

2016 Wisconsin State Regional Championships  
Hosted by Waukesha Express Swim Team  
WI Sanction Number: WI2016-067S

- DATE: February 19-21, 2016
- LOCATION: Waukesha South High School  
401 E. Roberta Drive  
Waukesha, WI 53186
- FACILITY: Eight-Ten 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).
- MEET DIRECTORS: Michael Hamm  
P.O. Box 1874  
Waukesha, WI 53817  
(262) 309-2776 [michael@waukeshaexpress.org](mailto:michael@waukeshaexpress.org)
- ENTRY CHAIR: Dan Wohl  
P.O. Box 1874  
Waukesha, WI 53817  
(262) 408-0428 [dan@waukeshaexpress.org](mailto:dan@waukeshaexpress.org)  
When emailing entries to the Entry Chair – please include contact information including name of person submitting the entries, name of LSC club and phone number for any questions or problems with the entries.
- OFFICIALS: Head Referee: John Lanham- [johnslanham@gmail.com](mailto:johnslanham@gmail.com)  
Admin Official: Michael Hamm- [michael@waukeshaexpress.org](mailto:michael@waukeshaexpress.org)
- MAIL WAIVERS  
AND CHECKS TO: Mail forms, signed waiver and fees (payable to WEST) to  
Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187
- TIMING SYSTEM: Colorado 6 Timing System with horn start, touch pads, one button, and 2 watches as backup. All 25-yard races will be started at the block end.
- SCHEDULE:
- |                           |   |              |
|---------------------------|---|--------------|
| Friday evening            | Warm-ups  | 4:30-5:30 PM |
|                           | Meet start  | 5:35 PM      |
| Saturday &<br>Sunday A.M. | Warm-ups  | 7:00-8:00 AM |
|                           | Meet start  | 8:05 AM      |
| Saturday &<br>Sunday P.M. | Warm-ups at the conclusion of the A.M. session and<br>Lasting one hour. |              |

Breaks may be scheduled prior to each day's distance freestyle event. The meet management and officials would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. **This meet will be run using FLY-OVER starts!!!**

- WARM-UPS:** General warm-ups/circle swimming for approximately 30-45 minutes. One-way sprint and/or pace lanes will be designated as needed by the meet director for the remainder of the warm-up session. The diving well will be available for warm-up/warm-down during all sessions. Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- RULES:** Official 2016 Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered Wisconsin USA-S swimmers. Age is as of February 19, 2016. Coaches must display their coach's card while on deck.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas is not appropriate and is prohibited.
- 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.
- SEEDING:** All events will be pre-seeded except for the 400 IM, 500 Free(s), 1000 Free(s) and 1650 Free(s), which will be positive check-in events. The 400 IM, 500, 1000, and 1650 Freestyle events will be run fastest to slowest, alternating girls with boys. Events and or Genders may be combined at the discretion of the head official and the meet directors.
- ENTRY DEADLINE:** Entries must be e-mailed to, Dan Wohl at dan@waukeshaexpress.org, by **6:00 pm on February 12<sup>th</sup>, 2016**. You will receive a confirmation e-mail. If you have not received your confirmation by February 13<sup>th</sup> 2016, call Entry Chairperson immediately. Teams are allowed to send in an updated entry by **12:00 pm on February 15<sup>th</sup>, 2016**. Your completed entry form, signed waiver, and entry fees must be received by **February 19<sup>th</sup>, 2016**. This meet will be run using Hy-Tek Meet Manager. All teams are required to submit entries in the Hy-Tek/Web based commlink format. No phone entries will be accepted!
- ENTRY FEES:** \$3.00 LSC splash fee per swimmer, \$6.00 facility surcharge per swimmer, \$4.00 per individual event and \$10.00 per relay.
- ENTRIES:** Swimmers may compete in **FIVE** individual events per day to a maximum of **SEVEN** individual events for the meet. Per USA Swimming rules a swimmer may not swim more than 5 individual events per day, including time trial events.
- 10 & Under, 11-12, and 13-14 swimmers may not swim in an event in their age group in which they have achieved a state cut prior to **entry deadline**. Swimmers may not swim a Senior event if they have achieved the Senior state cut prior to the entry deadline. A swimmer that achieves a state cut after entry deadline of February 12<sup>th</sup>, 2016 may still swim that event at the Regional meet. All swimmers who have achieved state cuts may swim those events in the Senior category if they have not achieved the Senior state cut in that event.

Any 8 & Under may swim in any 8 & Under event regardless of seed time, but may not swim 10 & Under events in which they have achieved a state cut.

DECK ENTRIES: Deck entries are available for High School boys. New heats may be added to accommodate the added High School boy's entries. High School boys deck entries will be at the same cost of \$3.00 splash fee, \$4.00 per individual entries and \$10.00 per relays. Any other deck entries will be accepted to fill any open lanes. NO new heats will be created. If the swimmer is not already entered into the meet they will pay the \$3.00 LSC splash fee, if they are in already in the meet no new LSC fee is needed. The individual event fee will be \$10.00 and \$20.00 per relay.

All deck entries must be done at least 30 minutes prior to the session that the events are to be swum.

DECK  
REGISTRATION: All deck entrants must prove USA Swimming registration at the meet. ONLY APPLIES TO HIGH SCHOOL MALE ATHLETES

DISABILITY  
SWIMMERS: Please inform the head official of those needs prior to the start of each session.

AWARDS: 1<sup>st</sup> through 16<sup>th</sup> place ribbons will be awarded for all individual events.  
1<sup>st</sup> through 8<sup>th</sup> place ribbons will be awarded for all relay events.

Individual High Point Awards:

1<sup>st</sup>-3<sup>rd</sup> High Point Awards for each Age Group will be awarded (with the exception of Senior Events).

Team High Point Awards: No High Point Team Awards will be awarded but scores will be kept for posting.

No awards will be mailed. Awards not picked up will be brought to the 12-Under State meet.

**\*\*\*All Awards will be bagged and coaches pick up at end of meet\*\*\***

SCORING: This meet will be scored through 16<sup>th</sup> place with relays counting double.

MEET CONDUCT: Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

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

ADMISSIONS: \$5.00 per spectator over the age of 12. Heat sheets will be available online at [waukeshaexpress.org](http://waukeshaexpress.org).

FINAL RESULTS: Will be posted on the Wisconsin Swimming website ([www.wisconsinswimming.org](http://www.wisconsinswimming.org)) within 12-hours of the completion of the meet. Meet results will be sent via email to visiting teams.

CONCESSIONS: Food and beverage will be sold at all sessions. Please remind your swimmers to keep food out of the Natatorium Pool area.

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 Order of events

<b>Friday Evening</b>										
4:30-5:30 Warm ups 5:35 Start										
	<b>Cutoff</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Cutoff</b>					
	2:34.39	1	11-12 200 IM	2	2:36.19					
	2:57.29	3	10&U 200 IM	4	2:58.19					
	4:53.79	5	Sr. 400 IM	6	4:29.99					
	5:01.49	7	13-14 400 IM	8	4:52.39					
			<b>*** BREAK ***</b>							
	5:56.99	9	11-12 500 Free	10	6:00.99					
	6:54.09	11	10&U 500 Free	12	7:01.49					
	11:28.59	13	13-14 1000 Free	14	11:17.99					
	11:07.49	15	Sr. 1000 Free	16	10:26.49					
<b>Saturday AM</b>					<b>Sunday AM</b>					
(7:00-8:00 am warm-ups, 8:05 am start)					(7:00-8:00 am warm-ups, 8:05 am start)					
<b>Cutoff</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Cutoff</b>		<b>Cutoff</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Cutoff</b>
-	17	8&U 25 Free	18	-		-	79	8&U 50 Back	80	-
31.99	19	10&U 50 Free	20	32.39		1:23.39	81	10&U 100 Back	82	1:22.49
28.29	21	11-12 50 Free	22	28.49		1:11.39	83	11-12 100 Back	84	1:12.19
-	23	8&U 100 Med Rel	24	-		-	85	8&U 100 Fr Rel	86	-
-	25	10&U 200 Med Rel	26	-		-	87	10&U 200 Fr Rel	88	-
-	27	11-12 200 Med Rel	28	-		-	89	11-12 200 Fr Rel	90	-
-	29	8&U 25 Fly	30	-		-	91	8&U 25 Breast	92	-
36.99	31	10&U 50 Fly	32	36.99		43.29	93	10&U 50 Breast	94	43.69
31.59	33	11-12 50 Fly	34	32.09		36.99	95	11-12 50 Breast	96	38.29
-	35	8&U 25 Back	36	-		-	97	8&U 50 Free	98	-
38.19	37	10&U 50 Back	38	38.39		1:10.49	99	10&U 100 Free	100	1:11.19
32.99	39	11-12 50 Back	40	33.79		1:01.49	101	11-12 100 Free	102	1:02.39
-	41	8&U 50 Breast	42	-		-	103	8&U 50 Fly	104	-
1:35.89	43	10&U 100 Breast	44	1:35.89		1:24.79	105	10&U 100 Fly	106	1:25.99
1:22.29	45	11-12 100 Breast	46	1:23.19		1:11.49	107	11-12 100 Fly	108	1:14.09
2:34.59	47	10&U 200 Free	48	2:35.99		-	109	8&U 100 IM	110	-
2:12.99	49	11-12 200 Free	50	2:14.99		1:22.19	111	10&U 100 IM	112	1:22.69
						1:11.19	113	11-12 100 IM	114	1:12.39



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Meet Waiver

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, Wisconsin Swimming Inc., XXX 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.

Signature of Club Official, parent or guardian: \_\_\_\_\_

Position \_\_\_\_\_ Phone # \_\_\_\_\_

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

Team Name & Abbreviation \_\_\_\_\_

Team Coach \_\_\_\_\_ Phone # \_\_\_\_\_

Name (if other than coach) & address for sending final results:

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

Street: \_\_\_\_\_

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

E-mail address to send final results: \_\_\_\_\_

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**ENTRY FEE RECAP**

Total # of individual events: \_\_\_\_\_ X \$4.00 = \$ \_\_\_\_\_

# of Relays: \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_

Total # of swimmers: \_\_\_\_\_ X \$9.00 = \$ \_\_\_\_\_

Total Entry Fee Due: \$ \_\_\_\_\_

**Make all checks payable to Waukesha Express Swim Team**

\*\*\*Entries are due on Februray 12th 2016\*\*\*

# 2016 Wisconsin State Regional Championships Hosted by Waukesha Express Swim Team

## Time Trials

Sunday, February 21, 2016  
WI Sanction Number: WI2016-068S

- When:** At the conclusion of the Sunday afternoon session as time permits and at the discretion of the meet directors. Pool will be open for 10 minutes warm-up period following the conclusion of the Sunday afternoon session.
- Events:** See meet order of events listing. Events and or Genders may be combined at the discretion of the head official and the meet directors. The order of events will be as follows: Free, back, breast, fly, IM and starting at the shortest distance (50y) and progressing up to the longest (1650y). The 1000 and 1650 free will be run last as a combine event.
- Time Limit:** Waukesha Express reserves the right to limit the time trials to 1 hour. If swims do not make it by the time limit, those fees will be refunded.
- Limit:** The maximum number of individual events in one day is five (5). This includes time trials! These may be only time trial events or a combination of time trial and meet events.
- Fee:** \$10.00/individual event AND \$20/RELAY EVENT.
- Registration:** Registrations will be accepted up until 1:00 pm Sunday afternoon. Swimmers who sign up for a time trial event and make the state cut time after the registration deadline, will be refunded upon request.
- Procedures:** Swimmer(s) will sign up for an event at the pool office. Swimmer(s) will fill out a seed card at the office—swimmer's name, age, team, event name and seed time. Seed card and event fee must be turned in to the office before the deadline (above). A meeting for time trials participants 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 is called. The referee will not hold the start of the event to wait for a swimmer to show. An announcement will be made that time trials are beginning and swimmers should report to the meeting immediately.
- Host Club Provide:** Officials and Meet Management.
- Swimmers Provide:** Timers, stopwatches (some may be available) and counters, where applicable.