



## 2026 Central Zone Multicultural Meet

**Co-Hosted by: Wisconsin Swimming and Badger Aquatics Club**

**June 19-21, 2026**

**Location: Soderholm Family Aquatics Center @ Nicholas Recreation Center  
University of Wisconsin**

<b>SANCTION:</b>	Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from all liabilities or claims for damages arising from injuries to anyone during the conduct of the event. Sanction Number: <b># WI2026-0501S</b>
<b>MEET LANDING PAGE:</b>	<a href="#">Wisconsin Swimming - 2026 CZ Multicultural Meet</a>
<b>FACILITY:</b>	Soderholm Family Aquatics Center Nicholas Recreation Center University of Wisconsin 797 W Dayton Street Madison, Wisconsin 53706  The Soderholm Family Aquatic Center at the Nicholas Recreation Center is home to a 50-meter pool and a 25-yard diving well. The competition pool is 8 lanes, each with non-turbulent lane markers with pool depth of 8' 3" at both ends. There are backstroke wedges available on all competition lanes. Starting blocks are 30" high. Colorado System 7 timing system with touchpads, two buttons and stopwatches with full digital video scoreboard will be used.  The meet host will ensure the required course dimensions.
<b>MEET DIRECTOR</b>	Mark Van Hout <a href="mailto:mandpvh@gmail.com">mandpvh@gmail.com</a> 920-205-5926
<b>MEET REFEREE:</b>	Jacky Jugenheimer <a href="mailto:JJugenheimerswimming@gmail.com">JJugenheimerswimming@gmail.com</a> 608-695-2894

<b>MEET ENTRY CHAIR:</b>	Jacob Johnson 608-852-5727 coachjacob@badgeraquatics.com
<b>ADMIN REFEREE:</b>	Austin Lacey 608-575-0203 Austin@austinlacey.com
<b>OFFICIALS:</b>	Wisconsin Swimming will need the help of other LSC USA Swimming Officials. If you have officials willing to help at our meet, please reach out to our meet referee Jacky Jugenheimer or sign-up using this link <a href="https://forms.gle/H5WFSh9JrcmPC5xR7">https://forms.gle/H5WFSh9JrcmPC5xR7</a>
<b>DECK ACCESS:</b>	<p>Deck access is restricted to participating athletes, coaches, working officials and meet personnel. Credentials will be issued and must be displayed at all times while on deck. This will be strictly enforced by Meet Marshals and other meet staff.</p> <p>Parents/guardians are NOT allowed on deck or in the locker rooms at any time. Parents and other non-swimmers not involved in the running of the meet are requested to remain in designated spectator areas. The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety or the efficient operation of the meet. USAS Rules of Conduct will be strictly enforced.</p> <p>Coaches may pick up meet packets in the pool lobby and must sign-in at the start of each session.</p>
<b>MEET FORMAT:</b>	<p>This meet is uniquely formatted to celebrate multicultural diversity in competitive swimming. This meet will be a 2.5 day format with one, all ages session on both Friday afternoon and Sunday morning and two sessions on Saturday with a guest speaker in between.</p> <p>This meet will be contested as timed finals LCM pool and includes mixed relays.</p> <p>All events will be pre-seeded.</p>
<b>ELIGIBILITY:</b>	<p>Swimmer(s) must be registered with USA Swimming prior to the competition. Age as of June 19th, 2026 shall determine the swimmer's age for the entire meet (205.2.2). Meet eligibility and entry limits to be determined by each participating LSC.</p> <p>No on deck USAS registrations will be accepted on deck.</p>
<b>Athletes with a Disability:</b>	<p>In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests. Please see the additional entry form in this packet for submission of swimmers with disabilities.</p> <ol style="list-style-type: none"> <li>1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.</li> </ol>

	<ol style="list-style-type: none"> <li>2. Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as the able-bodied swimmers with no separate awards category for swimmers with disabilities will be offered.</li> <li>3. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.</li> <li>4. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group, (example; swim the 100m backstroke during the 200m race) or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 14 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.</li> </ol>
<b>ENTRY LIMITS:</b>	<p><b><u>This meet will be an LSC Entered Meet:</u></b> There is no limit to the number of athletes an LSC may bring or enter by age or gender. *Note that relays (only) are not defined by traditional age groups to allow more athlete participation. Please also note the addition of mixed relays throughout the meet.</p> <p>Wisconsin Swimming reserves the right to limit the number of entries and/or any events to achieve a 4-hour maximum timeline per session. The Meet Entry Chair will notify all accepted teams of any limited events and will refund the fees for those events limited or reduced from the original entry.</p> <p>Swimmers may compete in a maximum of 4 individual events per day and a maximum of 2 relays per day</p> <p>No deck entries will be permitted</p> <p>Time trials will be offered at the conclusion of the meet as time permits as determined by the Meet Director.</p> <p>Admission is free for all spectators.</p>

<b>ENTRY FEES:</b>	<p>All entry fees must be paid by Friday, June 19th, 2026. Please make checks payable to: <b>Wisconsin Swimming</b>. Individual entries are \$10.00 and Relays are \$16.00 each. There is also a \$35 swimmer surcharge fee (\$1 Central zone fee, \$4 Wisconsin Swimming Splash fee and \$30 athlete fee). No refunds will be made on entry fees.</p> <p>Time trials will be offered at the conclusion of the meet on Sunday as time permits. Cost for each time trial is \$20 for individual events and \$30 for relay events and must be paid in cash to the Admin Official.</p> <p><b>Late entries (After June 1st 5:00pm) will be billed at double the above listed rate</b></p> <p>Entries are to be submitted via email to the entry chair. A completed and signed Team Summary and payment must be received by the start of the meet. One check per LSC team.</p>
<b>ENTRY DEADLINE:</b>	<p><b>All entries must arrive via e-mail. Changes, updates, and corrections (including entry times) will be accepted via email until the modification deadline.</b> Wisconsin Swimming reserves the right to limit the number of entries in all events to keep the timeline manageable.</p> <p><u>Entries Open: Monday, May 18th, 2026, 8:00 AM</u>  <u>Entries Close/Adjustment Deadline: Monday, June 1st, 2026, 5:00 PM</u></p>
<b>CLERK OF COURSE</b>	<p>There will be no clerk of course at this event.</p>
<b>AWARDS/SCORING:</b>	<p><b>Event Awards:</b></p> <p>Medals will be awards for 1st through 3rd and ribbons for places 4-8<sup>th</sup> in individual events.</p> <p>Age group categories for awards will be 9-10, 11-12, 13-14, 15 &amp; Over.</p> <p>High Point Awards</p> <p>Individual high point awards will be given for the top three overall finisher in both the male and female competitions</p> <p>Points will be awarded for the top 16 places in each event per standard scoring (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events. Relays will be doubled. <b>Only the top 2 scoring relays from each LSC will score.</b></p> <p>Coaches should pick up awards at the end of the meet. <b>No awards will be mailed.</b></p>
<b>WARM-UP:</b>	<p>Warm up times and lanes will be assigned.</p> <p>Assignments will be posted on the meet landing page and communicated to the "lead" coach for each team.</p> <p>Each team will be assigned a time block of no less than 25 minutes of warm ups. A final, unassigned, 15 minute controlled warm up time block will be provided to all teams for starts/pace at the end of the warm up Session.</p>

	<p>Controlled starts may be done during a team's assigned time block provided coaches are present and monitoring.</p> <p>USA Swimming and Wisconsin Swimming warm-up procedures will be enforced throughout the meet. Circle swimming only, feet first three-point entry from the starting end of the pool. No equipment or other training devices are allowed during warm-ups. Violators of the warm up procedures are subject to disqualification.</p> <p>Additional in-water breaks may be determined once all entries have been received and timeline has been set.</p> <p>During the competition, there will be warm-up/warm-down lanes available in the diving well.</p> <p>One lane will be designated for one-way sprints and one lane will be designated for pace work.</p>
<p><b>SCHEDULE:</b></p>	<p>Our schedule will be somewhat flexible and subject to change based on entries. We will have session capacity limits, so we reserve the right to change session times, and even potential age groups during sessions.</p> <p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>● All ages</li> <li>● Warm-ups start between 2:00 and 4:00 PM</li> <li>● Meet starts 90 minutes after warm-ups begin</li> </ul> <p><b>SATURDAY</b></p> <ul style="list-style-type: none"> <li>● AM Session <ul style="list-style-type: none"> <li>○ 13 &amp; Overs</li> <li>○ Warm-ups start not before 6:30 AM</li> <li>○ Start not before 8:00 AM</li> </ul> </li> <li>● Lunch and Speaker <ul style="list-style-type: none"> <li>○ Box lunches provided to all athletes</li> <li>○ 11:00 - 12:30 PM</li> <li>○ Speaker: Amie Barrow - Gambia's first female Olympic swimmer and current Brown University swimmer</li> </ul> </li> <li>● PM Session <ul style="list-style-type: none"> <li>○ 12 &amp; Under</li> <li>○ Warm-ups start not before 12:30 PM</li> <li>○ Meet starts not before 1:30 PM</li> </ul> </li> </ul> <p><b>SUNDAY</b></p> <ul style="list-style-type: none"> <li>● All Ages</li> <li>● Warm-ups start not before 6:30 AM</li> <li>● Meet starts not before 8:00 AM</li> </ul> <p>Time trials will be offered on Sunday following the completion of scheduled events if time permits as determined by the Meet Director. Cost of time trials is \$20 and must be paid in cash.</p> <p>Please note: All Times Are Central Daylight Savings Time.</p>

<b>CONCESSIONS:</b>	Hospitality area will be available in the pool classroom off the pool deck for Coaches and Officials only. Concessions will be available for sale to spectators
<b>ADMISSION:</b>	Free admission for all spectators. Heat sheets will be made available free digitally.
<b>SALES:</b>	An aquatic outfitting vendor will be provided by a local vendor, selling items from suits to goggles.
<b>PSYCH SHEETS:</b>	Psych Sheets will be posted to the meet website by Monday June 8th .
<b>PARKING:</b>	Multiple public parking decks are available in close proximity to the venue.
<b>FACILITY NOTE:</b>	<b>We are guests of the University of Wisconsin. Please help us with the following:</b> <ul style="list-style-type: none"> <li>• Keep all trash picked up</li> <li>• No sound devices or objects such as balls, radios, helium balloons, etc. that are an inconvenience to swimmers, coaches, officials, volunteers, or spectators will be allowed</li> <li>• NO GLASS WILL BE ALLOWED ON THE POOL DECK</li> <li>• Only registered coaches, athletes, and officials along with meet volunteers will be allowed on the pool deck. As per USA Swimming insurance policies, no parents are allowed on deck.</li> <li>• Smoking is PROHIBITED on school property.</li> <li>• Anyone caught abusing the facilities will be asked to leave the meet/facility immediately and the team will be billed for any damages caused by their swimmers.</li> </ul>
<b>Medical/First Aid</b>	Please report all injuries to lifeguard on duty
<b>RULES:</b>	<p>Current USA Swimming and Wisconsin Swimming rules, including MAAPT 2.0 , will govern this meet.</p> <p>At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.</p> <p>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 without the use of the backstroke ledge. 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</p> <p>Coaches and Officials MUST display their current USA Swimming coach credential to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credentials and/or deny deck access if a coach or official does not comply.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the starting blocks.</p> <p>Deck changes are prohibited.</p>

	<p>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.</p>
<b>MAAPP Policy</b>	<p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p>
<b>SAFE SPORT 360:</b>	<p>A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.</p> <p>The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</p> <p>The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</p> <p>All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good</p>

standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

# Order of Events

Friday June 19th, 2026

**Session #1: All Age Timed Finals**  
**Warm-Ups @ 4:00 PM\***  
**Meet Starts @ 5:00 PM\***

1	15 & Over 200 Freestyle Relay	2
3	14 & Under 200 Freestyle Relay	4
5	12 & Under 200 Freestyle Relay	6
7	10 & Under 200 Freestyle Relay	8
9	15 & Over 200 IM	10
11	13-14 200 IM	12
13	11-12 100 IM	14
15	10 & Under 100 IM	16
17	15 & Over 50 Freestyle	18
19	13-14 50 Freestyle	20
21	11-12 50 Freestyle	22
23	10 & Under 50 Freestyle	24
25	15 & Over 200 Butterfly	26
27	13-14 200 Butterfly	28
29	11-12 50 Butterfly	30
31	10 & Under 50 Butterfly	32

**Saturday June 20th, 2026**

Session #2: 13 & Over Timed Finals Warm-Ups @ 6:30 AM* Meet Starts @ 8:00 AM*			2 hour lunch break	Session #3: 12 & Unders Warm-Ups @ 1:30 PM* Meet Starts @ 2:30 PM*	
33	13 & Over Mixed 200 Medley Relay			12 & Under Mixed 200 Free Relay	
			51		
35	15 & Over 200 Breaststroke	36		11-12 100 Butterfly	54
			53		
37	13-14 200 Breaststroke	38		10 & Under 100 Butterfly	56
			55		
39	15 & Over 100 Freestyle	40		11-12 100 Breaststroke	58
			57		
41	13-14 100 Freestyle	42		10 & Under 100 Breaststroke	60
			59		
43	15 & Over 200 Backstroke	44		11-12 50 Backstroke	62
			61		
45	13-14 200 Backstroke	46		10 & Under 50 Backstroke	64
			63		
47	15 & Over 100 Butterfly	48		11-12 100 Freestyle	66
			65		
49	13-14 100 Butterfly	50		10 & Under 100 Freestyle	68
			67		
13 & Over Mixed 200 Free Relay				12 & Under Mixed 200 Medley Relay	52

**Sunday June 21st, 2026**

**Session #1: All Age Timed Finals**

**Warm-Ups @ 9:00 AM\***

**Meet Starts @ 10:00 AM\***

69	15 & Over 200 Medley Relay	70
71	14 & Under 200 Medley Relay	72
73	12 & Under 200 Medley Relay	74
75	10 & Under 200 Medley Relay	76
77	15 & Over 200 Freestyle	78
79	13-14 200 Freestyle	80
81	11-12 200 Freestyle	82
83	10 & Under 200 Freestyle	84
85	15 & Over 100 Breaststroke	86
87	13-14 100 Breaststroke	88
89	11-12 50 Breaststroke	90
91	10 & Under 50 Breaststroke	92
93	15 & Over 100 Backstroke	94
95	13-14 100 Backstroke	96
97	11-12 100 Backstroke	98
99	10 & Under 100 Backstroke	100

**\*Times may be adjusted based on entries.**



## SWIMMERS WITH A DISABILITY ENTRY FORM

**Athlete Name:** \_\_\_\_\_ **Athlete's Club:** \_\_\_\_\_ **Athlete's LSC:** \_\_\_\_\_

**USA Swimming #:** \_\_\_\_\_ **Age first day of the meet:** \_\_\_\_\_

**Swimmer email address:** \_\_\_\_\_

**Swimmer phone #:**

**Name of person completing this form:**

**Email address:**

**Phone #:**

Please enter events below. The maximum number of events for swimmers is six (6) events. Please indicate the swimmer's preference regarding the seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

## Disability-related accommodations:



## SUMMARY PAGE

Please complete the requested information below and mail with your entry forms and check. Note this is to be completed by LSC only, not individual swimmers.

Make check payable to **Wisconsin Swimming, INC.**

If mailing, please mail a check to:

**Wisconsin Swimming**

**Angela Monty**

**1907 Cedarhurst Dr**

**New London, WI 54961**

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

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

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

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

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

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

Number of Swimmers:	Boys +	Girls =	Total Athletes
Athlete Surcharge:		Swimmers @ \$35.00 =	\$ _____
Number of Individual Entries:		Events @ \$10.00 =	\$ _____
Number of Relay Entries:		Relays @ \$16.00 =	\$ _____
		Total Amount Enclosed	\$ _____

**Release and Hold Harmless Agreement:**

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges Wisconsin Swimming, the Central Zone, USA Swimming, and The University of Wisconsin and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further the undersigned shall indemnify and hold harmless Wisconsin Swimming, the Central Zone, USA Swimming, and the University of Wisconsin and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2026

Signature of LSC Official or Coach: \_\_\_\_\_

Printed Name of Signature: \_\_\_\_\_

# TIME TRIALS

Hosted by: Wisconsin Swimming & Badger Aquatics Club SANCTION # WI2026-0502TT

Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

<b>When</b>	At the conclusion of Sunday session, as time permits only and at the discretion of the Meet Director pending timeline availability,
<b>Eligibility</b>	Open to swimmers entered in the 2026 Multicultural Meet. The maximum number of individual events in one day is six (6), time trials and individual events and relays combined. Relay only swimmers are NOT eligible to participate in time trials.
<b>Events</b>	All time trial events will be offered on Sunday. Events will be combined where appropriate at the discretion of the meet management. PLEASE NOTE: Time trials will be offered only for the events contested during the three days of the meet. Time trials in distance events not offered at this meet may be limited by the Meet Director. If an athlete signs up for multiple time trial events, there is NO GUARANTEE there will be "rest time" between the events.
<b>Entry Limit</b>	Swimmers may not enter more than SIX (6) events per day including time trials and relays, per USA Swimming 102.2.3.4. Swimmers may enter unlimited time trial events as long as the daily limit of SIX (6) total events is not exceeded, which include a combined total of competition session events, relays and time trial events.
<b>Fee</b>	\$20.00/individual event AND \$30/RELAY EVENT.
<b>Registration</b>	Registration will be accepted online with a link on the meet landing page. The registration deadline for the time trials session will be 10am, Sunday June 21st . Payment is due before the entry deadline and may be made in the office.
<b>Procedures</b>	Swimmer(s) will sign up for time trials online (Administrative Team will have QR codes posted for Time Trial Sign-Up). A meeting for all time trial participants and timers will be held prior to the start of Time Trials. Heat Sheets for time trials will be posted and distributed when they are ready 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. ALL time trial results must be recorded on provided forms.
<b>Host club provides</b>	Officials, Meet Management, and stopwatches
<b>Athletes Provide</b>	Two (2) timers