

# 2010 EXPRESS SPRINT/DISTANCE CHALLENGE MEET

Hosted By: Waukesha Express Swim Team

Saturday, June 5 – Sunday, June 6

Sanction #WI2010-218S

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

**Meet Director:** Blaine Carlson  
P.O. Box 1874  
Waukesha, WI 53187  
(262) 970-0641  
[blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org)

**Meet Entry Chair:** Michael Hamm  
P.O. Box 1874  
Waukesha, WI 53187  
(262) 970-0641  
[Michael@waukeshaexpress.org](mailto:Michael@waukeshaexpress.org)

**Facility:** Eight 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 104.2.2(c).

**Timing:** Colorado System 6 timing system with aqua grip touch pads.

**Rules:** Official 2010 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 June 5, 2010. Coaches must display their Coaches Card while on deck.

**Schedule:** *Saturday* – All races are timed finals.

AM session warm-ups: 9:00 – 10:00 AM  
AM session begins: 10:05 AM

*Sunday* – All races are timed finals.

AM session warm-ups: 7:00 – 8:00 AM  
AM session begins: 8:05 AM

PM session: Warm-ups will begin immediately at the conclusion of AM session and the meet will begin 65 minutes after the start of PM session warm-ups.

The meet director will notify each club as to the approximate time for all sessions once all meet entries have been received.

### *Warm-Up Guidelines*

First 30 minutes All lanes circle swim  
Last 30 minutes Sprint lanes in lanes 1-4

Sit and slide entries from the starting end of the pool during general warm-ups will be enforced at all times.

**Officials:** Tim McAvoy

### **Entries & Eligibility:**

All entries will be taken when accompanied by full payment. Swimmers may compete in three (3) events on Saturday's distance portion of the meet and are able to compete in four (4) events on Sunday's sprint portion of the meet 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.

Completed entry form, signed waiver and fees must be received no later than Tuesday, May 25, 2010. Any questions concerning entries should be directed to Blaine Carlson, Meet Manager at 262-970-0641. **PLEASE NOTE THIS MEET IS BEING RUN ON HY-TEK SOFTWARE. PLEASE SUBMIT ENTRIES ON A 3.5" DISKETTE AND INCLUDE A PRINTED COPY OF THE ENTRIES.**

- Mail**
- Entries:** Mail forms, signed waiver and fees (payable to WEST) to:
- Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187  
**All entries must be received by Tuesday, May 25, 2010.**
- Entry Fees:** \$4.00 per individual event  
\$12.00 per relay event  
\$3.00 per swimmer in an individual event for LSC tax (splash fee)  
*Entry fees must accompany the official entry forms and are not refundable.*
- Admissions:** \$3.00 per spectator over the age of 12. Heat sheets are an additional \$3.00.
- Awards:** *Sunday's Individual events:* *Relay events:*  
1<sup>st</sup> – 3<sup>rd</sup> place - Medals 1<sup>st</sup> – 8<sup>th</sup> place - Ribbons  
4<sup>th</sup> – 16<sup>th</sup> place – Ribbons
- No awards will be given for Saturday's distance events.*
- Scoring:** Sixteen place scoring will be used for individual events. Relay event scores will be doubled.
- Final Results:** Final results will be mailed to all competing teams. Extra copies may be ordered for \$8.00 each.
- Seeding:** All individual events will be pre-seeded. 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.***
- 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-ups.
- 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.

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## ORDER OF EVENTS

<b>SATURDAY SINGLE SESSION</b>		
1	Open 200 yd. Freestyle	2
3	Open 400 yd. IM	4
5	Open 200 yd. Backstroke	6
7	Open 500 yd. Freestyle	8
9	Open 200 yd. Breaststroke	10
11	Open 200 yd. Butterfly	12
13	Open 200 yd. IM	14
15	Open 1650 Freestyle	16
<b>SUNDAY, JUNE 6<sup>th</sup> AM SESSION</b>		
17	9 year old 100 yd. Freestyle	18
19	10 year old 100 yd. Freestyle	20
21	11 year old 100 yd. Freestyle	22
23	12 year old 100 yd. Freestyle	24
25	9 -10 200 yd. Freestyle Relay	26
27	11-12 200 yd. Freestyle Relay	28
29	9 year old 50 yd. Backstroke	30
31	10 year old 50 yd. Backstroke	32
33	11 year old 50 yd. Backstroke	34
35	12 year old 50 yd. Backstroke	36
37	9 year old 50 yd. Butterfly	38
39	10 year old 50 yd. Butterfly	40
41	11 year old 50 yd. Butterfly	42
43	12 year old 50 yd. Butterfly	44
45	9 year old 50 yd. Breaststroke	46
47	10 year old 50 yd. Breaststroke	48
49	11 year old 50 yd. Breaststroke	50
51	12 year old 50 yd. Breaststroke	52
53	9 year old 100 yd. IM	54
55	10 year old 100 yd. IM	56
57	11 year old 100 yd. IM	58
59	12 year old 100 yd. IM	60
<b>SUNDAY, JUNE 6<sup>th</sup> PM SESSION</b>		
61	13 year old 100 yd. Freestyle	62
63	14 year old 100 yd. Freestyle	64
65	Senior 100 yd. Freestyle	66
67	7 & under 25 yd. Freestyle	68
69	8 year old 25 yd. Freestyle	70
71	Senior 200 yd. Freestyle Relay	72
73	8 & under 100 yd. Freestyle Relay	74
75	13 year old 100 yd. Backstroke	76
77	14 year old 100 yd. Backstroke	78
79	Senior 100 yd. Backstroke	80
81	7 & under 25 yd. Backstroke	82
83	8 year old 25 yd. Backstroke	84
85	13 year old 100 yd. Butterfly	86
87	14 year old 100 yd. Butterfly	88

89	Senior 100 yd. Butterfly	90
91	7 & under 25 yd. Butterfly	92
93	8 year old 25 yd. Butterfly	94
95	13 year old 100 yd. Breaststroke	96
97	14 year old 100 yd. Breaststroke	98
99	Senior 100 yd. Breaststroke	100
101	7 & under 25 yd. Breaststroke	102
103	8 year old 25 yd. Breaststroke	104
105	13 year old 200 yd. IM	106
107	14 year old 200 yd. IM	108
109	Senior 200 yd. IM	110
111	7 & under 100 yd. IM	112
113	8 year old 100 yd. IM	114

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## WAIVER FORM

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	\$ _____
Total amount due for Individual Events	\$ _____
*** Excess reservation <b>cannot</b> be used for relay/LSC Surcharge ***	
_____ Relay Events x \$12.00	\$ _____
_____ LSC Surcharge x \$3.00	\$ _____
(# of swimmers in Individual Events)	

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

Name of coach or team representative at meet:

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

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

Make checks payable to: Waukesha Express Swim Team

Mail entries to: Michael Hamm  
c/o Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187

**\*\*\* Entries due on Tuesday, May 25, 2010 \*\*\***