

2023 FALL WESTERN GREAT LAKES OPEN

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #WI2023-014S

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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Date: Friday November 17 through Sunday November 19, 2023

Place: Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin (414) 354-9622

Warm-up/Start: Friday Prelim Session 1: Warm-up 2:15-3:40 pm. The meet will begin at 3:45 pm.
Saturday Prelim Session 2: Warm-up 7:15-8:40 am. The meet will begin at 8:45 am.
Saturday Finals (Fridays Events) Session 3: Warm-ups not before 4:00 pm. Meet will not begin before 5:05 pm.
Sunday Finals (Saturdays Events) Session 4: Warm-up 9:00-10:00 am. Meet will begin at 10:05 am.

Teams will be assigned lanes and times for warm-ups. Warm-up and meet start times are subject to change at the discretion of meet management.

Feet-first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

The space between the courses will be available for warm-up throughout prelims. The auxiliary Y pool may be available during the meet.

Pool: Two eight lane, 25 yard pools with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 7'. Pool depth at South pool starting end is 16'. Minimum of 6'10" at both turn ends. Block height is 29.5", backstroke ledge available on both courses. Finals will be conducted in the North pool. The Meet host will ensure the required course dimensions.

Bulkhead Use: The bulkhead may only be used by officials and counters during the meet. Swimmers and coaches will not be allowed to cross the pool via the bulkheads during the meet.

Timing: Colorado Pads with SST Timing System with back-up button and two watches. Scoreboard for all lanes.

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. Swimmers must be registered USA swimmers with their age as the first day of the meet. Coaches must be USA registered. Non-Wisconsin LSC participants must bring current USA Swimming cards. Deck registrations are not permitted.

Disabled Swimmers: Please note any special requirements for disabled swimmers on the entry form.

Meet Referee: Jason Wiedoff (414)-248-0641, Email: wiedmari@gmail.com

Entry Chair/AO: Darsi Kohnhorst (262) 367-7657 E-mail: lakecountryswim@sbcglobal.net

Meet Director: Mark Kohnhorst—Team Office: (262) 367-7657 E-mail: lakecountryswim@sbcglobal.net

MAAPP Acknowledgement: 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 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.

Racing Start Certification: 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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

First Aid: Please contact the lifeguard on duty for first aid supplies. An AED is available on site. EMS can be contacted if needed via the lifeguard on duty.

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.

Entry Deadlines: A meet event file will be available from our team web site: www.lakecountryswimming.com. Entries must be submitted via TM or TU entry fil. Email entry must be received no later than **Thursday, November 9th, 2023**. Waiver and fees must be received before the start of the meet. Deck entries will be allowed for qualified swimmers into unqualified events to fill open lanes. Procedures for open lane entries will be distributed after entries are received.

Entry Limit: **Swimmers may enter a maximum of six (6) individual events plus relays for the meet. Swimmers are limited to three (3) individual events per day.** Relay only swimmers must be included in the relay in the entry file. Enter qualified swimmers in any course; seed times from non-conforming courses will be seeded after conforming seed times (SCY-SCM-LCM).

Time Standards: Swimmers must meet the entry time standards listed on the event sheet. 10-Under standards are national BB plus 1 second/50 and 11-12 are national A plus one second/50. 13-14 standards are national A and senior standards are national AA 15-16 times. Long Course and Short Course Meter times may be used for meet qualification and proof. 13-14 and senior 50 back, 50 breast, 50 fly, and 100 IM time standards are shown in the event listing. Swimmers may also enter the 50s of the strokes if they have a meet qualifying time in the 100 or 200 of that stroke in that age group, or the 100 IM if they have a meet qualifying time in the 200 or 400 IM. The host club reserves the right to enter its own swimmers who do not meet the time standards.

Meet Fines: There will be a **\$50 fine** for missed cuts in races that cannot be proven. All fines must be paid by the end of the meet.

Fees: Individual events are \$10.00 per event and \$20.00 per relay. All swimmers entered in at least one individual event must pay the \$4.00 Wisconsin Swimming LSC surcharge and the \$18.00 WSAC Facility surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees must be paid before the start of the meet. Deck entries will be \$15.00/event for individual entries and \$25.00/relay.

Meet Format: The meet will be a combination of prelim/final and timed final events.

- Relays are pre-seeded and run to completion in prelims.
- All individual events, with the exception of the 13-14 and Senior 400 yard IM and 500 yard free events, are preseeded.
- The 13-14 and Senior 400 yard IM and 500 yard free events are positive check-in with the top heat after check-in competing in finals.
- Championship Finals (top 8) for the Senior 50 yard events will be conducted in an Australian Skins format with 5 elimination rounds to determine a champion. The elimination rounds will be run about 1 minute apart with the last two finishing swimmers eliminated from the first two rounds and the last finishing swimmer eliminated from each of the final three rounds.
- Scheduled breaks are shown in the event listing. Additional breaks may be added at the discretion of the meet director.

Finals: Top 16 swimmers qualify for finals in all prelim/final events. In timed final check-in events the top heat after positive check-in will compete in finals.

Timed Finals: The following individual events will be conducted as timed final events: 10-Under and 11-12 200 yard IM and 200 yard free; 13-14 and Senior 400 yard IM and and 500 yard freestyle. The 13-14 and Senior 400 yard IM and the 13-14, and Senior 500 yard freestyle events require positive check-in 30 minutes prior to the start of the session in which the race will be conducted. The 13-14 and Senior 400 yard IM and 500 yard freestyle, alternating women and men, and may be limited to the top 24 competitors.

Deck Seeded Events: Swimmers must check-in for deck seeded events by the announced deadlines. Once deck seeded events are seeded, swimmers must compete in that event. Failure to compete will result in the swimmer being disqualified from their next individual event.

Scratch Rule: *Pre-seeded Events* - Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. Any swimmer not reporting for or competing in an individual pre-seeded timed final event shall not be penalized.

Scratching from Cons./Finals: Any swimmer qualifying for a consolation or final heat in an individual event who fails to compete in said consolation or final heat shall be barred from their next event. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch or rescind their intention to scratch within thirty (30) minutes after their last individual event.

Admissions: \$7.00 per individual session admission (prelims & finals are individual sessions) \$3.00 heat sheet for prelim sessions. Finals heat sheet included with admission. Spectators will be asked to show proof of admission upon entering pool area.

Final Results: Final results will be emailed to participating teams and posted on the Wisconsin LSC and Lake Country Swim Team's website.

Conduct: All 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. Please encourage your parents and swimmers to clean up after themselves.

- All on deck seating is reserved for use by the athletes and coaches.
- Stairways must be kept clear throughout the meet.
- Use of audio or visual recording devices, including a cell phone, is not permitted in 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 (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

Awards: 12-Under Individual Events: Medals 1st – 8th, 12-Under Relay Events: Medals 1st-3rd
Individual High Point: 1st-3rd Women and Men per age group including Senior.
Overall Team Awards: 1st-3rd (Host team not eligible for team award)

Scoring: Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: Double Points

Food: There will be no food or beverages allowed into the Schroeder Aquatic Center by parents or spectators. This includes the cafeteria area. Athletes are allowed to bring refreshments (liquids) but **NO GLASS** is allowed. There will be a superb selection of food and beverages available at all times during the meet.

FALL WGLO Order of Preliminary Events Friday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
**1		13-14 200 Free Relay		**2
**3		Senior 200 Free Relay		**4
		5 Minute Break - No Warm-Up		
5	30.09#	13-14 50 Butterfly	29.69#	6
*7	28.79#	Senior 50 Butterfly	28.19#	*8
		5 Minute Break - No Warm-Up		
9	1:05.69	13-14 100 Backstroke	1:01.29	10
11	1:01.39	Senior 100 Backstroke	55.99	12
13	2:25.49	13-14 200 IM	2:17.09	14
15	2:16.99	Senior 200 IM	2:04.69	16
17	35.39#	13-14 50 Breaststroke	34.69#	18
*19	33.79#	Senior 50 Breaststroke	32.89#	*20
21	2:24.89	13-14 200 Butterfly	2:15.59	22
23	2:15.79	Senior 200 Butterfly	2:04.29	24
25	1:00.49	13-14 100 Freestyle	56.29	26
27	56.59	Senior 100 Freestyle	51.19	28
29	2:43.69	13-14 200 Breaststroke	2:31.39	30
31	2:32.79	Senior 200 Breaststroke	2:18.19	32
		10 Minute Warm-Up Break		
***33	5:49.59	13-14 500 Freestyle	5:31.39	***34
***35	5:29.09	Senior 500 Freestyle	5:04.39	***36

* Australian Skin format championship finals. 5 elimination rounds.

** Timed Final - Pre-seeded - Run to Completion in Prelims.

***Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

Swimmers may qualify and prove with a meet standard in the 100 or 200 in the same stroke and age as the event. For example, a swimmer who has the meet cut in the 100 or 200 backstroke may enter the 50 yard backstroke.

Friday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
**37		10-Under 200 Free Relay		**38
**39		11-12 200 Free Relay		**40
		5 Minute Break - No Warm-Up		
41	1:32.69	10-Under 100 Backstroke	1:31.29	42
43	1:13.39	11-12 100 Backstroke	1:11.19	44
45	1:33.69	10-Under 100 IM	1:30.89	46
47	1:14.09	11-12 100 IM	1:11.09	48
49	42.79	10-Under 50 Butterfly	41.79	50
51	32.29	11-12 50 Butterfly	32.19	52
53	1:21.99	10-Under 100 Freestyle	1:20.79	54
55	1:05.09	11-12 100 Freestyle	1:02.89	56
57	48.49	10-Under 50 Breaststroke	47.59	58
59	37.89	11-12 50 Breaststroke	37.09	60
**61	3:01.19	10-Under 200 Freestyle	2:51.99	**62
**63	2:21.49	11-12 200 Freestyle	2:16.49	**64

**Timed Final - Pre-Seeded - Run to completion in Prelims.

FALL WGLO Order of Preliminary Events Saturday (Prelims) - South Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
**65		13-14 200 Medley Relay		**66
**67		Senior 200 Medley Relay		**68
5 Minute Break - No Warm-Up				
69	31.39#	13-14 50 Backstroke	31.09#	70
*71	29.99#	Senior 50 Backstroke	29.59#	*72
5 Minute Break - No Warm-Up				
73	1:05.49	13-14 100 Butterfly	1:00.99	74
75	1:01.39	Senior 100 Butterfly	55.49	76
77	1:15.39	13-14 100 Breaststroke	1:09.69	78
79	1:10.49	Senior 100 Breaststroke	1:02.89	80
81	27.89	13-14 50 Freestyle	25.69	82
*83	26.09	Senior 50 Freestyle	23.29	*84
85	2:22.99	13-14 200 Backstroke	2:13.99	86
87	2:13.89	Senior 200 Backstroke	2:01.59	88
89	1:10.09#	13-14 100 IM	1:08.09#	90
91	1:06.99#	Senior 100 IM	1:05.09#	92
93	2:10.39	13-14 200 Freestyle	2:02.59	94
95	2:02.69	Senior 200 Freestyle	1:52.09	96
10 Minute Warm-Up Break				
***97	5:11.69	13-14 400 IM	4:52.69	***98
***99	4:52.29	Senior 400 IM	4:28.59	***100

* Australian Skin format championship finals. 5 elimination rounds.

** Timed Final - Pre-seeded - Run to Completion in Prelims.

***Timed Final - Positive Check in – Top 8 checked-in swimmers compete in finals. Run fast to slow, alternating Women/Men (may be limited to top 24 checked-in swimmers)

Swimmers may qualify and prove with a meet standard in the 100 or 200 in the same stroke and age as the event. For example, a swimmer who has the meet cut in the 100 or 200 backstroke may enter the 50 yard backstroke.

Saturday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
**101		10-Under 200 Medley Relay		**102
**103		11-12 200 Medley Relay		**104
5 Minute Break - No Warm-Up				
105	1:41.09	10-Under 100 Butterfly	1:39.09	106
107	1:12.89	11-12 100 Butterfly	1:11.29	108
109	1:46.99	10-Under 100 Breaststroke	1:43.69	110
111	1:22.19	11-12 100 Breaststroke	1:19.49	112
113	42.89	10-Under 50 Backstroke	43.29	114
115	33.69	11-12 50 Backstroke	33.09	116
117	36.19	10-Under 50 Freestyle	35.49	118
119	29.99	11-12 50 Freestyle	28.89	120
**121	3:19.59	10-Under 200 IM	3:17.19	**122
**123	2:38.49	11-12 200 IM	2:34.69	**124

**Timed Final - Pre-seeded - Run to Completion in Prelims.

FALL WGLO Championship Finals Order of Events

Saturday PM Finals (Fridays Prelim Events)

Events

13-14 50 Butterfly
*Senior 50 Butterfly
10-Under 100 Backstroke
11-12 100 Backstroke
13-14 100 Backstroke
Senior 100 Backstroke
10-Under 100 IM
11-12 100 IM
13-14 200 IM
Senior 200 IM

5 Minute Break

13-14 50 Breaststroke
*Senior 50 Breaststroke
10-Under 50 Butterfly
11-12 50 Butterfly
13-14 200 Butterfly
Senior 200 Butterfly
10-Under 100 Freestyle
11-12 100 Freestyle
13-14 100 Freestyle
Senior 100 Freestyle
10-Under 50 Breaststroke
11-12 50 Breaststroke
13-14 200 Breaststroke
Senior 200 Breaststroke

5 Minute Break

**13-14 500 Freestyle
**Senior 500 Freestyle

Sunday AM Finals (Saturdays Prelim Events)

Events

13-14 50 Backstroke
*Senior 50 Backstroke
10-Under 100 Butterfly
11-12 100 Butterfly
13-14 100 Butterfly
Senior 100 Butterfly
10-Under 100 Breaststroke
11-12 100 Breaststroke
13-14 100 Breaststroke
Senior 100 Breaststroke

5 Minute Break

13-14 50 Freestyle
*Senior 50 Freestyle
10-Under 50 Backstroke
11-12 50 Backstroke
13-14 200 Backstroke
Senior 200 Backstroke
13-14 100 IM
Senior 100 IM
10-Under 50 Freestyle
11-12 50 Freestyle
13-14 200 Freestyle
Senior 200 Freestyle

5 Minute Break

**13-14 400 IM
**Senior 400 IM

* Australian Skin format championship finals. 5 elimination rounds. 1st round eliminates 7th and 8th place, 2nd round eliminates 5th and 6th place, 3rd round eliminates 4th place, 4th round eliminates 3rd place and final round determines event champion. Approximately 1 minute between rounds.

**Timed Final - Positive Check-in required 30 minutes before the PRELIM session begins. Top 8 checked in swimmers compete in finals.

Western Great Lakes Open Waiver Form

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 the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the Lake Country "Phoenix" Swim Team, the Walter Schroeder Aquatic Center, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes and eligible to compete in all 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. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____

Signature of Club Official, Parent or Guardian: _____ Title _____

Club Mailing Address: Please Print!

Name: _____ E-Mail: _____

Address: _____ Day Phone: _____

City, State, Zip: _____ Evening Phone: _____

Entry Fee Recap: _____ Individual Events x \$10.00 = \$ _____ = \$ _____

Relay and surcharge fees are not a part of this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay and surcharge fees. Less Reservation - \$ _____
Balance Due = \$ _____ = \$ _____

_____ Relay Teams x \$20.00 = \$ _____ \$ _____

_____ LSC Surcharge x \$4.00 = \$ _____ \$ _____
(# of swimmers including relay only)

_____ WSAC Facility Use Surcharge x \$18.00 = \$ _____ \$ _____
(# of swimmers including relay only)

+ \$ _____

Make checks payable to: Lake Country Swim Team **Total of Check = \$ _____** **Check # _____**

Name of USA registered coach(es) or USA registered team representative(s) at meet:

Please Print!

Name: _____ Name: _____

Name: _____ Name: _____

Person to contact in case of entry problems:

Please Print!

Name: _____ Day Phone: _____ Evening Phone: _____

E-Mail: _____

Bring Waiver and Check to the meet or mail to:
Lake Country Swim Team c/o Darsi Kohnhorst
645 Pine Terr
Slinger, Wisconsin 53086

Did you include:

- ✓ Hard copy of your entry (listed by swimmer's name)
- ✓ Team check to cover entry fees/surcharges
- ✓ Completed waiver form

Lake Country Swim Team Office (262) 367-7657
Web Page: www.lakecountyswimming.com
Questions and Entries get E-mailed to: lakecountyswim@sbcglobal.net