

# Race for the Valentine

Hosted By: Waukesha Express Swim Team

February 12th, 2017

Sanction: WI2017-074S

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

**Meet Director:** Wes Lagerhausen  
P.O. Box 1874  
Waukesha, WI 53187

**Meet Entry Chair:** Dan Wohl  
P.O. Box 1874  
Waukesha, WI 53187  
(262) 408-0428  
[dan@waukeshaexpress.org](mailto:dan@waukeshaexpress.org)

**Facility:** Eight or 10 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).

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

**Rules:** Official 2017 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 February 12, 2017. Coaches must display their Coaches Card while on deck.

**Schedule:** All races are timed finals. Single Session.

**Warm-ups:** 8:00 AM

**Meet starts:** 9:05 AM

Failure to follow warm-up guidelines may result in disqualification from the next individual event. Feet first three point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a)

**Officials:** Meet Ref: John Lanham  
Admin Official: Dan Wohl/Wes Lagerhausen

**Entries & Eligibility:** All entries will be taken when accompanied by full payment. Swimmers may compete in four (4) individual events per day plus relays. Deck entries will only be allowed if there are open lanes available. Deck entered swimmers will be charged at \$20 per swimmer. 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.

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.

Completed entry file, signed waiver and fees must be received no later than Tuesday, January 31st, 2017.  
Any questions concerning entries should be directed to Dan Wohl, Meet Entry Chair at 262-408-0428.

## Mail

**Entries:** Mail 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, January 31st, 2017.**

**Entry Fees:** \$12.00 per swimmer (includes all surcharges)

**Admissions:** No charge for admission.  
Heat sheets will NOT be sold. Heat sheets will be available at [www.waukeshaexpress.org](http://www.waukeshaexpress.org)

**Awards:** Heat winners will receive a special valentine.

Awards will be provided for 12 & Under events as follows:

*Individual events:*

*Relay events:*

1st – 16th place: Ribbons

1st – 8th place: Ribbons

**All awards will be bagged and handed out at end of meet (except for heat winner awards).**

**Scoring:** Sixteen-place scoring will be used for individual events. Relay event scores will be doubled.

## Final

**Results:** Final results will be sent out to attending teams and posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org).  
Final results will be posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org) and [www.waukeshaexpress.org](http://www.waukeshaexpress.org)

**Seeding:** All individual events will be pre-seeded.

**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.*

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.

## Race for the Valentine: Order of Events

Girls	Saturday AM	Boys
1	11-12 50 yd. Freestyle	2
3	10 & Under 50 yd. Freestyle	4
5	8 & Under 50 yd. Freestyle	6
7	11-12 200 yd. Free Relay	8
9	10 & Under yd. 200 Free Relay	10
11	11-12 100 yd. Breaststroke	12
13	10 & Under 50 yd. Breaststroke	14
15	8 & under 25 yd. Breaststroke	16
17	11-12 100 yd. Backstroke	18
19	10 & Under 50 yd. Backstroke	20
21	8 & under 25 yd. Backstroke	22
23	11-12 100 yd. Butterfly	24
25	10 & Under 50 yd. Butterfly	26
27	8 & Under 25 Butterfly	28
29	11-12 200 yd. IM	30
31	10 & Under 200 yd. IM	32
33	8 & Under 100 yd. IM	34
Girls	Saturday PM	Boys
35	13-14 50 yd. Freestyle	36
37	Open 50 yd. Freestyle	38
39	13-14 200 yd. Breaststroke	40
41	Open 200 yd. Breaststroke	42
43	Open 200 yd. Free Relay	44
45	13 - 14 200 yd. Backstroke	46
47	Open 200 yd. Backstroke	48
49	13-14 200 yd. Butterfly	50
51	Open 200 yd. Butterfly	52
53	13-14 100 yd. Freestyle	54
55	Open 100 yd. Freestyle	56
57	13 - 14 200 yd. IM	58
59	Open 200 yd. IM	60

*\*Will be run as a single session. 13-14 and Open events will be mixed in with 12 & under events.*

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## WAIVER

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 Swimmers x \$12.00 \$ \_\_\_\_\_

Name of coach or team representative at meet:

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

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

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

Make checks payable to: Waukesha Express Swim Team

Mail entries to: Dan Wohl

c/o Waukesha Express Swim Team

P.O. Box 1874

Waukesha, WI 53187

**\*\*\* Entries due on Tuesday, January 31st, 2017 \*\*\***