



<b>Hosted by:</b>	Waukesha Express Swim Team
<b>Location:</b>	Pleasant Prairie Rec Plex
<b>Dates:</b>	March 6 - 8, 2026
<b>SANCTION #</b>	WI2026-0167S

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.

### **GENERAL MEET INFORMATION**

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>ADMIN REFEREE</b>
Blaine Carlson <a href="mailto:blaine@waukeshaexpress.org">blaine@waukeshaexpress.org</a> 262-751-7946	Craig Tarr <a href="mailto:craig.tarr@gmail.com">craig.tarr@gmail.com</a>	Austin Lacey <a href="mailto:austin@austinlacey.com">austin@austinlacey.com</a>

<b>ASST ADMIN REFEREE</b>	<b>ASST ADMIN REFEREE</b>	<b>ADMIN OFFICIAL</b>
Mike Mellock <a href="mailto:mikemellock@gmail.com">mikemellock@gmail.com</a>	Michael Harbert <a href="mailto:aquaymca@yahoo.com">aquaymca@yahoo.com</a>	Brian Larkworthy <a href="mailto:brian@larkworthy.net">brian@larkworthy.net</a>

<b>TEAM LEAD CJ</b>	<b>ENTRY CHAIR</b>	<b>MEET LANDING PAGE</b>
Amy Balducci <a href="mailto:baloon013@gmail.com">baloon013@gmail.com</a>	Laurie Carlson <a href="mailto:laurie@waukeshaexpress.org">laurie@waukeshaexpress.org</a> 262-893-4679	<a href="https://www.waukeshaexpress.org/express-hosted-meets">https://www.waukeshaexpress.org/express-hosted-meets</a>

<b>General Meeting</b>	The General Meeting will be held virtually on Wednesday, March 4, 7:00 p.m., via Zoom. It will be recorded and posted on the host's website. Additional coaches' meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches' meetings. Coaches or other team representatives are responsible for all
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	information presented at these meetings including changes to the meet format or conduct. Coaches should check their team mailboxes prior to each session where they pick up heat sheets (admin table).
<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. <b>This will be strictly enforced by Meet Marshals and other meet staff.</b></p> <p>Parents/guardians are NOT allowed on deck or in the locker rooms at any time.</p> <p>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. Sign is required to pick up meet credentials, credentials are required for entry.</p>
<b>Facility</b>	Indoor, 25-yard pool with up to 10 lanes on one course. Two courses may be used for events 500Y or longer, at the discretion of meet management. Pool depth – 7’ throughout 25 yards on the western course and ranging from 12’ at the start to 4’ at the turn end on the eastern course. Lanes are 7’4” wide with 6-inch Kiefer Wave Eater lane lines and 29.5” Kiefer Elite Starting Platforms with track-style wedges. Backstroke ledges are available if the athlete chooses. The meet host will ensure the required course dimensions.
<b>Timing</b>	A fully automatic Colorado System 7 timing system with a full video display board, beep starts, and touch pads on the starting end of the pool. Two buttons and two stopwatches will be used for back-up times.
<b>Spectators / Admission</b>	<p>Admission for the meet is included in the entry fee for each athlete.</p> <p>There is seating for disabled spectators in the spectator area, and is accessible by elevator. View may be obstructed by coaches, officials, and athletes. Please contact the Meet Director for seating accommodations.</p> <p>Heat sheets will be posted on the meet landing page.</p> <p>The meet will be live streamed, a link will be provided on the meet landing page.</p>
<b>Parking</b>	<p>Free Parking is available at the following locations:</p> <ol style="list-style-type: none"> <li>1) Auxiliary Lots across the street from the pool</li> <li>2) Lot on the Northeast side of Building</li> <li>3) street parking in front of the facility.</li> </ol>
<b>Lost and Found</b>	<p>Please check the lost and found area, near the entrance to the girls and boys locker rooms. The facility and the meet host are not responsible for lost items. Items not picked up by the end of the meet will be discarded or donated.</p>
<b>Concessions</b>	Concessions will be available on site.
<b>First Aid/Medical</b>	All injuries should be reported to the lifeguard on duty. Only authorized RecPlex staff may administer care for liability reasons. Lifeguard staff has basic first aid supplies available if needed. An AED is available on the pool deck and EMS can be contacted, if needed, via the lifeguard on duty.

## **WARM UP and SESSION SCHEDULE**

<b>Session</b>	<b>Day</b>	<b>Description</b>	<b>Warm Up</b>	<b>Session Start Time</b>
1	Fri	13-14 Prelim	7:00 a.m.	Approx. 8:15 a.m.
2	Fri	11 - 12 Timed Final	5 min after AM session ends	Up to 75 minutes after the start of warm up
3	Fri	13-14 Finals	Not before 4:30 p.m.	65 minutes after start of warm-ups
4	Sat	13-14 Prelim	7:00 a.m.	Approx. 8:15 a.m.
5	Sat	11 - 12 Timed Final	5 min after AM session ends	Up to 75 minutes after the start of warm up
6	Sat	13-14 Finals	Not before 4:30 p.m.	65 minutes after start of warm-ups
7	Sun	13-14 Prelim	7:00 a.m.	Approx. 8:15 a.m.
8	Sun	11 - 12 Timed Final	5 min after AM session ends	Up to 75 minutes after the start of warm up
9	Sun	13-14 Finals	Not before 4:00 p.m.	65 minutes after start of warm-ups

Depending on the size of the meet and timeline, warm-up times may be adjusted by meet management and teams will be notified once all entries are received.

Breaks may be scheduled as needed and will be determined by meet management before the start of the meet. Meet management 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. All added breaks will be posted to the session report and communicated to lead coaches.

**Prelims:** Warm up times and lanes will be assigned. Assignments will be posted on the meet landing page and communicated to the “lead” coach for each team. 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. Controlled starts may be done during a team’s assigned time block provided coaches are present and monitoring.

**Finals:** Unassigned lanes for warm-ups. First 40 minutes general warm up, last 20 minutes controlled lanes as needed for starts, sprint, pace.

Swimmer(s) without a coach present are to report to the Meet Director prior to warm-up sessions start time for lane assignment.

## **OFFICIALS INFORMATION**

<b>Officials Meeting</b>	Officials Meetings will be held 60 minutes before the start time of each session in Hospitality.
<b>Timers Briefing</b>	Timer's Meetings will be held 30 minutes before the start time of each session.
<b>Application to Officiate</b>	Please check the Meet Landing Page for the application to officiate.
Please contact the Team Lead CJ or Meet Referee with questions or concerns	

## **CONDUCT OF THE MEET**

<b>Meet Format</b>	<p>The meet will be a combination of prelim/final events and timed final events. All events are swam slow to fast, except as noted elsewhere in the Meet Information. Flyover starts will be used in prelims. Swimmers will report to the blocks for prelims.</p> <p>All 13-14 Timed Finals individual events 400Y or longer will be Positive Check In.</p> <p>All 11-12 events are Timed Finals and swim in their own session.</p> <p>The following individual events will be conducted as Timed Finals with the top heat of each gender competing in finals, as noted in the Order of Events: all 13/14 400Y or longer events.</p> <p>All relays are timed finals. The top relay heat will compete in finals, as noted in the Order of Events. All other heats will compete in prelims. See Order of Events for designated heats of all other events coming back for Finals.</p> <p>Designated Disability Events will be completed in a separate heat, combined by classification and gender, but separated for scoring and awards. These events will take place between the female and male sections of the corresponding event.</p> <p>Swimmers in the Championship Final should report to the staging area in front of the meet management office to parade to the starting blocks. These procedures will be clearly explained at the coaches' meeting.</p> <p>Breaks may be inserted and removed at the discretion of Meet Management.</p>
<b>Deck Entries</b>	Deck entries for individual events will not be accepted. Relay only swimmers may be deck entered no later than 30 minutes before the start of each session. The coach must give the information to the Meet Director and pay the appropriate fee(s)
<b>MAAPP</b>	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. Times achieved by an athlete member at a sanctioned/approved 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. This includes participation as a member of a relay. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

## **RULES and PROCEDURES**

<b>Official Rules</b>	<p>Official current USA Swimming and Wisconsin LSC rules shall prevail for this meet except as otherwise specified in this meet information. Participating athletes must be registered USA Swimming athletes and in good standing. The athlete's age on the first day of the meet determines the age group for the entire competition. No deck registrations will be accepted at this meet</p> <p>All coaches and officials are required to sign in and prove that their USA Swimming membership is in good standing and all certifications are current. The official mobile application of USA Swimming should be used for proof of USA Swimming membership.</p> <p>All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist an unaccompanied swimmer make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p>
<b>Deck Registration</b>	<p>On deck USAS registrations will not be accepted at this meet.</p>
<b>Para/Disability Swimming</b>	<p>Para athletes or their representative coach will be expected to provide a written document of the desired accommodations (physical needs maneuvering throughout the venue) and modifications (technical rule changes while swimming) to the meet referee upon arrival. Failure to provide documentation will grant the meet referee complete discretion towards disqualifications, with no protest.</p> <p>Athletes that are requesting an accommodation and/or modification shall present the <a href="#">WSI Para Accommodation Form</a> to the meet referee and/or meet director prior to the meet start.</p>
<b>Start Certification</b>	<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>
<b>Protests</b>	<p>For consideration of administrative protests lodged at the meet, the Meet Referee may appoint a meet jury consisting of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete, prior to the start of competition. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final. The Meet Referee may replace an absent Jury member if needed.</p>
<b>Conduct</b>	<p>Coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. 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.</p> <ul style="list-style-type: none"> <li>● Each team is responsible for the conduct of its swimmers and parents.</li> <li>● Teams are asked to pick up any garbage in their immediate team area after each session.</li> <li>● No coolers, chairs, blankets or large bags will be allowed in the spectator area.</li> </ul>

	<ul style="list-style-type: none"> <li>• Swimmers (and their bags) should sit in their team's area on the pool deck, not in the spectator stands.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck Changing is prohibited.</li> <li>• 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.</li> <li>• No underwater video recording equipment is allowed at any time during the meet.</li> <li>• Flash photography will not be allowed during the start of any heat. Individuals using flash photography near the start of a heat may be ejected from the meet facility.</li> <li>• Parents are NOT allowed on deck at any time, except when serving as counters for distance events, or as timers.</li> <li>• No glass containers of any kind are allowed on deck or in locker room areas.</li> <li>• Locker Rooms on the pool deck will be designated ATHLETE only. Use by coaches, officials and volunteers is strictly forbidden.</li> </ul> <p>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.</p> <p>To withhold consent, please contact the host team or Meet Director for the proper forms.</p>
<b>Warm Up Procedures</b>	<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 south pool. One lane will be designated for one-way sprints and one lane will be designated for pace work.</p> <p>During Awards Breaks, meet management will open designated lanes in the competition pool for warm-up/warm-down. More information will be presented at the general meeting.</p>

## ENTRY INTO THE MEET

<b>Swimmer Eligibility</b>	All swimmers must be registered athlete members of USA Swimming and Wisconsin Swimming, and be in good standing. All individual swimmers entered in the meet shall be eligible to swim in the meet, having at least one verifiable qualifying time. Swimmers who cannot verify qualification for the meet with a proof of time will be withdrawn from the meet. Any swimmer who swims in the meet and is found ineligible will be disqualified from the meet, forfeit all awards and points achieved and their club fined \$200. The representative submitting entries shall be responsible for verifying that all swimmers satisfy these requirements.
<b>Qualifying Times and Seeding</b>	<p><b>QUALIFYING TIMES MUST BE ACHIEVED AFTER SEPTEMBER 1, 2024.</b></p> <p>Qualifying time standards are listed on the meet landing page as well as the <a href="#">Wisconsin Swimming website</a>. Qualifying times will be accepted in Short Course Yards, Short Course Meters, or Long Course Meters.</p> <p>Event seeding will be in the following order: Non-conforming times will be seeded after SCY times. The order used for seeding will be SCY-SCM-LCM Bonus entries will be seeded after qualified swims in the same order.</p>
<b>Para Athletes</b>	<p>Swimmer athletes can enter any event (up to the limit of the meet information) but they must have achieved a Wisconsin Swimming State Time Standard OR the Disability Para Motivational Championship Time Standards (P1, P2, P3). Both sets of time standards can be found on <a href="#">Wisconsin Swimming's website</a>. Although swimmers with disabilities can enter any event(s) the only events that will be scored and awarded in Para categories are noted on the event page.</p> <p>When entering an athlete with a disability to the designated disability events or any other events, email the Entry Chair so they can be verified and seeded properly.</p> <p>If coaches have any questions regarding the Disability inclusion at the State Championship, please email Wisconsin Swimming's Disability Chair, Tom Miazga (tommiagza8@gmail.com) Meet Management may combine entries based on gender and/or age groups.</p>
<b>Age Groups</b>	There will be two age groups: 11-12 and 13-14. Athletes must swim their conforming age during the duration of the meet.
<b>Entry Limits</b>	<p>A swimmer may compete in six (6) individual events total for the meet, excluding time trials events.</p> <p>11 - 12 yr old swimmers may compete in a maximum of four (4) events per day, not including time trial events.</p> <p>13 - 14 yr old swimmers may compete in a maximum of three (3) events per day, including time trial events. Athletes can enter any/all qualifying events but must scratch down to the daily/meet limit by the daily scratch deadline as noted elsewhere in this meet information. Failure to do so will result in entries over the daily/meet limit and events will be scratched in contested order.</p> <p>Time Trials are under a separate sanction and therefore DO NOT fall under the six (6) events total for the meet. The maximum number of individual events in one day is three (3) for 13 - 14 swimmers and six (6) for 11 - 12 swimmers, time trials and individual events combined.</p>
<b>Bonus Entries</b>	Any swimmer who has entered with one qualifying time may enter three bonus events for which they do not have a qualifying time. Any swimmer entered with two qualifying times

	<p>may enter two bonus events and any swimmer entered with three qualifying times may enter one bonus event. Any swimmer with four or more entered qualifying times is not eligible for bonus events. There are no bonus entries for swimmers that are “relay only” entrants in the meet.</p> <p><b>ENTRIES MUST INCLUDE A PDF COPY OF RESULTS INDICATING ALL BONUS EVENTS.</b></p>																		
<b>Relay Entries</b>	<p><b>A</b> Relays must consist of at least one (1) individual qualifiers + up to three (3) Relay-Only <b>B</b> Relays must consist of (8) individual qualifiers, <b>C</b> Relays must consist of (12) individual qualifiers, etc.</p> <p>Relay-only swimmers must be included in your entry. To add a relay-only swimmer after the entry deadline, the swimmer must be entered in the meet 30-minutes prior to the start of the session in which they will swim.</p>																		
<b>Entry Fees</b>	<p>Individual Event Fee: \$10 Relay Event Fee: \$20 Facility Fee: \$13 Admission Fee: \$30 Wisconsin Swimming Splash Fee: \$4</p>																		
<b>Entry Rules</b>	<table><tr><th colspan="3">ENTRY PROCEDURES AND DEADLINES</th></tr><tr><td>ENTRY DEADLINE</td><td>9:00 PM, MONDAY</td><td>02/23/2026</td></tr><tr><td>ENTRY CONFIRMATIONS</td><td>12:00 PM, TUESDAY</td><td>02/24/2026</td></tr><tr><td>PRELIMINARY PSYCH SHEET</td><td>6:00 PM, TUESDAY</td><td>02/24/2026</td></tr><tr><td>LATE ENTRY* CORRECTIONS TO ERRORS PROOF OF TIME</td><td>6:00 PM, WEDNESDAY</td><td>02/25/2026</td></tr><tr><td>FINAL PSYCH SHEET</td><td>12:00 PM, THURSDAY</td><td>02/26/2026</td></tr></table> <ul style="list-style-type: none"><li>• All entries must be e-mailed to <a href="mailto:laurie@waukeshalexpress.org">laurie@waukeshalexpress.org</a> by deadline noted above. Please include contact information including name of person submitting the entries, name of LSC club and phone number in case of questions or problems with the entries.</li><li>• You will receive a confirmation e-mail. If you have not received your confirmation by the deadline noted above, contact the entry chair immediately.</li><li>• Preliminary Psych Sheet will be posted by deadline noted above. Following the distribution of the preliminary psych sheet, corrections to current entries will be accepted until the late entry deadline. No further corrections, revisions or deletions to current entries will be accepted after this deadline.</li><li>• Late entry deadline is noted above. *Any entries received after the initial entry deadline are subject to a \$150 late fee. Any entries submitted after the late entry deadline will not be accepted.</li><li>• A final psych sheet will be posted by the deadline noted above. Only changes for errors by the Entry Chair or Assigned Admin Team are allowed after the final psych sheet is posted.</li><li>• Any non-electronic entries (Team Manager or Team Unify) are subject to a \$20 per</li></ul>	ENTRY PROCEDURES AND DEADLINES			ENTRY DEADLINE	9:00 PM, MONDAY	02/23/2026	ENTRY CONFIRMATIONS	12:00 PM, TUESDAY	02/24/2026	PRELIMINARY PSYCH SHEET	6:00 PM, TUESDAY	02/24/2026	LATE ENTRY* CORRECTIONS TO ERRORS PROOF OF TIME	6:00 PM, WEDNESDAY	02/25/2026	FINAL PSYCH SHEET	12:00 PM, THURSDAY	02/26/2026
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	<p>athlete fee.</p> <ul style="list-style-type: none"> <li>When entering a disabled athlete into the meet, please be sure to include any needed documentation used to determine P1, P2 or P3 designated disability placement.</li> </ul>
<b>Payment</b>	<p>A non-refundable check for entry fees and surcharges must be received before the start of the meet. You may bring a waiver and payment to the pool.</p> <p>All payments will be made via check or cash, no credit cards will be accepted. If mailing in advance please send to: Waukesha Express Swim Team, PO Box 1874, Waukesha, WI 53187. Make checks payable to: Waukesha Express Swim Team (WEST).</p>
<b>Proof of Time</b>	<p>All entry times will be verified against the SWIMS database. For all exceptions, you must provide proof of times.</p> <p>Entry times requiring proof will be posted on Tuesday, 02/24/2026 by 6:00 PM. Submit printed proof of time on PDF with time highlighted or otherwise designated. Please send the relevant individual pages of meet results, not a full copy by Wednesday, 02/25/2026, at 6:00 PM. After that point, all “unproven” times may be scratched from the meet.</p> <p>Refer to <a href="#">Wisconsin Swimming Proof of Time Policy (2.7.4), page 13</a> for details and any applicable fines for failure to provide documentation of Proof of Time.</p>

### **SCRATCHING and DOWNSEEDING**

<b>Scratch from Prelims</b>	<p>Swimmers may scratch from an event in which they are entered by submitting a scratch form. The “scratch box” will be online for this meet; paper scratch forms will also be available from the Administrative Referee and shall be signed by the swimmer or coach upon submission. Information about the online scratch box will be communicated to coaches and available on the meet landing page.</p> <p>Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement.</p> <p>In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with above will be barred from all further individual and relay events of that day.</p> <p>The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day’s events.</p> <p>No penalty shall apply for failure to withdraw or compete in the Prelims or Timed Finals heat of an individual or relay event if the swimmer or coach notifies the Administrative Referee or the Deck Referee prior to the swimmer’s assigned heat of a Declared False Start.</p>
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<b>Scratch Deadlines</b>	<table border="1" data-bbox="511 128 1362 390"> <tr> <th data-bbox="511 128 708 191">EVENT DAY</th><th data-bbox="708 128 1362 191">DEADLINE</th></tr> <tr> <td data-bbox="511 191 708 254">Friday</td><td data-bbox="708 191 1362 254">Thursday by 6:00 PM</td></tr> <tr> <td data-bbox="511 254 708 317">Saturday</td><td data-bbox="708 254 1362 317">Friday by 6:00 PM</td></tr> <tr> <td data-bbox="511 317 708 390">Sunday</td><td data-bbox="708 317 1362 390">Saturday by 6:00 PM</td></tr> </table> <p data-bbox="386 432 1435 495">Events 400Y and longer follow the same scratch procedures as all other individual events and downseeding must be requested by that day's scratch deadline.</p>	EVENT DAY	DEADLINE	Friday	Thursday by 6:00 PM	Saturday	Friday by 6:00 PM	Sunday	Saturday by 6:00 PM
EVENT DAY	DEADLINE								
Friday	Thursday by 6:00 PM								
Saturday	Friday by 6:00 PM								
Sunday	Saturday by 6:00 PM								
<b>Scratching from Finals</b>	<p data-bbox="386 533 1490 632">After the preliminary heats have swum, results will be announced. After announcing is complete swimmers will have thirty (30) minutes to scratch or declare their intentions to scratch. <b>Once events close there is no scratching from finals</b></p> <p data-bbox="386 642 1490 705">Scratches from Timed Finals events, that are unseeded, must meet the scratch deadline. For seeded Finals see the Declared False Start in the meet information.</p> <p data-bbox="386 716 1490 779">Scratches from seeded timed final events with heats competed during Finals shall be made directly with the Administrative Referee.</p> <p data-bbox="386 821 1490 884">NOTE: After an event has been seeded, do not use the online scratch process to scratch from timed finals heats competed during Finals.</p>								
<b>Down-Seeding</b>	<p data-bbox="386 919 1490 1018">Down-seeding will be allowed for all timed finals events (400 IM, 500Y, 1000Y and 1650Y freestyle) and 800Y Relays events. Down-seeding must be declared by the scratch deadline for that event. Down-seeding procedures will be announced at the general meeting</p>								
<b>Declared False Starts</b>	<p data-bbox="386 1058 1471 1230">A DFS can be made by the coach or swimmer to the Administrative Referee or Deck Referee at any time prior to the start of a heat in which the swimmer is seeded, in an event for which they have checked in or failed to scratch, during the preliminary sessions. During warm-ups (prior to the start of the session), the DFS is given to the Administrative Referee in the glass office. After the start of the session, the DFS is given to the Deck Referee.</p> <p data-bbox="386 1272 1471 1409">A DFS may be made in a Timed Finals event and for swimmers in the fastest heat swimming with Finals in a Timed Finals event. No explanation for the DFS is required, and all requests shall be granted. A DFS is a disqualification for the swimmer and counts towards the total allowed events per day and per meet.</p> <p data-bbox="386 1451 1471 1587">DFS is not allowed in Finals. If a swimmer fails to compete in finals (except due to injury, illness or circumstances beyond the control of the swimmer, as determined by the Meet Referee), it is a failure to compete and the swimmer is barred from the remainder of the meet.</p>								
<b>Failure to Compete</b>	<p data-bbox="386 1619 1471 1692">Refer to <a href="#">Wisconsin Swimming Policy 4.1.3, pages 20-21</a> for Failure to Compete and Individual Scratch rules.</p> <p data-bbox="386 1734 477 1755"><b>RELAYS</b></p> <p data-bbox="386 1766 1490 1902">A relay team member failing to appear ready to swim for the relay event shall be barred from the next individual event in which the swimmer is entered, on that day or the next meet day, whichever is first. The relay team members who do appear ready to swim shall not be penalized for failure of the other team members to appear.</p>								

## **AWARDS and SCORING**

<b>Awards</b>	<div>Heat Winners                      Heat winner award</div> <div>Individual Events                  Medals: 1st – 8th, Ribbons: 9th – 16th Place</div> <div>Relay Events                      Medals: 1st – 3rd. , Ribbons: 4th – 8th place</div> <div>Designated Disability Events    1st -3rd Place in Para Category</div> <div>Individual High Point            Plaques for 1st through 3rd place</div> <div>Team Champions*                1st Place combined (all ages &amp; genders) for each division</div> <div style="padding-left: 40px;">* 2nd and 3rd place awards can be ordered by the club through Hasty if desired.</div> <div style="text-align: center;">State Champion T-Shirts will be available to all individual and relay winners (one t-shirt per athlete) No awards will be mailed.</div>
<b>Award Presentations</b>	Please refer to the order of events for award presentation times. Awards will be presented at the podium in the pool area. Staging will take place in the designated area and athletes presented on the podium.
<b>Scoring</b>	Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: Double Points
<b>Final Results</b>	Unofficial Live Results will be available on Meet Mobile, if technology allows. Printed results will be posted on the Meet Landing Page and LSC website. Hard copies of results may be posted in the hallway
Any changes to the meet information based on conditions that preclude a safe or effective conduct of the meet will be discussed, reviewed, and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a majority vote of coaches in attendance at the appointed meeting.	

## ORDER OF EVENTS

<b>Girls</b>	<b>FRIDAY AM 13-14 Prelims</b>	<b>Boys</b>
1	200 Backstroke	2
3	100 Breaststroke\$	4
5	200 Freestyle	6
7	50 Butterfly	8
	Break	
9	400 Medley Relay (TF)	10
11	1000 Freestyle (TF)*+	12

<b>Girls</b>	<b>FRIDAY PM 11-12 Timed Finals</b>	<b>Boys</b>
101	400 Medley Relay	102
	Break	
103	200 Backstroke	104
105	100 IM	106
	<i>AWARD BREAK</i>	
107	100 Breaststroke\$	108
109	200 Freestyle	110
	<i>AWARD BREAK</i>	
111	50 Butterfly	112
113	1000 Freestyle	114
	<i>AWARD BREAK</i>	

<b>GIRLS</b>	<b>FRIDAY FINALS</b>	<b>BOYS</b>
11	13-14 1000 Freestyle (Top 8)	12
1	13-14 200 Backstroke (A/B)	2
	<i>AWARD BREAK</i>	
3	13-14 100 Breaststroke \$ (A/B)	4
	<i>AWARD BREAK</i>	
5	13-14 200 Freestyle (A/B)	6
7	13-14 50 Butterfly (A/B)	8
	<i>AWARD BREAK</i>	
9	13-14 400 Medley Relay (Top 8)	10

\$ Designated Para Swim Events – Separate heat in Finals with Placing (1st - 3rd) and Scoring

\* Event will run slow to fast, alternating genders.

TF: Timed Finals Event with Top 8 coming back to Finals

+Positive Check In

<b>Girls</b>	<b>SATURDAY AM 13-14 Prelims</b>	<b>Boys</b>
13	400 IM+	14
15	50 Freestyle	16
17	50 Breaststroke	18
19	200 Butterfly	20
21	100 Backstroke \$	22
	Break	
23	400 Freestyle Relay (TF)	24
25	500 Freestyle*+ (TF)	26

<b>Girls</b>	<b>SATURDAY PM 11-12 Timed Finals</b>	<b>Boys</b>
115	400 Freestyle Relay	116
	Break	
117	200 IM	118
119	50 Freestyle	120
	<i>AWARD BREAK</i>	
121	50 Breaststroke	122
123	200 Butterfly	124
	<i>AWARD BREAK</i>	
125	100 Backstroke \$	126
127	500 Freestyle	128
	<i>AWARD BREAK</i>	

<b>GIRLS</b>	<b>SATURDAY FINALS</b>	<b>BOYS</b>
13	13-14 400 IM (Top 8)	14
15	13-14 50 Freestyle (A/B)	16
	<i>AWARD BREAK</i>	
17	13-14 50 Breaststroke (A/B)	18
19	13-14 200 Butterfly (A/B)	20
	<i>AWARD BREAK</i>	
21	13-14 100 Backstroke \$ (A/B)	22
25	13-14 500 Freestyle (Top 8)	26
	<i>AWARD BREAK</i>	
23	13-14 400 Freestyle Relay (Top 8)	24

\$ Designated Para Swim Events – Separate heat in Finals with Placing (1st - 3rd) and Scoring

\* Event will run slow to fast, alternating Genders.

TF: Timed Finals Event with Top 8 coming back to Finals

+Positive Check In

<b>Girls</b>	<b>SUNDAY AM 13-14 Prelims</b>	<b>Boys</b>
27	200 Medley Relay (TF)	28
	BREAK	
29	200 IM	30
31	50 Backstroke	32
33	100 Freestyle \$	34
35	200 Breaststroke	36
37	100 Butterfly	38
	Break	
39	200 Freestyle Relay (TF)	40
	Break	
41	1650 Freestyle*+ (TF)	42

<b>Girls</b>	<b>SUNDAY PM 11-12 Timed Finals</b>	<b>Boys</b>
129	200 Medley Relay	130
	BREAK	
131	400 IM	132
133	50 Backstroke	134
	AWARD BREAK	
135	100 Freestyle \$	136
137	200 Breaststroke	138
	AWARD BREAK	
139	100 Butterfly	140
	BREAK	
141	200 Freestyle Relay	142
	FINAL AWARDS	

<b>GIRLS</b>	<b>SUNDAY FINALS</b>	<b>BOYS</b>
27	13-14 200 Medley Relay (Top 8)	28
41	1650 Freestyle (Top 8)	42
	AWARD BREAK	
29	13-14 200 IM (A/B)	30
31	13-14 50 Backstroke (A/B)	32
	AWARD BREAK	
33	13-14 100 Freestyle \$ (A/B)	34
35	13-14 200 Breaststroke (A/B)	36
	AWARD BREAK	
37	13-14 100 Butterfly (A/B)	38
39	13-14 200 Freestyle Relay (Top 8)	40
	FINAL AWARDS	

\$ Designated Para Swim Events – Separate heat in Finals with Placing (1st - 3rd) and Scoring

\* Event will run slow to fast, alternating Genders.

TF: Timed Finals Event with Top 8 coming back to Finals

+Positive Check In

# WISCONSIN SWIMMING STATE CHAMPIONSHIP MEET

## TIME TRIALS

**Hosted by:** Waukesha Express Swim Team

**SANCTION #** WI2026-151TT

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 Friday, Saturday, and Sunday prelim sessions and Sunday finals session, as time permits and at the discretion of the Meet Director
<b>Eligibility &amp; Entry Limits</b>	Open to swimmers entered in the 2026 11-14 State SCY Championship Meet. The maximum number of individual events in one day is three (3) for 13 - 14 swimmers and six (6) for 11 - 12 swimmers, time trials and individual events combined. Relay only swimmers are NOT eligible to participate in Time Trials.
<b>Events</b>	<p>All meet events will be offered on Friday-Sunday. Events will be combined where appropriate at the discretion of the meet management.</p> <p>PLEASE NOTE: Time trials for 1000Y free and 1650Y free are only offered in open lanes during the heats of those events in the meet. These distance events will NOT be offered at any other time.</p> <p>If an athlete signs up for multiple time trial events, there is NO GUARANTEE there will be "rest time" between the events.</p>
<b>Fee</b>	\$10.00/individual event AND \$20/RELAY EVENT.
<b>Registration</b>	Registration will be accepted online with a link on the meet landing page. The registration deadline for each time trial session will be posted and announced. Payment is due at the time of registration and may be made in the office. Deck registration into the meet WILL NOT be allowed.
<b>Procedures</b>	<p>Swimmer(s) will sign up for time trials online (Administrative Team will have QR codes posted for Time Trial Sign-Up). A schedule of the closing times for time trial registration will be posted dependent on timelines</p> <p>A meeting for all time trial participants and timers will be held prior to the start of Time Trials.</p> <p>Heat Sheets for time trials will be posted and distributed when they are ready</p> <p>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.</p> <p>ALL time trial results must be recorded on provided forms.</p>
<b>Host club provides</b>	Officials, Meet Management, and stopwatches
<b>Athlete provides</b>	(2) Timers, and counters, where applicable.

# WISCONSIN SWIMMING STATE CHAMPIONSHIP MEET

**MARCH 6 - 8, 2026**

## MEET WAIVER

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.

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., Waukesha Express Swim Team, Village of Pleasant Prairie, RecPlex, 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 # \_\_\_\_\_

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

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

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

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

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

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

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

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

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

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

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

Total # of individual events

	X	\$ 10.00	=	
Total # of Relays	X	\$ 20.00	=	
Total # of swimmers LSC Splash Fee	X	\$ 4.00	=	
Total # of swimmers Athlete Fee	X	\$ 43.00	=	
TOTAL BALANCE DUE:				

Make checks payable to: Waukesha Express Swim Team

Email entries to: PO Box 1874, Waukesha, WI 53187

BRING WAIVER AND PAYMENT TO THE MEET and SUBMIT AT CHECK IN



