

2010 FALL WESTERN GREAT LAKES OPEN

HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM

SANCTION #WI2010-326S

- Date:** Friday November 19 through Sunday November 21, 2010
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin (414) 354-9622
- Warm-up/Start:** Friday Prelim Session 1: Warm-up 2:30-3:40 pm. The meet will begin at 3:45 pm.
Saturday Prelim Session 2: Warm-up 7:30-8:40 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.
- Warm-ups will be run as follows: All lanes will start as general warm-up. Sprint and push-pace lanes will be opened as needed. In finals, a 12-Under only lane and additional sprint lanes will be added if necessary. 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". Finals will be conducted in the North pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- 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 System with two back-up buttons and one watch. Computerized scoreboard for all lanes.
- Official Rules:** Official current USA Swimming and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of November 19, 2010. Coaches must be USA registered.
- Disabled Swimmers:** Please note any special requirements for disabled swimmers on the entry form.
- Meet Referee:** George Geanon **Head Chief Judge:** To Be Determined
- Official Coordinator:** Richard Hein
- Entry Chair:** Darsi Kohnhorst (262) 673-3853 E-mail: lakecountryswim@sbcglobal.net
- Meet Director:** Mark Kohnhorst—Team Office: (262) 367-7657 E-mail: lakecountryswim@sbcglobal.net
- Entry Deadlines:** A meet event file will be available for download into Team Manager from our team web site: www.lakecountryswimming.com. We request that teams submit via disk or e-mail using Hy-Tek. Email entry must be received no later than **Wednesday, November 3rd, 2010**. Waiver, fees and hard copy of entry listed by swimmer name must arrive by Friday, November 5th. Any additions after November 3rd will be accepted at the discretion of the meet director. Deck entries will be allowed at the discretion of the meet director to fill open lanes; however, there will be no scratching of one event to deck enter another.
- Entry Limit:** **Swimmers may enter a maximum of six (6) individual events plus relays for the entire meet. Swimmers are limited to 3 individual events per day.** Relay only swimmers must be listed on the relay only entry form or 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, 11-12 and 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. There are no time standard requirements for 50's. The host club reserves the right to enter its own swimmers who do not meet the time standards.
- 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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 \$5.50 per event and \$12.00 per relay. All swimmers entered in at least one individual event must pay the \$3.00 Wisconsin Swimming LSC surcharge and the \$6.00 WSAC Facility surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees must accompany the official entry form and are not refundable. Deck entries will be \$8.00/event for individual entries and \$20.00/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 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.
- 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. Any swimmer not reporting for or competing in a preliminary heat shall not be penalized. Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.
- 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.
- 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 further competition for the remainder of the meet. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Listed alternates not to exceed two (2) shall be announced and posted. Alternates shall not be penalized if unavailable to compete in the finals. When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the companion final shall be swum without reseeding for empty lanes. Finals shall include those events deck seeded but swum as timed finals in prelim/final competition. 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.
- Coaches Mtng.:** There will be a coaches meeting scheduled on Friday and as needed.
- Admissions:** \$6.00 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:** Each team is responsible for the conduct of its swimmers and parents. Please note, there will be no oil rub downs allowed on deck. All on deck seating will be reserved for use by the athletes and coaches. No parents are allowed on deck or in any of the on-deck seating. By order of the Brown Deer Fire Department, there will be no videotaping or picture taking allowed in any area of the stair wells or upper stair well landing areas. Anybody using these areas for videotaping or picture taking will be promptly removed from that area. Cell phones and other recording devices are not allowed in the locker room.
- Awards:** Individual High Point: 1st-24th Women and Men per age group including Senior.
Overall Team Awards: 1st-3rd (Host team not eligible for team award)
Please note: No awards will be mailed following the meet.
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: Double Points
- 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 all times during the meet.

2010 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 50 Butterfly		2
*3		Senior 50 Butterfly		*4
5	2:27.29	13-14 200 Backstroke	2:18.19	6
7	2:17.89	Senior 200 Backstroke	2:06.79	8
9	2:30.49	13-14 200 IM	2:20.29	10
11	2:20.89	Senior 200 IM	2:09.49	12
13		13-14 50 Breaststroke		14
*15		Senior 50 Breaststroke		*16
17	1:07.79	13-14 100 Butterfly	1:02.89	18
19	1:03.59	Senior 100 Butterfly	57.59	20
21	1:02.19	13-14 100 Freestyle	57.39	22
23	58.19	Senior 100 Freestyle	52.89	24
25	1:17.59	13-14 100 Breaststroke	1:12.09	26
27	1:12.49	Senior 100 Breaststroke	1:05.99	28
5 Minute Break - No Warm-Up				
**29		13-14 200 Free Relay		**30
**31		Senior 200 Free Relay		**32
10 Minute Warm-Up Break				
***33	5:52.99	13-14 500 Freestyle	5:39.19	***34
***35	5:32.89	Senior 500 Freestyle	5:10.79	***36

* Australian Skin format championship finals. 5 elimination rounds.

** Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

***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)

Friday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
37		10-Under 50 Backstroke		38
39		11-12 50 Backstroke		40
41	1:33.79	10-Under 100 IM	1:31.19	42
43	1:13.99	11-12 100 IM	1:11.49	44
45	1:42.09	10-Under 100 Butterfly	1:40.39	46
47	1:13.19	11-12 100 Butterfly	1:11.69	48
49		10-Under 50 Freestyle		50
51		11-12 50 Freestyle		52
53	1:46.69	10-Under 100 Breaststroke	1:43.69	54
55	1:22.19	11-12 100 Breaststroke	1:20.49	56
5 Minute Break - No Warm-Up				
**57		10-Under 200 Free Relay		**58
**59		11-12 200 Free Relay		**60
5 Minute Break - No Warm-Up				
**61	2:58.29	10-Under 200 Freestyle	2:50.89	**62
**63	2:19.89	11-12 200 Freestyle	2:16.19	**64

**Timed Final - Pre-Seeded - Run to completion in Prelims, slowest to fastest, all Women then all Men

2010 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 50 Backstroke		66
*67		Senior 50 Backstroke		*68
69	2:28.59	13-14 200 Butterfly	2:20.29	70
71	2:18.49	Senior 200 Butterfly	2:07.79	72
73	2:46.79	13-14 200 Breaststroke	2:36.29	74
75	2:35.99	Senior 200 Breaststroke	2:23.89	76
77		13-14 50 Freestyle		78
*79		Senior 50 Freestyle		*80
81	1:08.49	13-14 100 Backstroke	1:04.19	82
83	1:03.79	Senior 100 Backstroke	58.59	84
85	2:13.79	13-14 200 Freestyle	2:05.29	86
87	2:04.89	Senior 200 Freestyle	1:55.09	88
89		13-14 100 IM		90
91		Senior 100 IM		*92
5 Minute Break - No Warm-Up				
**93		13-14 200 Medley Relay		**94
**95		Senior 200 Medley Relay		**96
10 Minute Warm-Up Break				
***97	5:17.79	13-14 400 IM	5:00.49	***98
***99	4:56.99	Senior 400 IM	4:35.79	***100

* Australian Skin format championship finals. 5 elimination rounds.

** Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

***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)

Saturday (Prelims) - North Pool

<u>Women</u>	<u>(SCY)</u>	<u>Event</u>	<u>(SCY)</u>	<u>Men</u>
101		10-Under 50 Butterfly		102
103		11-12 50 Butterfly		104
105		10-Under 50 Breaststroke		106
107		11-12 50 Breaststroke		108
109	1:33.99	10-Under 100 Backstroke	1:32.09	110
111	1:14.19	11-12 100 Backstroke	1:12.29	112
113	1:21.59	10-Under 100 Freestyle	1:19.99	114
115	1:03.09	11-12 100 Freestyle	1:02.69	116
5 Minute Break - No Warm-Up				
**117		10-Under 200 Medley Relay		**118
**119		11-12 200 Medley Relay		**120
5 Minute Break - No Warm-Up				
**121	3:19.39	10-Under 200 IM	3:18.09	**122
**123	2:37.59	11-12 200 IM	2:35.59	**124

**Timed Final - Pre-seeded - Run to Completion in Prelims, slowest to fastest, all Women then all Men

2010 FALL WGLO Championship Finals Order of Events

Saturday PM Finals (Fridays Prelim Events)

Events

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

5 Minute Break

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

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 _____
(Four Only)

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

Final Results Mailing Address: Please Print!

Name: _____ E-Mail: _____

Address: _____ Day Phone: _____

City, State, Zip: _____ Evening Phone: _____

Entry Chairperson: _____ E-Mail: _____

Entry Fee Recap: _____ Individual Events x \$5.50 = \$ _____ = \$ _____

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 \$12.00 = \$ _____ \$ _____

_____ LSC Surcharge x \$3.00 = \$ _____ \$ _____
(# of swimmers including relay only)

_____ WSAC Facility Use Surcharge x \$6.00 = \$ _____ \$ _____
(# 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: _____

Mail Entries, Waiver and Check to:
Lake Country Swim Team c/o Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029

Did you include:

- ✓ Hard copy of your entry (listed by swimmer's name)
- ✓ Team check to cover entry fees/surcharges
- ✓ Entry disk (if needed at the end of the meet)
- ✓ 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