April Long Course Opener 2021

Hosted by Waukesha Express Swim Team

Sanction: WI2021-202S

February April 24 - 25, 2021

LOCATION: Walter Schroeder Aquatic Center
9240 N. Green Bay Road
Brown Deer, WI 53209
(414) 357-2824

The Walter Schroeder Aquatic Center is located north of Brown Deer Road (Hwy 100) and east of Green Bay Road (Hwy 57) on Schroeder Drive.

FACILITY:

Indoor, 50-meter pool, non-turbulent 6-1/2 foot -17 foot depth and 7 foot wide lanes. A mix of SST & Colorado Timing equipment will be used. One back up button and one watch per timer will be used. Backstroke wedges are available if the athlete chooses. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

GENERAL:

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.

In applying for this sanction(ed event), the Host, Waukesha Express 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 Waukesha South High School. 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 condi- tions 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

YOU ACKNOWLEDGE THE CONTAGIOUS NATURE OF COVID-19 AND VOLUNTARILY ASSUME THE RISK THAT YOUR FAMILY, INCLUDING CHILD(REN), MAY BE EXPOSED TO OR INFECTED BY COVID-19 WHILE ON SITE AT THE POOL OR FACILITY AND THAT SUCH EXPOSURE OR INFECTION MAY RESULT IN PERSONAL INJURY, ILLNESS, PERMANENT DISABILITY, AND DEATH. YOU UNDERSTAND THAT THE RISK OF BECOMING EXPOSED TO OR INFECTED BY COVID-19 AT THE POOL OR FACILITY MAY RESULT FROM THE ACTIONS, OMISSIONS, OR NEGLIGENCE OF MYSELF AND OTHERS, INCLUDING, BUT NOT LIMITED TO, THE WAUKESHA EXPRESS SWIM TEAM, WALTER SCHROEDER AQUATIC CENTER, VOLUNTEERS, AND PROGRAM PARTICIPANTS AND THEIR FAMILIES.

The Waukesha Express Swim Team will follow safety protocols set by the North Shore Health Department, Walter Schroeder Aquatic Center, Wisconsin Swimming and USA Swimming. A few key notes:

- Masks are required for everyone in the facility and social distancing is a must.
- Athletes will be screened as they enter with temperature checks, and wellness questions.
- Spectators will not be allowed in the facility.
- Locker rooms are not available, swimmers should arrive in their competition suit. Athletes, Coaches, Meet Personnel and Family members may use the restrooms one at a time per gender and must wipe down all touched surfaces and put the toilet seat back up after use to indicate that it has been cleaned.
- Meet workers will be kept to a minimum. Positions will be first offered to Waukesha Express Swim Team parents, then offered to parents of other teams as available.
- No one should enter the facility if he/she has any symptoms of COVID 19.
- Sessions will allow a maximum of 185 swimmers per session.
- No concessions will be provided. Plan accordingly.
- The deck will be cleared before allowing the next group of swimmers in the facility.
- Starters will use electronic command whistles.
- Meet volunteers will be limited and will be held to all of the above guidelines.
- This list is not all inclusive. Anyone that does not abide by all rules above or further instructions given by coaches or meet marshall's on site, will be asked to leave. No refund of entry fees will be provided.

MEET ENTRY CHAIR: Dan Wohl - dan@waukeshaexpress.org

MEET DIRECTOR: Dan Wohl

OFFICIALS: Head Meet Ref- Joe Meyer / John Lanham, AO- Dan Wohl/Wes Lagerhausen

ENTRIES:

This meet will be run using the HY-TEK MEET MANAGER. Export a meet entry file and email it as an attachment. Upon completion of the meet, results, a results file and a MM Backup file will be posted on our website. Please send a .pdf of your entry with your entry summary. Hand carry a check for entry fees. No deck entries will be accepted.

All non-Wisconsin Swimming registered group members (teams) and athletes (including UN athletes outside of the WI LSC) wishing to participate within Wisconsin's LSC must obtain written approval from their respective LSC and forward it to meets@wisconsinswimming.org before participating within Wisconsin's LSC.
Meet hosts should not allow entries unless the requisite approval from the club/athletes home LSC is on file with the Wisconsin Swimming office. Times achieved by non-Wisconsin athletes where the home LSC did not approve of the athletes travel to the Wisconsin LSC Territory will not be loaded into SWIMS.
If there are any questions, please contact meets@wisconsinswimming.org

ENTRY DEADLINE: Entries will be accepted on a first come, first serve basis April 8, 2021 - April 14, 2021. No changes will be accepted after April 14, 2021.

Please e-mail entry file to: dan@waukeshaexpress.org

Make checks payable to: Waukesha Express Swim Team, PO Box 1874, Waukesha, WI 53187

ENTRY LIMITS:

Saturday events: 4 individual events
Sunday events: 4 individual events
Total of 8 max for the entire meet.

ENTRY FEE:

Facility surcharge: $12.00

WI LSC Surcharge: $4.00

Individual events: $8.00

TIME STANDARDS
No time standards. Swimmers with state cuts can compete in any/all races.

SESSION INFORMATION

Saturday and Sunday: Sessions may be adjusted as needed to meet facility COVID-19 guidelines. Up to three sessions per day.

All events are timed final events.

WAIVER:

Adult Athlete or Parent/Guardian of a minor must complete the included waiver. Coaches will be responsible for submitting all waivers for their team at check-in.

OFFICIAL RULES:

Current USA and Wisconsin Rules shall prevail for this meet. Swimmers must be current USA Swimming members.

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

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Deck changes are prohibited.

MAAPP POLICY: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 the 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. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age (+30 day grace period) who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

Name: _____

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Waiver of Liability, Release, and Indemnity Agreement

"You and Your" refers to [check the appropriate selection]:

____ **Participant (if participant is 18 or older)**

____ **Participant Parent/Guardian (if participant is a minor)**

_____ You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Waukesha Express Swim Team and pool management company's employees, volunteers, and program participants and their families.

_____ You acknowledge, Waukesha Express Swim Team, Wisconsin Swimming, Inc., and 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.

_____ You agree that you, or your child, are voluntarily participating in these activities, with knowledge of the risks associated with such activity.

_____ You acknowledge and agree that neither Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc., nor you will be liable to the others for any special, indirect, incidental or consequential damages arising out of this Agreement. Except as otherwise specifically set forth herein, Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc.'s total liability to you under or in connection to this Agreement shall not exceed the amounts paid or payable to Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. according to this agreement; Any action against Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. arising out of, resulting from, or related to the performance or breach of this Agreement shall be filed not later than three (3) months after the cause of action has accrued.

_____ You agree that should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force

_____ By signing below, you understand and agree to the terms stated above. You understand the risks associated with **Swimming Competition. IN ADDITION, BY SIGNING BELOW, YOU RELEASE WAUKESHA EXPRESS SWIM TEAM, WISCONSIN SWIMMING,**

INC., AND USA SWIMMING, INC. FROM ANY AND ALL LIABILITY FOR ANY INJURY OR DAMAGE THAT MAY ARISE FROM, BUT NOT LIMITED TO, YOUR PARTICIPATION IN (A) ANY ACTIVITY, CLASS, PROGRAM, PERSONAL TRAINING OR INSTRUCTION, (B) THE SUDDEN AND UNFORESEEN INJURIES ARISING OUT OF YOUR IMMEDIATE SURROUNDINGS, (C) OUR INSTRUCTION, TRAINING, OR SUPERVISION. THE FOREGOING UNDERSTOOD, YOU, YOUR HEIRS, ASSIGNS, AND YOUR PERSONAL REPRESENTATIVE HEREBY RELEASE AND WAIVE ANY AND ALL CLAIMS AGAINST WAUKESHA EXPRESS SWIM TEAM], WISCONSIN SWIMMING, INC., AND USA SWIMMING, INC., ITS OWNERS, OFFICERS AND EMPLOYEES, CONTRACTORS, AND ANY OTHER PARTIES CONNECTED TO THE SERVICES IN ANY WAY ("RELEASEES") SINGULARLY OR COLLECTIVELY, AND FURTHER HOLD HARMLESS AND INDEMNIFY SUCH RELEASEES FROM AND AGAINST ANY LIABILITY, CLAIMS OF NEGLIGENCE, MISADVENTURE, HARM, LOSS, INCONVENIENCE OR DAMAGE HEREBY SUFFERED OR SUSTAINED AS A RESULT OF YOUR PARTICIPATION IN THE SERVICES, OR ANY OTHER SERVICES OR ACTIVITIES OFFERED BY RELEASEES. THE FOREGOING NOTWITHSTANDING, THIS IS NOT A RELEASE AND WAIVER OF INTENTIONAL OR RECKLESS ACTS OF RELEASEES. SUCH RELEASE, WAIVER, HOLD HARMLESS AND INDEMNITY SHALL APPLY TO YOUR OWN CLAIMS AND/OR CLAIMS OF THIRD PARTIES, RELATING TO MY PARTICIPATION IN THE SERVICES.

YOU HAVE READ AND UNDERSTAND THIS AGREEMENT. YOU HAVE HAD THE OPPORTUNITY TO BARGAIN WITH WAUKESHA EXPRESS SWIM TEAM, WISCONSIN SWIMMING, INC., AND USA SWIMMING, INC. WITH ADEQUATE INSURANCE OR AN ADEQUATE CASH DEPOSIT TO NOT HAVE TO AGREE TO THE WAIVERS OR RELEASES OF LIABILITY OR INDEMNIFICATION PROVISIONS SET FORTH HEREIN. YOU UNDERSTAND THAT YOU HAVE WAIVED AND SURRENDERED VALUABLE LEGAL RIGHTS. YOU HAVE SIGNED THIS WAIVER VOLUNTARILY; AFTER DUE NEGOTIATIONS, IN EXCHANGE FOR THE CONSIDERATION DESCRIBED ABOVE.

This Agreement and its terms bond a relationship between Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. and yourself. Each time you participate in these activities, you affirm the terms of this Agreement and agree to indemnify and hold Waukesha Express Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. and its employees harmless from all liability and claims, as stated above.

The Services are provided under this Agreement by Waukesha Express Swim Team, through sanction by Wisconsin Swimming, Inc., and USA Swimming, Inc.

Participant or Parent/Guardian Signature: _____ Date: _____

Participant or Parent/Guardian Name (print): _____

Participant or Parent/Guardian Phone Number: _____

ORDER OF EVENTS

Sessions will be determined after entries are received. More details will be published once entries have been received.

First session of the day will begin at 7:00 AM (warm-ups), 8:05 AM start.

SATURDAY

13 - 14 200 M Freestyle

15 & O 200 M Freestyle

13 - 14 200 M Breaststroke

15 & O 200 M Breastroke

13 - 14 100 M Butterfly

15 & O 100 M Butterfly

13 - 14 200 M Backstroke

15 & O 200 M Backstroke

13 - 14 100 M Freestyle

15 & O 100 M Freestyle

11 - 12 100 M Freestyle

10 & U 100 M Freestyle

11 - 12 50 M Breaststroke

10 & U 50 M Breastroke

11 - 12 100 M Backstroke

10 & U 100 M Backstroke

11 - 12 50 M Butterfly

10 & U 50 M Butterfly

11 - 12 200 Freestyle

10 & U 200 Freestyle

SUNDAY

13 - 14 200 M IM

15 & O 200 M IM

13 - 14 50 M Freestyle

15 & O 50 M Freestyle

13 - 14 200 M Butterfly

15 & O 200 M Butterfly

13 - 14 100 M Backstroke

15 & O 100 M Backstroke

13 - 14 100 M Breaststroke

15 & O 100 M Breaststroke

13 - 14 400 M Freestyle

15 & O 400 M Freestyle

11 - 12 50 M Freestyle

10 & U 50 M Freestyle

11 - 12 100 M Breaststroke

10 & U 100 M Breaststroke

11 - 12 50 M Backstroke

10 & U 50 M Backstroke

11 - 12 100 M Butterfly

10 & U 100 M Butterfly