = \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**Relay and surcharge fees are not a part of this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay and surcharge fees.** Less Reservation - \$ \_\_\_\_\_  
Balance Due = \$ \_\_\_\_\_ = \$ \_\_\_\_\_

\_\_\_\_\_ LSC Surcharge x \$4.00 = \$ \_\_\_\_\_ \$ \_\_\_\_\_  
(# of swimmers including relay only)

\_\_\_\_\_ WSAC Facility Use Surcharge x \$12.00 = \$ \_\_\_\_\_ \$ \_\_\_\_\_  
(# of swimmers including relay only)

+ \$ \_\_\_\_\_

**Make checks payable to: Lake Country Swim Team** Total of Check = \$ \_\_\_\_\_ Check # \_\_\_\_\_

Name of USA registered coach(es) or USA registered team representative(s) at meet:

### Please Print!

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

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

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

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

Person to contact in case of entry problems:

Please Print!

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

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Mail Waiver and Check to:

Lake Country Swim Team c/o Darsi Kohnhorst

PO Box 181

Hartland, Wisconsin 53029

Lake Country Swim Team Office (262) 367-7657

Web Page: [www.lakecountyswimming.com](http://www.lakecountyswimming.com)

Questions and Entries get E-mailed to: [lakecountyswim@sbcglobal.net](mailto:lakecountyswim@sbcglobal.net)