

2021 WESTERN GREAT LAKES OPEN

Prelim/Final Long Course Invitational

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION # WI2021-236S

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.

Meet COVID Guidelines - UPDATED:

The Lake Country Swim Team will follow safety protocols set by the North Shore Health Department, Walter Schroeder Aquatic Center, Wisconsin Swimming and USA Swimming. Protocols may be changed or adjusted by the meet host depending on current conditions. A few key notes:

- Locker rooms are fully accessible for athletes.
- Spectators can sit upstairs and view the meet. We are charging a \$20/swimmer admission and heat sheet fee to be included with entry fee.
- The requirement for social distancing has been removed.
- Vaccinated individuals are not required to wear masks.
- No assigned seating.
- The 185-athlete capacity has been lifted.
- No staging for 13-Over sessions, we will have clerks to help 12-Unders if needed.
- A limited concessions menu will be offered as well as coach's hospitality in the yoga room
- If parents of athletes are uncomfortable with athletes sitting in the bleachers, they may choose to have their athletes go outside between events.

Date: Friday, June 25 through Sunday, June 27, 2021

Place: Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin

Warm-up/Start: **Friday/Saturday Prelims:** Session 1 Warm-up 7:00-8:00 am. Meet Start at 8:05 am. Session 2 Warm-up will be 60 minutes starting after conclusion of Session 1. The 12-Under afternoon prelim/timed finals warm-ups will start at the conclusion of Session 2 and will last 50 minutes.

Warm-up will be assigned with each team getting 30 minutes for 13-Over and 25 minutes for 12-Under.

Friday/Saturday Finals Warm-ups 5:30-6:30 pm. Meet Starts at 6:35 pm.

Sunday Timed Finals: 1500 Warm-up 7:00-7:45 am. Meet starts at 7:50 am. Warm-ups for the Sunday Timed Final session will not start before 9:00 am. There will be two 30-minute assigned warm-up periods. The meet will not start before 10:00 am.

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". 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: Automatic Timing System with back-up watch. Computerized scoreboard for all lanes.

Official Rules: Official current Long Course USA-S and Wisconsin rules shall prevail for this meet. Swimmers must be registered USA-S swimmers with their age as of the first day of the meet. Swimmers unable to prove their USA Swimming membership must deck register before being allowed to compete. Deck Pass is acceptable proof of USA Membership. Please note any special requirements for disabled swimmers on the entry form.

MAAPP Acknowledgement: All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming's MAAPP, and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition.

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.

A/O Entry Chair: Darsi Kohnhorst (262) 673-3853 or email: lakecountryswim@sbcglobal.net

Meet Director: Mark Kohnhorst (262) 367-7657 or email: lakecountryswim@sbcglobal.net

- Meet Referee:** Andrew Lucyshyn, (262) 367-4798 or email: andrew.lucyshyn@elanco.com
- Entry Deadlines:** An event file will be available for download for Hy-Tek Team Manager programs from the team web-site: www.lakecountryswimming.com. We will begin accepting entries from invited teams via email on **Thursday, May 27** at 9:00 PM until sessions are filled. Event additions and time updates for entered swimmers will be accepted through Monday, June 21 at noon. Waiver and fees may be mailed or brought to the meet.
- Entry Limit:** Swimmers are limited to three (3) individual events per day and seven (7) for the meet..
- Entry Fees:** All Individual events are \$10.00 per event, and all relays are \$16.00. All swimmers must pay the \$4.00 Wisconsin Swimming LSC surcharge, the Schroeder facility surcharge of \$16.00, and a \$20/swimmer admission and heat sheet fee. Spectators may sit in the upper stands to view the meet.
- Open Lane Entries:** No deck entries are allowed. Any swimmer entered in the meet with a verified qualifying time may enter into open lanes after the meet is seeded without qualification not to exceed the entry limit. Open Lane entries will be \$15.00 for individual events, and \$25.00 for relays. Instructions and deadlines for those entries will be sent to attending teams.
- Seed Times:** Seed times may be submitted in any course. Swimmers in non-conforming courses will be seeded after those entered in long course meters.
- Relay Only Entries:** Relay only swimmers should be entered in their respective relays. Relay Only swimmer must pay LSC and facility surcharge.
- Time Standards:** Swimmers must be entered under the entry time standards listed on the events sheet. The host club reserves the right to enter its own swimmers who do not meet the time standards.
- Meet Fines:** Proof of time is required for swimmers failing to make the cut off time. **There is a \$50 fine for times that cannot be proven.** Times may be proven in any course.
- Meet Format:** The meet will be a combination of prelim/final events and timed final events. The top eight (8) 11-12, and top sixteen (16) 13-14 and Senior individual qualifiers from prelims on Friday and Saturday will compete in finals. All 10-Under events will be timed finals. The 400 and 1500 Free and 400 IM are timed final events on Sunday.
All swimmers participating in the 1500 must provide their own counter and timer.
- Relay Events:** All relays are timed finals and will occur during the prelim session. The meet host reserves the right to limit or cancel relays.
Relay names are due into the glass office by the start of the meet. Changes may be made until the start of the event but must be clearly noted on the lane timer sheet.
- Seeding:** **All events 200 meters and shorter are pre-seeded.** Events 400 meters or longer may require positive check-in and may be limited. Teams will be notified of limited events after entries have been received and given an opportunity to change events.
- Check-in:** Check-in for the 1500 free will close at 6:30PM on Saturday night. Heat sheets for the 1500 will be available Saturday night. The Senior 1500 may be limited to the top 24 entries. The 400 free and 400 IM positive check-in will be during the Sunday warm-up session.
- Scratching from Cons./Finals:** Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from their next individual event. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results (alternates are exempt). In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the companion final shall be swum without reseeding for empty lanes. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch within thirty (30) minutes after their last individual event.
- Admissions:** Spectators are allowed. Each entered swimmer will be charged a \$20 admission and heat sheet fee. Meet will be livestreamed.
- Awards:** Individual Awards: To Be Determined
Overall Team Awards: 1st-3rd (Host team is not eligible for team awards)
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events: Double Points

Parking: Free parking in the WSAC lots. There is overflow parking available behind the Office Depot store in the shopping mall on Green Bay Road that is a short walk from the pool. Do not park behind Pick n Save.

Final Results: Results will be submitted to the National SWIMS Database for USA Swimming. Results will be available for printing on our website, www.lakecountyswimming.com. Teams submitting an e-mail address on their waiver form will receive an e-mail back-up and results file of the final results on Monday, June 28.

Conduct: Each team is responsible for the conduct of its swimmers and parents. Cell phone cameras and other digital recording devices are not allowed in the locker room area. Only coaches, swimmers, and meet workers are allowed in the pool building. Teams are asked that following each session of the meet they pick up any garbage in their immediate team area. Swimmers and coaches may not stand on the bulkheads to cheer for their swimmers. The only people who may stop on the bulkheads are officials and counters for the distance events. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited any time athletes, coaches, officials and/or spectators are present.

Lost & Found: There will be a lost and found set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. Lake Country and the Walter Schroeder Aquatic Center are not responsible for lost items.

COVID 19 Statement:

In applying for this sanction(ed event), the Host, Lake Country Swim Team 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 North Shore 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 the 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 the 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 [THE 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 THEREWITH.

All participants are required to sign a COVID-19 Waiver of Liability, Release and Indemnity Agreement acknowledging the risks of competing in this meet.

2021 Western Great Lakes Open

***** Order of Events *****

Friday Prelims Session 1 - AM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	2:37.59	2:16.99	Senior 200 IM			
			13-14 200 IM	2:17.09	2:38.29	4
5	1:11.79	1:01.39	Senior 100 Backstroke			
			13-14 100 Backstroke	1:01.29	1:11.89	8
9	2:33.89	2:15.79	Senior 200 Butterfly			
			13-14 200 Butterfly	2:15.59	2:35.09	12
13	1:21.69	1:10.49	Senior 100 Breaststroke			
			13-14 100 Breaststroke	1:09.69	1:21.29	16
17	1:04.99	56.59	Senior 100 Freestyle			
			13-14 100 Freestyle	56.29	1:04.49	20

Friday Prelims Session 2 - AM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
			Senior 200 IM	2:04.69	2:25.09	2
3	2:47.79	2:25.49	13-14 200 IM			
			Senior 100 Backstroke	55.99	1:05.89	6
7	1:17.09	1:05.69	13-14 100 Backstroke			
			Senior 200 Butterfly	2:04.29	2:21.49	10
11	2:45.49	2:24.89	13-14 200 Butterfly			
			Senior 100 Breaststroke	1:02.89	1:13.79	14
15	1:27.49	1:15.39	13-14 100 Breaststroke			
			Senior 100 Freestyle	51.19	59.19	18
19	1:08.99	1:00.49	13-14 100 Freestyle			

Friday Prelims/Timed Finals - PM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
21	2:56.59	2:34.49	11-12 200 IM	2:30.69	2:53.19	22
23			*10-Under 200 Medley Relay			24
25			*11-12 200 Medley Relay			26
27	1:45.99	1:30.69	*10-Under 100 Backstroke	1:29.29	1:43.09	28
29	1:23.19	1:11.39	11-12 100 Backstroke	1:09.19	1:20.49	30
31	47.09	41.79	*10-Under 50 Butterfly	40.49	45.99	32
33	35.39	31.29	11-12 50 Butterfly	31.19	35.19	34
35	1:59.79	1:44.99	*10-Under 100 Breaststroke	1:41.69	1:55.99	36
37	1:32.79	1:20.19	11-12 100 Breaststroke	1:17.49	1:30.29	38
39	39.89	35.19	*10-Under 50 Freestyle	34.49	39.49	40
41	32.99	28.99	11-12 50 Freestyle	27.89	31.99	42

*Timed final event.

Friday Finals

Women	Event	Men
1	Senior 200 IM	2
3	13-14 200 IM	4
21	11-12 200 IM	22
5	Senior 100 Backstroke	6
7	13-14 100 Backstroke	8
29	11-12 100 Backstroke	30
9	Senior 200 Butterfly	10
11	13-14 200 Butterfly	12
33	11-12 50 Butterfly	34
13	Senior 100 Breaststroke	14
15	13-14 100 Breaststroke	16
37	11-12 100 Breaststroke	38
17	Senior 100 Freestyle	18
19	13-14 100 Freestyle	20
41	11-12 50 Freestyle	42

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***** Order of Events *****

Saturday Prelims Session 1 - AM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
43	2:20.09	2:02.69	Senior 200 Freestyle			
			13-14 200 Freestyle	2:02.59	2:20.59	46
47	1:10.09	1:01.39	Senior 100 Butterfly			
			13-14 100 Butterfly	1:00.99	1:09.69	50
51	2:57.39	2:32.79	Senior 200 Breaststroke			
			13-14 200 Breaststroke	2:31.39	2:56.09	54
55	29.89	26.09	Senior 50 Freestyle			
			13-14 50 Freestyle	25.69	29.49	58
59	2:34.79	2:13.89	Senior 200 Backstroke			
			13-14 200 Backstroke	2:13.99	2:36.09	62

Saturday Prelims Session 2 - AM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
			Senior 200 Freestyle	1:52.09	2:09.29	44
45	2:29.39	2:10.39	13-14 200 Freestyle			
			Senior 100 Butterfly	55.49	1:03.59	48
49	1:14.29	1:05.49	13-14 100 Butterfly			
			Senior 200 Breaststroke	2:18.19	2:40.49	52
53	3:08.29	2:43.69	13-14 200 Breaststroke			
			Senior 50 Freestyle	23.29	26.79	56
57	31.79	27.89	13-14 50 Freestyle			
			Senior 200 Backstroke	2:01.59	2:22.69	60
61	2:44.89	2:22.99	13-14 200 Backstroke			

Saturday Prelims/Timed Finals - PM

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
63	2:36.19	2:17.49	11-12 200 Freestyle	2:12.49	2:32.19	64
65			*10-Under 200 Freestyle Relay			66
67			*11-12 200 Freestyle Relay			68
69	1:52.99	1:39.09	*10-Under 100 Butterfly	1:37.09	1:50.79	70
71	1:20.79	1:10.89	11-12 100 Butterfly	1:09.29	1:18.59	72
73	53.99	47.49	*10-Under 50 Breaststroke	46.59	53.29	74
75	41.99	36.89	11-12 50 Breaststroke	36.09	41.29	76
77	1:31.19	1:19.99	*10-Under 100 Freestyle	1:18.79	1:30.19	78
79	1:12.09	1:03.09	11-12 100 Freestyle	1:00.89	1:09.69	80
81	48.89	41.89	*10-Under 50 Backstroke	42.29	49.19	82
83	37.69	32.69	11-12 50 Backstroke	32.09	36.99	84

*Timed final event.

Saturday Finals

Women	Event	Men
43	Senior 200 Freestyle	44
45	13-14 200 Freestyle	46
63	11-12 200 Freestyle	64
47	Senior 100 Butterfly	48
49	13-14 100 Butterfly	50
71	11-12 100 Butterfly	72
51	Senior 200 Breaststroke	52
53	13-14 200 Breaststroke	54
75	11-12 50 Breaststroke	76
55	Senior 50 Freestyle	56
57	13-14 50 Freestyle	58
79	11-12 100 Freestyle	81
59	Senior 200 Backstroke	60
61	13-14 200 Backstroke	62
83	11-12 50 Backstroke	84

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***** Order of Events *****

Sunday 1500 Freestyle Event

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
85	19:29.59	18:57.79	Senior 1500 Freestyle	17:44.09	18:11.69	86

Event run Fast-Slow, alternating Women/Men. (May be limited to the top 24 entries)

Please Note: All swimmers participating in the 1500 must provide their own counter and timer.

Sunday Timed Final Events

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
87	3:43.19	3:15.59	10-Under 200 IM	3:13.19	3:40.79	89
89A	6:16.89	5:29.29	**11-12 400 IM	5:19.79	6:08.49	90A
89B	5:56.19	5:11.69	**13-14 400 IM	4:52.69	5:36.49	90B
91	5:35.09	4:52.29	Senior 400 IM	4:28.59	5:07.29	*92
93	3:20.99	2:57.19	10-Under 200 Freestyle	2:47.99	3:12.09	94
95A	5:29.09	6:07.59	**11-12 400 Freestyle	5:57.69	5:21.89	96A
95B	5:14.39	5:49.59	**13-14 400 Freestyle	5:31.39	4:59.19	96B
97	4:54.49	5:29.09	Senior 400 Freestyle	5:04.39	4:34.19	98

Event run Fast-Slow, alternating Women/Men. (May be limited to the top 24 entries)

** 11-12 and 13-14 ages will swim together and be scored separately. May be limited.

Lake Country Phoenix Swim Team

(262) 367-7657

www.lakecountryswimming.com

lakecountryswim@sbcglobal.net

Time Trials

Sanction # WI2021-237TT

- When:** At the conclusion of Sunday timed finals session only and at the discretion of the meet director(s).
- Events:** See meet order of events listing. Order may be changed by meet management to consolidate heats.
- Fee:** \$20.00/individual event, \$25.00/relay event.
- Registration:** At the meet management table located over the glass office. Registration will be accepted during the prelim and final sessions up to about a half hour before the end of the session. (Swimmers in the last event of the day have up until the end of that event to sign up for time trials.)
- Procedures:** Swimmer(s) will sign up for an event at the meet management table. Meet management will produce a heat sheet for time trials to be posted and distributed prior to the start of trials. A meeting for all time trial participants and timers 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, name, and lane number are called. The referee will not hold the start of the event, waiting for a swimmer (or timer) to show. An announcement will be made that time trials are beginning and swimmers and their timers should report to the meeting immediately. ALL time trial results (whether or not a swimmer swims a desired time) MUST be turned in to meet management.
- Meet Host Provides:** Officials, Timing System Operator, Meet Management
- Swimmers Provide:** 1 Timer with watches.
- Reminders:**
1. The maximum number of individual events on Sunday is six (6) -- This includes time trials.
 2. Time trials begin promptly. It is the responsibility of the swimmer to be at the blocks, with his/her timers (and watches) ready to swim. Timers must turn in results whether or not a swimmer achieves a desired cut time.
- Order of Events:** Events may be combined or swum in an alternate order at the discretion of meet management.

***** Order of Events*****

1	50 Free	2
3	50 Butterfly	4
5	50 Back	6
7	50 Breast	8
9	200 IM	10
11	100 Free	12
13	100 Butterfly	14
15	100 Back	16
17	100 Breast	18
19	200 Free	20
21	200 Butterfly	22
23	200 Back	24
25	200 Breast	26
27	400 IM	28
29	400 Free	30

2021 Western Great Lakes Open Waiver Form

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourself, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of 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 also understand that it is our responsibility to ensure that all of our athletes and coaches are currently registered members of United States Swimming. 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 _____ (Four Only)

Signature of Club Official/Parent/Guardian _____ Title: _____

Entry Contact: Please Print!

Entry Chairperson: _____ E-Mail: _____

Day Phone: _____ Evening Phone : _____

Entry Fee Recap:

_____ Ind. Events x \$10.00 = \$ _____

Less Reservation Check = \$ _____

Please Note: Reservation money is non-refundable and is to be applied to your actual entered INDIVIDUAL events. It cannot be used to pay for your relay or Wisconsin LSC surcharge.

A: Individual Entry Fees Owed = \$ _____

_____ Relay Teams x \$16.00 = \$ _____

_____ LSC Surcharge x \$4.00/swimmer = \$ _____

_____ Schroeder Facility Surcharge x \$16.00/swimmer = \$ _____

Admission and Heat Sheet Fee x \$20.00/swimmer = \$ _____

B: Relay & Surcharge Total = \$ _____

Total Due (Total of Lines A & B) = \$ _____

Make checks payable to: **Lake Country Swim Team** Check # _____

Name(s) of USA registered coach(es) representing entered swimmers at meet: Current Certification required.

1) _____; 2) _____; 3) _____

4) _____; 5) _____; 6) _____

Cell Phone Number(s) for contact during Meet: _____;

E-Mail Entries to: lakecountryswim@sbcglobal.net

Mail waiver, payment and hard copy to: Lake Country Swim Team (WGLO)
Attn: Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029

Lake Country Swim Team (262) 367-7657
Web Site: www.lakecountryswimming.com

MAIL OR BRING WAIVER AND PAYMENT TO THE MEET