

**2025 ARENA Mid-Season Showdown**  
**Hosted by the Waukesha Express Swim Team**  
Sanction #:WI2025-0563S  
November 21 - 23, 2025

**LOCATION:** Waukesha South High School, 401 E. Roberta Avenue, Waukesha, WI 53186

**FACILITY:** Eight lane, 25 yard pool. Pool depth is 13 feet at the start end and 5'10" feet at the bulkhead (turn end). Blocks are 30" high. The pool features a 9'x13' full color, digital display scoreboard. Concessions will not be available. No food or beverage is allowed in the pool area. The host team will ensure the required course dimensions.

**TIMING SYSTEM:** Colorado System 6 timing system, aqua grip touchpads, back up buttons, and backup watches.

**GENERAL:** 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.

**HOST TEAM:** Waukesha Express Swim Team

**MEET DIRECTOR:** Blaine Carlson, [blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org), 262-751-7946

**ENTRY CHAIR:** Laurie Carlson, [laurie@waukeshaexpress.org](mailto:laurie@waukeshaexpress.org), 262-893-4679

**OFFICIALS:** Meet Referee: Megan Dixon ([dixonfamily2000@gmail.com](mailto:dixonfamily2000@gmail.com))  
Admin Official: Nicki Vo ([nickivo@gmail.com](mailto:nickivo@gmail.com))  
Officials that would like to officiate, please contact Megan Dixon.

**ENTRIES:** This meet will be run using the HY-TEK MEET MANAGER. Export a meet entry file and email it as an attachment. Upon completion of the meet, results, a results file and a MM Backup file will be posted on our website. Please send a .pdf of your entry with your entry summary. No deck entries will be accepted. Payment for entries is due prior to the start of the meet. Checks should be payable to Waukesha Express Swim Team. Age of athlete is as of Friday, November 21, 2025

**ENTRY DEADLINE:** Tuesday, October 28, 2025. Please e-mail entry file to:  
[laurie@waukeshaexpress.org](mailto:laurie@waukeshaexpress.org).

**ENTRY LIMITS:** Maximum of 8 events for the meet. Maximum by day as follows: Friday: 1 event/swimmer, Saturday: 3 events/swimmer, Sunday: 4 events/swimmer.

**ENTRY FEE:** \$10.00 individual events, \$16.00 relay events, \$35.50 swimmer surcharge (includes admission surcharge, facility surcharge and Wisconsin Swimming surcharge)

**TENTATIVE TIMELINE/SESSION INFO:** A finalized timeline will be provided at least 4 days prior to the first day of the meet.

**Friday PM** (distance events): 4:30 PM warmup (55 minute unassigned general warmup), Meet starts at 5:30 PM

**Saturday AM** (13-14 & Senior prelims): 7:00 AM warmup (3 x 30 or 2 x 45 minute assigned warmups), 8:35 AM Start

**Saturday PM** (10&U timed finals and 11-12 prelims): Warmup (2 x 30 minute or 3 x 20 minute assigned warmups) will begin immediately after the AM session.

**Saturday Finals** (11-12, 13-14, & Senior): A 45 minute general warm up followed by 10 minutes of starts and pace will begin no sooner than 4PM, finals will start 1 hour after the start of warm up. Senior: A/B/C finals (top 24), 13 - 14: A/B finals (top 16), 11 - 12: A final (top 8)

**Sunday AM** (13-14 & Senior timed finals) : 7:00 AM Warm-ups (3 x 30 minute assigned warmups or 2 x 45 minute assigned warmups), 8:35 AM Start

**Sunday PM** (10&U and 11-12 timed finals): Warm-ups (2 x 30 minute assigned warmups or 3 x 20 minute assigned warmups) will begin immediately after the 13 & over session.

**WARM UP INFORMATION:** Finalized warm-up details will be emailed out to participating teams at least 4 days prior to the start of the meet.

USA Swimming and Wisconsin Swimming warm-up procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

Circle swimming only, entry into the water shall be feet first three-point entry for all competition, except in designated lanes and times. All entry to pools during open warm-up cool down periods must be from the start end. No snorkels,

kickboards or other training devices are allowed during warm-ups.

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

**AWARDS:** Medals will be awarded for 1st - 8th place. High point awards will be awarded, 1st - 3rd place, in each age group.

**SCORING:** Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

**SAFETY INFORMATION:** There will be a lifeguard on deck from the start of warm-ups until the last session ends and swimmers have cleared the pool for each day. First aid kit & backboard are located on the wall between the locker rooms. AED is located in the cafeteria.

**WAIVER:** Coaches will be responsible for submitting a team waiver at check-in.

**OFFICIAL RULES:** Held under the sanction of USA Swimming, current USA and Wisconsin Rules shall prevail for this meet. Swimmers must be current USA Swimming members, in good standing. Non-LSC entrants must present current USA Swimming cards.

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. 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.

On deck USA swimming registrations will be permitted.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Deck changes are prohibited.

**MAAPP POLICY:** 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.

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Waiver & Entry Form**

This waiver must be completed and turned in prior to the start of the meet.

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Waukesha Express Swim Team/ Waukesha South High School/WI Swimming/USA Swimming, and their staffs 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 events I/we have entered. **Please email or mail one copy of the completed entry form, Hy-Tek entry file, plus entry fees to the entry chair.** And retain a copy for your records.

Club Name and Abbr: \_\_\_\_\_

Signature of Club Official, Parent, or Guardian: \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Entry Fee Recap:

Total # of Individual Entries in Meet: \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Total # of Relay Entries in Meet: \_\_\_\_\_ x \$16.00 = \$ \_\_\_\_\_

Total # of Swimmers Entered in Meet \_\_\_\_\_ x \$35.50 = \$ \_\_\_\_\_

Total Amount Due \$ \_\_\_\_\_

Make Checks Payable to: "WEST"

Check #: \_\_\_\_\_

How many coaches will be attending? \_\_\_\_\_

Please list name and contact information for each coach:

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

	<b>ORDER OF EVENTS</b>	
Women		Men
	<b>FRIDAY EVENTS</b>	
1	Senior 1000 yd Freestyle	2
3	13 - 14 1000 yd Freestyle	4
5	11 - 12 500 yd Freestyle	6
7	Senior 400 yd. IM	8
9	13 - 14 400 yd. IM	10
	<b>SATURDAY AM</b>	
11	13 - 14 100 yd. Freestyle	12
13	Senior 100 yd. Freestyle	14
15	13 - 14 100 yd. Breaststroke	16
17	Senior 100 yd. Breaststroke	18
19	13 - 14 100 yd. Backstroke	20
21	Senior 100 yd. Backstroke	22
23	13 - 14 200 yd. IM	24
25	Senior 200 yd. IM	26
27	13 - 14 50 yd. Freestyle	28
29	Senior 50 yd. Freestyle	30
31	13 - 14 100 yd. Butterfly	32
33	Senior 100 yd. Butterfly	34
35	13 - 14 200 yd. Freestyle Relay	36
37	Open 200 yd. Freestyle Relay	38
	<b>SATURDAY PM</b>	
39	11 - 12 100 yd. Freestyle	40
41	10 & U 50 yd. Freestyle	42
43	11 - 12 50 yd. Breaststroke	44
45	10 & U 50 yd. Breaststroke	46
47	11 - 12 50 yd. Backstroke	48

49	10 & U 50 yd. Backstroke	50
51	11 - 12 100 yd. IM	52
53	10 & U 100 yd. IM	54
55	11 - 12 50 yd. Freestyle	56
57	10 & U 50 yd. Butterfly	58
59	11 - 12 50 yd. Butterfly	60
61	10 & U 200 yd. Freestyle Relay	62
63	11 - 12 200 yd. Freestyle Relay	64
	<b>SUNDAY AM</b>	
65	13 - 14 200 yd. Freestyle	66
67	Senior 200 yd. Freestyle	68
69	13 - 14 200 yd. Breaststroke	70
71	Senior 200 yd. Breaststroke	72
73	13 - 14 200 yd. Backstroke	74
75	Senior 200 yd. Backstroke	76
77	13 - 14 100 yd. IM	78
79	Senior 100 yd. IM	80
81	13 - 14 200 yd. Butterfly	82
83	Senior 200 yd. Butterfly	84
85	13 - 14 500 yd. Freestyle	86
87	Senior 500 yd. Freestyle	88
	<b>SUNDAY PM</b>	
89	11 - 12 200 yd. Freestyle	90
91	10 & U 100 yd. Freestyle	92
93	11 - 12 100 yd. Breaststroke	94
95	10 & U 100 yd. Breaststroke	96
97	11 - 12 100 yd. Backstroke	98
99	10 & U 100 yd. Backstroke	100
101	11 - 12 200 yd. IM	102
103	10 & U 200 yd. IM	104
105	11 - 12 100 yd. Butterfly	106
107	10 & U 100 yd. Butterfly	108