

# 2023 WESTERN GREAT LAKES OPEN

## Prelim/Final Long Course Invitational

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION # WI2023-221S

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, June 23 through Sunday, June 25, 2023.
- Place:** Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Friday/Saturday Prelims:** Warm-up 7:00-8:10 am. AM prelims start at 8:15 am. PM prelims warm-ups will start at the conclusion of the AM session will last for 45 minutes.
- There will be two 30-minute assigned warm-up periods followed by 10 minutes of sprint, pace and general warm-up lanes as needed. Feet first entries from the starting end of the pool during general warm-ups.
- Friday/Saturday Finals** Warm-ups 5:00-5:55 pm. Meet Starts at 6:00 pm.
- Sunday Timed Finals:** 1500 Warm-up 7:00-8:00 am. Meet starts at 8:05 am. Warm-ups for the 14-Under timed final session will not start before 9:15 am and will last for 45 minutes. The meet will not start before 10:00 am.
- Facility:** The Schroeder Aquatic Center is an eight lane, 50 meter pool with non-turbulent lane markers and backstroke flags. Pool depth at starting end is 7' – turn end is 16'. Block height is 29.5". The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Timing:** Automatic Timing System with back-up watches. Computerized scoreboard for all lanes
- Official Rules:** Official current Long Course USAS and Wisconsin rules shall prevail for this meet. Swimmers must be registered USAS swimmers with their age as of the first day of the meet. Please note any special requirements for disabled swimmers on the entry form.
- MAAPP Acknowledgement:** All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming's MAAPP, and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition. An athlete member at a sanctioned meet who is over 18 years of age, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into 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 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. Backstroke ledges are available for swimmers certified by a USA Swimming Coach Member as being proficient. 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.
- Admin Official:** Darsi Kohnhorst (262) 367-7657 or e-mail: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Meet Director:** Mark Kohnhorst (262) 367-7657 or e-mail: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Meet Referee:** Adam Gritt (414) 588-8963 or email: [msoegrad@gmail.com](mailto:msoegrad@gmail.com)
- Entry Deadlines:** An event file will be available for download for Hy-Tek Team Manager programs from the team web-site: [www.lakecountryswimming.com](http://www.lakecountryswimming.com). Entry file is due by **Tuesday, June 13th**. No phone or fax entries will be accepted. Email entry file and printable copies of your entry by the due date. Event additions and time updates for entered swimmers will be accepted through Monday, June 19<sup>th</sup> at noon. Waiver and fees should be brought to the meet. Deck entries will be allowed to fill open lanes.
- Entry Limit:** Swimmers may enter a maximum of six (6) individual events plus relays (Please see exception for the 1500 Freestyle). Swimmers are limited to 3 individual events per day on Friday and Saturday. Swimmers may enter up to 4 events on Sunday.
- Entry Exception:** Because the 1500 Freestyle on Sunday will NOT be scored in the individual high point totals, it will not count toward the individual's 6 maximum swims for the entire meet (excluding 1500). Swimmers are allowed 6 events + 1500 Free.

- Entry Fees:** All Individual events are \$10.00 per event, and all relays are \$16.00. All swimmers must pay the \$4.00 Wisconsin Swimming LSC surcharge and the Schroeder facility surcharge of \$16.00. Open lane deck entries are \$15.00/event for individual entries and \$25.00/relay. Pay entry fees when checking in at the meet.
- Deck Entries:** Deck entries will be accepted for open lanes only and are not to exceed the maximum per day or maximum for the entire meet. Deck Entries will be \$15.00 for individual events, and \$25.00 for relays. Any swimmer entered in the meet with a verified qualifying time may deck enter into open lanes without qualification. Instructions and deadlines for open lane entries will be sent to attending teams.
- Seed Times:** Seed times may be submitted in any course. Swimmers in non-conforming courses will be seeded after those entered in long course meters.
- Relay Only Entries:** Relay only swimmers should be entered in their respective relays. Relay Only swimmer must pay LSC and facility surcharge.
- Time Standards:** Swimmers must be entered under the entry time standards listed on the events sheet. The host club reserves the right to enter its own swimmers who do not meet the time standards.
- Meet Fines:** Proof of time is required for swimmers failing to make the cut off time. **There is a \$50 fine for times that cannot be proven.** Times may be proven in any course.
- Meet Format:** The meet will be a combination of prelim/final events and timed final events. The top eight (8) 10-Under and 11-12, and top sixteen (16) 13-14 and Senior individual qualifiers from prelims on Friday and Saturday will compete in finals. The Senior 400 Free and Senior 400 IM are timed final events with the top checked-in heat swimming in finals.
- Sunday's events are all timed final events.
- All swimmers participating in the 1500 must provide their own counter and timer
- Meet management may add breaks if deemed necessary.
- Relay Events:** All relays are timed finals. All relays will be swum to completion in the session in which they are scheduled.
- Relay names are due into the glass office by the start of the meet. Changes may be made until the start of the event but must be clearly noted on the lane timer sheet.
- Positive Check-in:** The following events are positive check-in and may be limited to the top 24 checked-in entries: Senior 400 Free, Senior 400 IM, 11-12 400 IM, 13-14 400 IM, 11-12 400 Free, 13-14 400 Free. Teams will be notified of any intention to limit events after entries have been received and given an opportunity to change events.
- All other events will be pre-seeded. No positive check-in is necessary.
- 1500 Free** - Check-in for the 1500 free will close at 6:30PM on Saturday night. Heat sheets for the 1500 will be available Saturday night. The Senior 1500 may be limited to the top 24 entries.
- Finals Scratches:** 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:** Friday and Saturday prelims, Sunday timed finals: \$7 for spectators 13&over; Heat sheets \$3.  
Friday and Saturday finals: Admission \$5 for spectators 13&over; Heat sheets \$1.
- Awards:** Individual High Point Awards: 1st-24<sup>th</sup> Boy/Girl per age group.  
Overall Team Awards: 1st-3rd (Host team is not eligible for team awards)
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double Points
- Parking:** There will be limited free parking in the west lot. There will be a \$5 charge for preferred parking on the east side of the building. There is overflow parking available behind the Office Depot store in the shopping mall on Green Bay Road that is a short walk from the pool.
- Final Results:** Results will be submitted to the National SWIMS Database for USA Swimming. Results will be available for printing on our website, [www.lakecountryswimming.com](http://www.lakecountryswimming.com). Teams submitting an e-mail address on their waiver form will receive an e-mail back-up and results file of the final results Monday, June 26<sup>th</sup>.

**Conduct:**

Each team is responsible for the conduct of its swimmers and parents. Cell phone cameras and other digital recording devices are not allowed in the locker rooms or behind the starting blocks. Only coaches, swimmers, and meet workers are allowed on deck and in the lower bleachers. Deck Pass is acceptable proof of USAS Membership. Teams are asked that following each session of the meet they pick up any garbage in their immediate team area. Swimmers and coaches may not stand on the bulkheads to cheer for their swimmers. By order of the Brown Deer Fire Department, there will be no videotaping, watching the meet, or picture taking allowed in any area of the stairwells or upper stair well landing areas. Anyone violating these rules will be promptly removed from that area. Please exercise consideration for your fellow spectators at all times to make for an enjoyable meet for everyone. Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**Lost & Found:**

There will be a lost and found set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. Lake Country and the Walter Schroeder Aquatic Center are not responsible for lost items.

**Food:**

According to the Brown Deer Health department, there will be no food or beverages allowed to be brought 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 the meet.

**Lake Country Phoenix Swim Team**  
**(262) 367-7657**  
**[www.lakecountryswimming.com](http://www.lakecountryswimming.com)**  
**[lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)**

# 2023 Long Course Western Great Lakes Open

## \*\*\*\*\* Order of Events \*\*\*\*\*

### Friday Prelims - AM

*Prelims: Warm-ups 7:00 -8:10 am Meet Starts 8:15 am*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
**1			Senior 200 Free Relay			**2
*** 5 Minute Break ***						
3	2:37.59	2:16.99	Senior 200 IM	2:04.29	2:25.09	4
5	2:47.79	2:25.49	13-14 200 IM	2:17.09	2:38.29	6
7	1:11.79	1:01.39	Senior 100 Backstroke	55.99	1:05.89	8
9	1:17.09	1:05.69	13-14 100 Backstroke	1:01.29	1:11.89	10
11	2:33.89	2:15.79	Senior 200 Butterfly	2:04.29	2:21.49	12
13	2:45.49	2:24.89	13-14 200 Butterfly	2:15.59	2:35.09	14
15	1:04.99	56.59	Senior 100 Freestyle	51.19	59.19	16
17	1:08.99	1:00.49	13-14 100 Freestyle	56.29	1:04.49	18
19	1:21.69	1:10.49	Senior 100 Breaststroke	1:02.89	1:13.79	20
21	1:27.49	1:15.39	13-14 100 Breaststroke	1:09.69	1:21.29	22
*23	4:54.49	5:29.09	Senior 400 Freestyle	5:04.39	4:34.19	*24

\* Timed Final, Top heat swims in finals. **Run Fast-Slow, alternating W/M.** (May be limited to the top 24 entries)

\*\* Timed Final, **Run Slow-Fast, all Women then all Men. Run to completion in Prelims.**

### Friday Prelims - PM

*Prelims: Warm-ups at conclusion of AM session Meet Starts 45 minutes later*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
25	38.69	33.69	11-12 50 Backstroke	33.09	37.99	26
27	49.89	42.89	10-Under 50 Backstroke	43.29	50.19	28
29	36.39	32.29	11-12 50 Butterfly	32.19	36.19	30
31	48.09	42.79	10-Under 50 Butterfly	41.49	46.99	32
33	1:14.09	1:05.09	11-12 100 Freestyle	1:02.89	1:11.69	34
35	1:33.19	1:21.99	10-Under 100 Freestyle	1:20.79	1:32.19	36
37	1:34.79	1:22.19	11-12 100 Breaststroke	1:19.49	1:32.29	38
39	2:01.79	1:46.99	10-Under 100 Breaststroke	1:43.69	1:57.99	40

### Friday Finals

*Finals: Warm-ups 5:00-5:55 pm Meet Starts 6:00 pm*

Women	Event	Men
3	Senior 200 IM	4
5	13-14 200 IM	6
7	Senior 100 Backstroke	8
9	13-14 100 Backstroke	10
*25	11-12 50 Backstroke	*26
*27	10-Under 50 Backstroke	*28
19	Senior 100 Breaststroke	20
21	13-14 100 Breaststroke	22
*37	11-12 100 Breaststroke	*38
*39	10-Under 100 Breaststroke	*40
11	Senior 200 Butterfly	12
13	13-14 200 Butterfly	14
*29	11-12 50 Butterfly	*30
*31	10-Under 50 Butterfly	*32
15	Senior 100 Freestyle	16
17	13-14 100 Freestyle	18
*33	11-12 100 Freestyle	*34
*35	10-Under 100 Freestyle	*36
*23	Senior 400 Freestyle	*24

\* No consolation heat.

# 2023 Long Course Western Great Lakes Open

\*\*\*\*\* Order of Events \*\*\*\*\*

## Saturday Prelims - AM

*Prelims: Warm-ups 7:00 -8:10 am Meet Starts 8:15 am*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
**41			Senior 200 Medley Relay			**42
			*** 5 Minute Warmup Break ***			
43	2:20.09	2:02.69	Senior 200 Freestyle	1:52.09	2:09.29	44
45	2:29.39	2:10.39	13-14 200 Freestyle	2:02.59	2:20.59	46
47	1:10.09	1:01.39	Senior 100 Butterfly	55.49	1:03.59	48
49	1:14.29	1:05.49	13-14 100 Butterfly	1:00.99	1:09.69	50
51	2:57.39	2:32.79	Senior 200 Breaststroke	2:18.19	2:40.49	52
53	3:08.29	2:43.69	13-14 200 Breaststroke	2:31.39	2:56.09	54
55	29.89	26.09	Senior 50 Freestyle	23.29	26.79	56
57	31.79	27.89	13-14 50 Freestyle	25.69	29.49	58
59	2:34.79	2:13.89	Senior 200 Backstroke	2:01.59	2:22.69	60
61	2:44.89	2:22.99	13-14 200 Backstroke	2:13.99	2:36.09	62
*63	5:35.09	4:52.29	Senior 400 IM	4:28.59	5:07.29	*64

\* Timed Final, Top heat swims in finals. Run Fast-Slow, alternating W/M. (May be limited to the top 24 entries)

\*\* Timed Final, Run Slow-Fast, all Women then all Men. Run to completion in Prelims.

## Saturday Prelims - PM

*Prelims: Warm-ups at conclusion of AM session Meet Starts 45 minutes later*

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
65	2:40.19	2:21.49	11-12 200 Freestyle	2:16.49	2:36.19	66
*67			11-12 200 Freestyle Relay			*68
*69			10-Under 200 Freestyle Relay			*70
71	1:22.79	1:12.89	11-12 100 Butterfly	1:11.29	1:20.59	72
73	1:54.99	1:41.09	10-Under 100 Butterfly	1:39.09	1:52.79	74
75	42.99	37.89	11-12 50 Breaststroke	37.09	42.29	76
77	54.99	48.49	10-Under 50 Breaststroke	47.59	54.29	78
79	1:25.19	1:13.39	11-12 100 Backstroke	1:11.19	1:22.49	80
81	1:47.99	1:32.69	10-Under 100 Backstroke	1:31.29	1:45.09	82

\* Timed Final, Run to completion in Prelims.

## Saturday Finals

*Finals: Warm-ups 5:00-5:55 pm Meet Starts 6:00 pm*

Women	Event	Men
43	Senior 200 Freestyle	44
45	13-14 200 Freestyle	46
*65	11-12 200 Freestyle	*66
47	Senior 100 Butterfly	48
49	13-14 100 Butterfly	50
*71	11-12 100 Butterfly	*72
*73	10-Under 100 Butterfly	*74
51	Senior 200 Breaststroke	52
53	13-14 200 Breaststroke	54
*75	11-12 50 Breaststroke	*76
*77	10-Under 50 Breaststroke	*78
55	Senior 50 Freestyle	56
57	13-14 50 Freestyle	58
59	Senior 200 Backstroke	60
61	13-14 200 Backstroke	62
*79	11-12 100 Backstroke	*80
*81	10-Under 100 Backstroke	*82
*63	Senior 400 IM	*64

\* No consolation heat.

# 2023 Long Course Western Great Lakes Open

\*\*\*\*\* Order of Events \*\*\*\*\*

## Sunday 1500 Freestyle Event

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

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
83	20:20.49	19:47.29	Senior 1500 Freestyle	18:30.39	18:59.09	84

Timed final run **Fast-Slow, alternating Women/Men.** (May be limited to the top 24 entries)

This event is not scored and does not count in individual high point totals.

**Please Note: All swimmers participating in the 1500 must provide their own counter and timer.**

## Sunday 14-Under Timed Final Events

Warm-ups not before 9:15 am Meet Starts 45 minutes later

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
*85A	6:24.89	5:37.29	11-12 400 IM	5:27.79	6:16.49	*86A
*85B	5:56.19	5:11.69	13-14 400 IM	4:52.69	5:36.59	*86B
87			11-12 200 Medley Relay			88
89			10-Under 200 Medley Relay			90
*91A	5:37.09	6:15.59	11-12 400 Freestyle	6:05.69	5:29.89	*92A
*91B	5:14.39	5:49.59	13-14 400 Freestyle	5:31.39	4:59.19	*92B
93	3:24.99	3:01.19	10-Under 200 Freestyle	2:51.99	3:16.09	94
95	33.99	29.99	11-12 50 Freestyle	28.89	32.99	96
97	40.89	36.19	10-Under 50 Freestyle	35.49	40.59	98
99	3:00.59	2:38.49	11-12 200 IM	2:34.69	2:57.19	100
101	3:47.19	3:19.59	10-Under 200 IM	3:17.19	3:44.79	102

\* 11-12 and 13-14 ages will swim together and be scored separately. May be limited to the top 24 in each age group.

Lake Country Swim Team

PO Box 181

Hartland, WI 53029

(262) 367-7657

E-Mail: lakecountryswim@sbcglobal.net

www.lakecountryswimming.com

# Time Trials

Sanction # WI2023-222TT

- When:** At the conclusion of Sunday timed finals session only and at the discretion of the meet director(s).
- Events:** Order of events is shown below. Order may be changed by meet management to consolidate heats.
- Fee:** \$15.00/individual event, \$25.00/relay event.
- Registration:** At the meet management table located over the glass office. Registration will be accepted during the prelim and final sessions up to about a half hour before the end of the session. (Swimmers in the last event of the day have up until the end of that event to sign up for time trials.)
- Procedures:** Swimmer(s) will sign up for an event at the meet management table. Meet management will produce a heat sheet for time trials to be posted and distributed prior to the start of trials. A meeting for all time trial participants and timers will be held prior to the start of time trials. 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. An announcement will be made that time trials are beginning and swimmers and their timers should report to the meeting immediately. ALL time trial results (whether or not a swimmer swims a desired time) MUST be turned in to meet management.
- Meet Host Provides:** Officials, Timing System Operator, Watches, Meet Management
- Swimmers Provide:** 2 Timers.
- Reminders:**
1. The maximum number of individual events on Sunday is six (6) -- This includes time trials.
  2. Time trials begin promptly. It is the responsibility of the swimmer to be at the blocks, with his/her timers ready to swim. Timers must turn in results whether or not a swimmer achieves a desired cut time.
- Order of Events:** Events may be combined or swum in an alternate order at the discretion of meet management.

## \*\*\*\*\* Order of Events\*\*\*\*\*

1	50 Free	2
3	50 Butterfly	4
5	50 Back	6
7	50 Breast	8
9	200 IM	10
11	100 Free	12
13	100 Butterfly	14
15	100 Back	16
17	100 Breast	18
19	200 Free	20
21	200 Butterfly	22
23	200 Back	24
25	200 Breast	26
27	400 IM	28
29	400 Free	30

# 2023 Western Great Lakes Open Waiver Form

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourself, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of 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 also understand that it is our responsibility to ensure that all of our athletes and coaches are currently registered members of United States Swimming. 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 \_\_\_\_\_ (Four Only)

Signature of Club Official/Parent/Guardian \_\_\_\_\_ Title: \_\_\_\_\_

## Entry Contact: Please Print!

Entry Chairperson: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone : \_\_\_\_\_

## Entry Fee Recap:

\_\_\_\_\_ Ind. Events x \$10.00 = \$ \_\_\_\_\_

Less Reservation Check = \$ \_\_\_\_\_

*Please Note: Reservation money is non-refundable and is to be applied to your actual entered INDIVIDUAL events. It cannot be used to pay for your relay or Wisconsin LSC surcharge.*

**A: Individual Entry Fees Owed = \$ \_\_\_\_\_**

\_\_\_\_\_ Relay Teams x \$16.00 = \$ \_\_\_\_\_

\_\_\_\_\_ LSC Surcharge x \$4.00/swimmer = \$ \_\_\_\_\_

\_\_\_\_\_ Schroeder Facility Surcharge x \$16.00/swimmer = \$ \_\_\_\_\_

**B: Relay & Surcharge Total = \$ \_\_\_\_\_**

**Total Due (Total of Lines A & B) = \$ \_\_\_\_\_**

Make checks payable to: **Lake Country Swim Team** Check # \_\_\_\_\_

Name(s) of USA registered coach(es) representing entered swimmers at meet: Current Certification required.

1) \_\_\_\_\_; 2) \_\_\_\_\_; 3) \_\_\_\_\_

4) \_\_\_\_\_; 5) \_\_\_\_\_; 6) \_\_\_\_\_

Cell Phone Number(s) for contact during Meet: \_\_\_\_\_;

Lake Country Swim Team  
PO Box 181  
Hartland, WI 53029  
(262) 367-7657  
www.lakecountryswimming.com

**ENTRY DUE TUESDAY, JUNE 13<sup>th</sup>, 2023**

**E-MAIL ENTRIES TO: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)**

**BRING WAIVER AND PAYMENT TO THE MEET**