

Green Bay Swim Club SubZERO 2026
January 9-11 2026
Hosted by Green Bay Swim Club

APPROVAL # WI2026-0127A

In granting this approval 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 the event. Held under the sanction of USA Swimming.

Location:

Green Bay Southwest High School
1331 Packerland Dr.
Green Bay, WI 54313

Facility:

Six (6) Lane, 25 yard, Back Stroke Flags, Non-Turbulence Lane Dividers
Water Depth: Minimum water depth, measured in accordance with article 103.2.3, is 6 feet, 00 inches at the start end and 3 feet, 6 inches at the turn end. There are 34" blocks at the start. The meet host will ensure the required course dimensions.

Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard/Meter relays will start in the water.

Timing:

Colorado Timing System with Back-up Stop Watches – two per lane

Meet Director:

Teri DeGrand, 920-264-2646, coachteri247@sbcglobal.net

Lead Official:

Mark Kohrell, mkohrell@gmail.com

Administrative Official:

Chris Mager, magerchris@yahoo.com

Fees:

Facility Fee- \$5.00 per swimmer
Admission Fee-\$5.00 per swimmer
Entry Fees \$4.00 per Swimmer "Splash Fee"
\$4.00 per Individual Event
\$12.00 per Relay
\$5.00 Deck Seed

Eligibility:

Swimmers do not need to be registered with USA Swimming, however only registered athletes' times will be loaded into the USA Swimming's SWIMS database. Age is as of January 9, 2026. Current USA Swimming and WI Swimming course rules will prevail for the meet.

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.

Entry Limits:

Swimmers are limited to 2 individual events on Friday, 3 individual on Saturday and 3 individual on Sunday.

Positive Check-in for 500 Free and 1000 Free. The 500 free and 1000 free will be run fastest to slowest. Girls and boys heats will be alternated. The number of heats of the 500 Free and 1000 Free may be limited if time becomes a factor.

Meet Format:

Meet will be pre-seeded. All swimmers report to the blocks prior to the event.

Meet Entries:

Meet Entries are due by December 26th, 2025.

Please submit on **Hy-Tek** with a hard copy back-up if available to Teri DeGrand. Email: coachteri247@sbcglobal.net, 920-264-2646. A Hy-tek events file can be emailed to you by request or downloaded from the WI swimming website.

Waiver and check must be received by Teri DeGrand before the start of the meet.

Make checks payable to Green Bay Swim Club.

Deck entries will be accepted in open lanes only, and must be made no later than 30 minutes prior to the start of the respective session. There will be no deck registrations.

Schedule:

Friday (Doors open at 4:45pm)

5:30-6:30 PM Warm-ups

6:00 PM Timers Meeting and Coaches Meeting

6:35 PM Meet begins

Saturday and Sunday (Doors open at 6:15am)

7:00-8:00 AM Morning Session Warm-ups

7:30 AM Timers Meeting and Coaches Meeting

8:05 AM Morning Session Begins

Afternoon warm-ups will begin at the conclusion of the morning session and will last 1 hour.

Warm-ups:

Warm-up lanes and times will be assigned for each team, posted on the GBSC website, and included in coaches' packets prior to the meet. Circle swimming only, except in designated lanes and times. All entry to pools during open warm-up cool down periods shall be feet first three-point entries from the starting end of the pool. No snorkels, kickboards or other training devices are allowed during warm-ups. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment.

Awards:

Individual Events: Medals 1st-3rd, Ribbons 4th-16th. Awards for 8 and under events will be broken into 6 and under and 7-8 categories. Medals for 12 and under events will be broken into 8 and under, 9-10 and 11-12. Medals for open 400 IM, 500 and 1000 Free will be broken into 10 and under, 11-12, 13-14 and senior. Relays Ribbons 1st-6th.

Final Results:

Each team in the meet will receive a copy of the final results.

Disabled Swimmers:

Complete and submit the appropriate WI Disabled Swimmer Form.

Food:

A variety of food and cold refreshments are available for purchase in the concession area. All food and drinks must be consumed outside the pool area.

Conduct:

All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. The 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, or locker rooms. 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 (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Per USA Swimming Rules, only coaches, participating swimmers and GBSC Meet workers are allowed on deck. Coaches must display USA Swimming credentials at all 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 the swimmer 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.

Pursuant to Wisconsin 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 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.

Image Authorization:

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming 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.

Medical Supervision:

Lifeguards will be available for standard first aid and an AED will be available to athletes participating in the meet.

OFFICIAL ENTRY FORM-ALL MEET AND RELAY ENTRIES MUST BE SUBMITTED WITH THIS WAIVER.

NAME OF CLUB:

USS ALPHA CODE:

TEAM COACHES:

_____ SWIMMERS (SPLASH FEE + FACILITY/ADMISSION FEE) @ \$14.00 \$ _____

_____ INDIVIDUAL EVENTS @ \$4.00 \$ _____

_____ RELAY EVENTS @ \$12.00 \$ _____

Total \$ _____

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/own heirs, administrators, and assigns, waive and release any and all claims for damages which may accrue against the USA Swimming Inc, Wisconsin Swimming Inc, Southwest High School, Green Bay Swim Club, and its Board of Directors, coaches, representatives, employees, or successors, and the meet officials, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Signature of Club official: _____

Position: _____

Address: _____

Phone: _____

City: _____

State: _____ **Zip:** _____

Entries must be received by **December 26th, 2025**.

Make checks payable to "**Green Bay Swim Club**." Mail or bring payment and waiver to the meet. Fees will be refunded only if for unforeseen reasons this meet is canceled.

Signed forms and fees may be mailed to:

Green Bay Swim Club

487 Superior Rd.

Green Bay, WI 54311

GREEN BAY SubZERO 2026

FRIDAY PM SESSION

Warm ups 5:30-6:30 pm Meet Starts 6:35 pm

Girls	Order of Events	Boys
1	Open 400 Free Relay	2
3	12 & U 400 Free Relay	4
5	8 & U 100 IM	6
7	12 & U 200 IM	8
9	Open 400 IM	10
11	8 & U 100 Free	12
13	12 & U 200 Free	14
	10 Minute in Water Break	
15	Open 500 Free	16

SATURDAY AM SESSION

Warm ups 7:00 -8:00 am Meet Starts 8:05 am

Girls	Order of Events	Boys
17	Open 200 Medley Relay	18
19	8 & U 100 Medley Relay	20
21	Open 100 Free	22
23	8 & U 50 Free	24
25	Open 200 Back	26
27	8 & U 25 Back	28
29	Open 100 Breast	30
31	8 & Under 50 Breast	32
33	Open 200 Fly	34
35	8 & Under 25 Fly	36
37	Open 50 Free	38
	15 Minute in Water Break	
39	Open 1000 Free	40

SATURDAY PM SESSION

Warm up immediately following the morning session for 1 hour

Girls	Order of Events	Boys
41	11-12 200 Medley Relay	43
43	10 & U 200 Medley Relay	44
45	11-12 100 Free	46
47	10 & U 100 Free	48

49	11-12 200 Back	50
51	10 & U 50 Back	52
53	11-12 100 Breast	54
55	10 & U 100 Breast	56
57	11-12 100 Fly	58
59	10 & U 50 Fly	60
61	11-12 100 IM	62
63	10 & U 100 IM	64
65	11-12 50 Back	66

SUNDAY AM SESSION

Warm ups 7:00-8:00 am Meet Starts 8:05 am

Girls	Order of Events	Boys
67	Open 200 Free Relay	68
69	8 & U 100 Free Relay	70
71	Open 200 Free	72
73	8 & U 25 Free	74
75	Open 100 Back	76
77	8 & U 50 Back	78
79	Open 100 Fly	80
81	8 & U 50 Fly	82
83	Open 200 Breast	84
85	8 & U 25 Breast	86
87	Open 100 IM	88

SUNDAY PM SESSION

Warm up immediately following the morning session for 1 hour

Girls	Order of Events	Boys
89	11-12 200 Free Relay	90
91	10 & U 200 Free Relay	92
93	11-12 50 Free	94
95	10 & U 50 Free	96
97	11-12 100 Back	98
99	10 & U 100 Back	100
101	11-12 200 Breast	102
103	10 & U 50 Breast	104
105	11-12 50 Fly	106
107	10 & U 100 Fly	108
109	11-12 50 Breast	110