

**Star of the South Swim Meet Overview**  
**Co-hosted with OCSC (Oregon Community Swim Club)**  
**Held Under Sanction of USA Swimming**  
**WI Sanction # WI2025-0576S**

- Date: Saturday November 8, 2025 – Sunday November 9, 2025
- Overview: The Star of the South Meet will take place in four sessions over Saturday and Sunday held under the sanction of USA Swimming. All events will be timed finals. 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.
- Location: Stoughton High School Pool | 600 Lincoln Ave. | Stoughton, WI 53589  
Pool Entrance is on the west side of the high school (Door 24) and is accessible from Devonshire Road.
- Facility: Indoor, eight (8) Lane, 25 yard pool. The minimum water depth is 12 feet at the start end and 3 feet, 6 inches at the turn end. All 25 yard events will start from the start end and end at the turn end. For the 100 yard relays, the 2<sup>nd</sup> and 4<sup>th</sup> legs of the relay will have to start in the water. Timing for the 25 yard events will be via two (2) back-up push buttons and two (2) stopwatches at the turn end of the pool. The pool is also equipped with non-turbulent lane markers, backstroke flags and slanted, 30" high starting blocks. Upper deck spectator seating is available. Concession stand with adjacent tables and seating for spectator, swimmer, coach, and official breaks. The Meet hosts will ensure the required course dimensions.
- Lifeguards will be available at all times during the running of the meet, including warm-ups.
- Timing System: All events will be timed using a Colorado Timing System with horn start, touch pads (start end), one (1) button plunge timer, and two (2) stopwatches as back-ups, except as noted above for 25 yard events.
- Official Rules: This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced. All swimmers must be registered athlete members of USA Swimming and be in good standing. Swimmers age as of November 8, 2025.
- Racing Start Certification:  
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.
- Meet Directors: Randy Rozema | 608-215-3279 | [stoughtonaquaracers@gmail.com](mailto:stoughtonaquaracers@gmail.com)  
2124 Hoel Circle | Stoughton, WI 53589
- Meet Entry Chair: Randy Rozema | 608-215-3279 | [stoughtonaquaracers@gmail.com](mailto:stoughtonaquaracers@gmail.com)  
2124 Hoel Circle | Stoughton, WI 53589
- Officials: Meet Referee:  
Sarah Olson: [olsonswimming@gmail.com](mailto:olsonswimming@gmail.com)
- Administrative Official:  
Andrew Olson: [olsonswimming@gmail.com](mailto:olsonswimming@gmail.com)
- Meet Schedule: Session 1: Saturday November 8, 2025
- Warm Up: 8:00-9:00AM

- Session Starts: 9:05AM
- Fly-Over Starts Where Applicable
- Breaks will be added as necessary

Session 2: Saturday November 8, 2025

- A 60-minute warm-up period will begin 10 minutes following the completion of Session 1
- Session Start: 5 minutes after the completion of the warm-up period
- Fly-Over Starts Where Applicable
- Breaks will be added as necessary

Session 3: Sunday November 9, 2025

- Warm Up: 8:00-9:00AM
- Session Starts: 9:05AM
- Fly-Over Starts Where Applicable
- Breaks will be added as necessary

Session 4: Sunday November 9, 2025

- A 60-minute warm-up period will begin 10 minutes following the completion of Session 3
- Session Start: 5 minutes after the completion of the warm-up period
- Fly-Over Starts Where Applicable
- Breaks will be added as necessary

- Warm-Ups: Warm-up assignments will be sent to the team representatives ahead of the meet. Warm-up procedures are at the discretion of the teams warming up in each specific lane; no equipment may be used. Warm-up time frames subject to change depending on size of meet.
- Entries: Swimmers may compete in up to five (5) individual events plus one (1) relay per day. Swimmers must be USA Swimming registered in order to enter. Entries will be accepted on a first come first served basis until the meet is full. Entries not accepted will be notified as soon as possible. This meet will be run using Hy-Tek Meet Manager.
- Entry Deadline: The entry chair must receive Hy-Tek file of your entries no later than **Tuesday October 28, 2025**. No entries will be taken over the phone. **Email meet entries to the entry chair at [stoughtonaquaracers@gmail.com](mailto:stoughtonaquaracers@gmail.com)**. Received entries will be confirmed via email. Meet entry fees and completed waiver form can be brought to the meet director the day of the meet.
- Entry Fees: \$5.00 facility fee per swimmer, \$4.00 Splash Fee, \$6.00 per individual event, and \$16.00 per relay. A \$10 per swimmer admission fee will be assessed with swimmer registration.
- Deck Entries: Deck entries will be at the Meet Director's discretion, will only be allowed up until 30 minutes prior to the start of the session AND only if there are open lanes available (new heats will not be added). Deck entries must be able to prove their current USA Swimming membership. No on-site USA Swimming registrations will be accepted. Deck entry is \$10 per individual event (plus entry fees if the athlete is not already registered in the meet).
- Swimmers with Disabilities: Please indicate on the entry form whether any athlete on your team requires additional assistance. Inform the head official of those needs prior to the start of the meet.
- Awards: Awards will be given in the following age groups: 8 & Under, 9-10, 11-12, 13-14, Open, medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons will be awarded for 4<sup>th</sup> through 16<sup>th</sup> place for individual events. Relay events (1<sup>st</sup> through 3<sup>rd</sup>) will be awarded ribbons.

A boys and girls individual high point award will be given out in each of the age groups (8&U, 9-10, 11-12, and 13-14). Only points accumulated for individual swims within your designated age group count toward the highpoint award. For younger swimmers participating in open events, those points do not count toward the high point award.

Awards will be held for each team and can be picked up by a team representative at the end of the meet. Awards will NOT be mailed, should a team not pick up their awards, we will make an effort to bring them to a future swim meet to get them to you.

**Meet Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Directors and Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.

Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, locker rooms, or behind the starting blocks.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas and open-ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present.

**MAAPP Policy:** Pursuant to WI Swimming, Inc. mandate, 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 the MAAPP policy is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned meet who is over 18 years of age 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 SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

**Image Authorization:**

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming and the meet host under the conditions authored by Wisconsin and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Wisconsin Swimming competition to promote such competitions.

**Admissions:** The admission fee is being assessed with the swimmer fees, spectators will be welcomed upon arrival and directed to the viewing area. Heat sheets will be emailed to participating team representative and electronically posted the day prior to the swim meet for download. A limited quantity of printed heat sheets may be available at concessions. The meet will be accessible via meet mobile.

**Concession:** Food and beverages will be available for purchase throughout the meet. Food and beverages (other than bottled water) will not be allowed on the pool deck.

**Final Results:** One electronic copy of meet results will be sent to all participating teams and WI Swimming.

### Saturday, November 8, 2025 – Session 1

Warm-up: 8:00 A.M. - Meet Start at 9:05 A.M.

<b>Girls:</b>	<b>Event Description</b>	<b>Boys:</b>
1	8&U 100 Yard Freestyle Relay	2
3	13-14 200 Yard Freestyle Relay	4
5	Open 400 Yard Freestyle Relay	6
7	8&U 25 Yard Butterfly	8
9	13-14 100 Yard Butterfly	10
11	Open 200 Yard Butterfly	12
13	8&U 50 Yard Freestyle	14
15	13-14 50 Yard Freestyle	16
17	Open 100 Yard Freestyle	18
19	8&U 100 Yard IM	20
21	13-14 200 Yard IM	22
23	Open 50 Yard Freestyle	24
25	8&U 25 Yard Breaststroke	26
27	13-14 100 Yard Breaststroke	28
29	Open 200 Yard Breaststroke	30
31	8&U 50 Yard Backstroke	32
33	13-14 50 Yard Backstroke	34
35	Open 100 Yard Backstroke	36
37	Mixed Open 400 IM	37

**Note: The 400 IM will be limited to 24 entries (3 heats) total. Should there be more than 24 entries, coaches will be notified. We will start by keeping two entries per team and add swimmers until the 24 spots are filled based on the entry submission date.**

### Saturday, November 8, 2025 – Session 2

Warm-up: To follow 10 minutes after Session 1. - Meet Start 65 minutes following the start of warm-up.

<b>Girls:</b>	<b>Event Description</b>	<b>Boys:</b>
239	9-10 200 Yard Freestyle Relay	240
241	11-12 200 Yard Freestyle Relay	242
243	9-10 50 Yard Butterfly	244
245	11-12 100 Yard Butterfly	246
247	9-10 100 Yard Freestyle	248
249	11-12 50 Yard Freestyle	250
251	9-10 200 Yard IM	252
253	11-12 100 Yard IM	254
255	9-10 50 Yard Breaststroke	256
257	11-12 100 Yard Breaststroke	258
259	9-10 100 Yard Backstroke	260
261	11-12 50 Yard Backstroke	262
263	11-12 200 Yard Freestyle	264

### Sunday, November 9, 2025 – Session 3

Warm-up: 8:00 A.M. - Meet Start at 9:05 A.M.

<b>Girls:</b>	<b>Event Description</b>	<b>Boys:</b>
301	8&U 100 Yard Medley Relay	302
303	13-14 200 Yard Medley Relay	304
305	Open 400 Yard Medley Relay	306
307	8&U 50 Yard Butterfly	308
309	13-14 50 Yard Butterfly	310
311	Open 100 Yard Butterfly	312
313	8&U 25 Yard Freestyle	314
315	13-14 100 Yard Freestyle	316
317	Open 200 Yard Freestyle	318
319	8&U 100 Yard Freestyle	320
321	13-14 200 Yard Freestyle	322
323	Open 200 Yard IM	324
325	8&U 50 Yard Breaststroke	326
327	13-14 50 Yard Breaststroke	328
329	Open 100 Yard Breaststroke	330
331	8&U 25 Yard Backstroke	332
333	13-14 100 Yard Backstroke	334
335	Open 200 Yard Backstroke	336
337	Mixed Open 500 Freestyle	337

**Note: The 500 Free will be limited to 24 entries (3 heats) total. Should there be more than 24 entries, coaches will be notified. We will start by keeping two entries per team and add swimmers until the 24 spots are filled based on the entry submission date.**

### Sunday, November 9, 2025 – Session 4

Warm-up: To follow 10 minutes after Session 1. - Meet Start 65 minutes following the start of warm-up.

<b>Girls:</b>	<b>Event Description</b>	<b>Boys:</b>
439	9-10 200 Yard Medley Relay	440
441	11-12 200 Yard Medley Relay	442
443	9-10 100 Yard Butterfly	444
445	11-12 50 Yard Butterfly	446
447	9-10 50 Yard Freestyle	448
449	11-12 100 Yard Freestyle	450
451	9-10 100 Yard IM	452
453	11-12 200 Yard IM	454
455	9-10 100 Yard Breaststroke	456
457	11-12 50 Yard Breaststroke	458
459	9-10 50 Yard Backstroke	460
461	11-12 100 Yard Backstroke	462
463	9-10 200 Yard Freestyle	464

# Waiver

## Star of the South Swim Meet November 8 & 9, 2025 Stoughton High School Pool 25 Yards Sanction # WI2025-0576S

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all claims for damages which may accrue against USA-Swimming, Inc., Wisconsin Swimming, Inc., the Oregon Community Swim Club (OCSC), the Stoughton Aqua Racers (STAR) swim team, Stoughton Public High School, and their representatives, employees, or successors, for any and all injuries suffered by me or my contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event.

Signature of Club Official, Parent or Guardian: \_\_\_\_\_

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

Name of Contact Person, if different than above:

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

Team Name and Abbreviation: \_\_\_\_\_

Team Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

### Disabled Swimmers

Please complete the [Para Accommodation Form](#) and present it to the meet referee prior to the start of the swim session containing the swimmer impacted.

Email Address for sending final results, if different from the one used for registration:

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

<b>Entry Fees:</b>	<b>Individual Events:</b> _____ X \$6.00 = _____
	<b>Relays:</b> _____ X \$16.00 = _____
	<b>Facility Fee: #Swimmers</b> _____ X \$5.00 = _____
	<b>Splash Fee: # Swimmers</b> _____ X \$4.00 = _____
	<b>Admission Fee: #Swimmers</b> _____ X \$10.00 = _____
	<b>Total =</b> _____

Please make all checks payable to STAR (Stoughton Aqua Racers) and bring to the meet director on November 8, 2025.

**ENTRY DEADLINE – Tuesday October 28, 2025**