

# WISCONSIN SWIMMING

## LONG COURSE REGIONAL MEET

**Hosted by:** Southwest Aquatic Team  
**Location:** Pleasant Prairie Rec Plex, 9900 Terwall Tr  
 Pleasant Prairie, WI 53158  
**Dates:** July 17-19, 2026  
**SANCTION #** WI-26-2044

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 and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event

### GENERAL MEET INFORMATION

MEET REFEREE	ADMIN OFFICIAL	MEET WEBSITE
Mike Mellock <a href="mailto:mikemellock@gmail.com">mikemellock@gmail.com</a> 414-687-5456	Brian Temke Anna Temke	<a href="https://www.swimswat.org/summer-lcm-regionals">https://www.swimswat.org/summer-lcm-regionals</a>

MEET DIRECTOR	ENTRY CHAIR
Brian Temke <a href="mailto:brian@wisconsinswimming.org">brian@wisconsinswimming.org</a> 414-688-3475	Anna Temke <a href="mailto:entrychair@swimswat.org">entrychair@swimswat.org</a> 414-719-9030

<b>General Meeting</b>	Coaches' meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches' meetings. Coaches or other team representatives are responsible for all information presented at these meetings including changes to the meet format or conduct. Coaches should check their team mailboxes prior to each session where they pick up heat sheets (admin table).
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<p><b>Facility</b></p>	<p><u>Pool Specifications</u> Indoor 50-meter pool with 10 lanes; 30” blocks; custom bulkhead, gutters, and starting blocks; 6 1/2’ depth at the starting end and 7’ depth at the non-starting end; 7’ lanes with non-turbulent lane-lines and back stroke flags. Backstroke wedges are available if the athlete chooses. The meet host will ensure the required course dimensions</p> <p><u>Timing</u> A fully automatic Colorado timing system with at least one manual back-up button and one back-up stop watch for each lane will be used.</p> <p><u>First Aid/Medical</u> 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.</p>
<p><b>Officials</b></p>	<p>An Officials Meeting will be held one hour before the starting time for each session in the hospitality room. Anyone wishing to officiate at this meet should sign up on the Meet Landing Page or contact the Meet Referee.</p> <p>Officials must have valid USA Swimming registration and must be working that session to be on deck. The official mobile application of USA Swimming is acceptable proof of USA Swimming Membership.</p> <p>Timers Briefings will be held 30 minutes before the start of each session.</p>
<p><b>Deck Access</b></p>	<p>Deck access is restricted to participating athletes, coaches, working officials and meet personnel. Credentials will be issued and must be displayed at all times while on deck. <b>This will be strictly enforced by Meet Marshals and other meet staff.</b></p> <p>Parents/guardians are NOT allowed on deck or in the locker rooms at any time.</p> <p>Parents and other non-swimmers not involved in the running of the meet are requested to remain in designated spectator areas. The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety or the efficient operation of the meet. USAS Rules of Conduct will be strictly enforced.</p> <p>Coaches may pick up meet packets in the admin office and must sign-in at the start of each session</p>
<p><b>Spectator Admission</b></p>	<p>An admissions surcharge will be collected per athlete as part of the meet entry/registration fees. Handicapped seating is available in the balcony via elevator. View may be obstructed by coaches, officials, and athletes. Please contact the Meet Director for seating accommodations. Heat sheets will NOT be available for purchase</p>
<p><b>Parking</b></p>	<p>Ample parking is available on the street and park and ride lot across the street from the pool.</p> <p>The Rec Plex member lot may be enforced, even if the gate arms are up. License plate technology is being implemented in the member lot.</p>
<p><b>Lost and Found</b></p>	<p>Please check the lost and found area in the main lobby. The facility and the meet host are not responsible for lost items. Items not picked up by the end of the meet will be discarded or donated.</p>

<b>Concessions</b>	Concessions may be available via the Rec Plex contracted concessionaire. Vending machines are also available in the pool lobby.
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	<b>Session</b>	<b>Warm Up</b>	<b>Meet Start</b>
<b>Session Schedule</b>	Friday PM	5:15 PM	6:05 PM
	Saturday AM 12 & Under	7:30 AM	8:35 AM
	Saturday PM Open	ASAP after AM	At least 55 minutes after warm-up start
	Sunday AM 12 & Under	7:30 AM	8:35 AM
	Sunday PM Open	ASAP after AM	At least 55 minutes after warm-up start

## **RULES and PROCEDURES**

<b>Official Rules</b>	<p>Official current USA Swimming and Wisconsin LSC rules shall prevail for this meet except as otherwise specified in this meet information. Participating athletes must be registered USA Swimming athletes and in good standing. The athlete's age on the first day of the meet determines the age group for the entire competition. Deck registrations are not allowed.</p> <p>All coaches and officials are required to sign in and prove that their USA Swimming membership is in good standing and all certifications are current. The official mobile application of USA Swimming should be used for proof of USA Swimming membership.</p> <p>All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist an unaccompanied swimmer make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p>
<b>Deck Registration</b>	Deck registrations WILL NOT be accepted at this meet
<b>Para/Disability Swimming</b>	<p>Please note any special requirements and/or requests for a swimmer with disability with your meet entry. All requests for swimmers with disabilities must be received before the start of the meet and presented to the meet referee.</p> <p>Use of the <a href="#">WSI Para Accommodation Form</a> is encouraged for all accommodation and/or modification requests</p>
<b>Start Certification</b>	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 without the use of the backstroke ledge. 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.
<b>MAAPP</b>	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

	<p>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.</p>
<p><b>SafeSport 360</b></p>	<ul style="list-style-type: none"> <li>● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>● The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.</li> <li>● Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>● For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>● All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 6/18/2026, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 6/18/2026, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</li> </ul>
<p><b>Warm-up Procedures</b></p>	<p>Warm up times and lanes will be assigned. Assignments will be posted on the meet landing page and communicated to each team.</p> <p>USA Swimming and Wisconsin Swimming warm-up procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:  Circle swimming, feet first three-point entry from the starting end of the pool. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. No equipment 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.</p> <p>In-Meet Warmup: At least two lanes will be available in the waterpark pool.</p>

<p><b>Conduct</b></p>	<p>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.</p> <ul style="list-style-type: none"> <li>● Each team is responsible for the conduct of its swimmers and parents.</li> <li>● Teams are asked to pick up any garbage in their immediate team area after each session.</li> <li>● No coolers, portable chairs, blankets or large bags will be allowed in the spectator area per the Pleasant Prairie Fire Marshal. Swimmers (and their bags) should sit in their team's area on the pool deck, not in the spectator stands.</li> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.</li> <li>● Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck Changing is prohibited.</li> <li>● 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.</li> <li>● No underwater video recording equipment is allowed at any time during the meet.</li> <li>● Flash photography will not be allowed during the start of any heat. Individuals using flash photography near the start of a heat may be ejected from the meet facility.</li> <li>● Parents/guardians are NOT allowed on deck at any time, except when serving as counters for distance events, or as timers.</li> <li>● No glass containers of any kind are allowed on deck or in locker room areas.</li> <li>● Locker Rooms on the pool deck will be designated ATHLETE only. Use by coaches, officials and volunteers is strictly forbidden.</li> </ul> <p>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.</p>
<p><b>Meet Format</b></p>	<p>All events are Timed final events.  All events longer than 200M will be positive check-in and swam fast to slow.  Positive check-in will close 30 minutes after the start of the warm-up period for the upcoming session. Positive check will be removed if entries cannot be further condensed.  Coaches will be notified if positive check is cancelled.  Meet management reserves the right to combine any event longer than 200m.  Breaks may be inserted at the discretion of meet management. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. All added breaks will be posted to the session report and communicated to lead coaches.</p>
<p><b>Seeding</b></p>	<p>Event seeding will be in the following order: Non-conforming times will be seeded after LCM times. The order used for seeding will be LCM-SCM-SCY</p>

<b><u>ENTRY INTO THE MEET</u></b>	
<b>Swimmer Eligibility</b>	All swimmers must be current Wisconsin LSC registered athlete members of USA Swimming and in good standing. All individual swimmers entered in the meet shall be eligible to swim in the meet. Any swimmer who swims in the meet and is found ineligible will be disqualified from the meet, forfeit all awards and points achieved and their club fined. The representative submitting entries shall be responsible for verifying that all swimmers satisfy eligibility requirements.
<b>Qualifying Times</b>	8 & Under, 10 & Under, 11-12, and 13-14 swimmers may not swim in an event in their age group in which they have achieved a state cut prior to <b>entry deadline IN ANY COURSE (SCY, SCM, LCM)</b> . Swimmers may not swim a Senior event if they have achieved the Senior state cut prior to the entry deadline. A swimmer that achieves a state cut after the entry deadline may still swim that event at the Regional meet. All swimmers who have achieved state cuts may swim those events in the Senior category if they have not achieved the Senior state cut in that event.
<b>Win It-You're In It</b>	Any 14 and under swimmer competing and winning an event of 200 meters or fewer in the 8U, 10U, 11-12 or 13-14 age categories, regardless of whether they achieved a Wisconsin State Qualifying Standard, will be qualified to compete in that event during the 2026 Wisconsin Swimming's LCM State Championships. Swimmers will be seeded in the WSI State Championship Meet at the time(s) achieved at the WSI LCM Regional.
<b>Entry Limits</b>	A swimmer may compete in not more than seven (7) individual events total for the meet, excluding time trials events. A swimmer may compete in no more than five (5) individual events per day, including time trial events.  Teams may enter unlimited teams in relay events. Swimmers <b>MUST</b> be registered as an athlete in the meet in order to compete in relays... <b>NO RELAY ONLY SWIMMERS</b> . Relays may be held at the discretion of meet management.
<b>Deck Entries</b>	Deck entries are allowed at the discretion of meet management. \$10 per event. If the athlete is not entered into the meet, the appropriate surcharges must also be paid by the athlete. No new heats will be created for Deck Entries. Deck entries will be swum as exhibition.
<b>Entry Rules</b>	ENTRY DEADLINE: Entries must be e-mailed to <a href="mailto:entryhair@swimswat.org">entryhair@swimswat.org</a> by 9:00 PM CST on Monday 7/13/26 <ul style="list-style-type: none"> <li>• When emailing entries, please include contact information including name of person submitting the entries, name of LSC club and phone number in case of questions or problems with the entries.</li> <li>• You will receive a confirmation e-mail. If you have not received your confirmation by Noon on Tuesday 7/14, contact the entry chair immediately.</li> <li>• Any entries received after the entry deadline are subject to a \$1,000,000 late fee. Updates to the entry will not be allowed due to the late deadline.</li> </ul>

	<ul style="list-style-type: none"> <li>When entering a disabled athlete into the meet, please be sure to include any needed documentation used to determine P1, P2 or P3 designated disability placement.</li> </ul> <p>A non-refundable check for entry fees and surcharges must be received before the start of the meet. You may bring waiver and payment to the pool.</p>
<b>Entry Fees</b>	<p>Individual Event Fee: \$7 Relay Event Fee: \$16</p> <p><u>Athlete Surcharges</u> (\$29 total per athlete) Facility Surcharge: \$10 Admission Surcharge: \$15 Wisconsin Swimming Surcharge: \$4</p>
<b>Awards</b>	<p>The following age groups will be used for scoring and awards: 8&amp;U, 10&amp;U, 11-12, 13-14, Open. Open events are not awarded.</p> <p>Individual High Point Awards: 1<sup>st</sup> - 3<sup>rd</sup> Place for each gender in each Age Group will be awarded (with the exception of Open Events). Points awarded to 14-Under athletes competing in any Senior event will not count toward Age Group High Point.</p> <p>No award presentations will take place. All awards will be bagged and can be picked up at the conclusion of the meet. No awards will be mailed. Awards not picked up will be brought to state meets.</p>
<b>Scoring</b>	<p>Individual events will be scored using 16 place scoring. Relay events will score double. 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p>
<b>Results</b>	<p>Unofficial Live Results will be available on Meet Mobile if technology allows. Results will be posted on the Meet Landing Page and LSC website. Hard copies of results may be posted in the hallway.</p>



## ORDER OF EVENTS

**THIS MEET IS RESTRICTED TO SWIMMERS WITHOUT WI STATE QUALIFYING TIMES. IF YOU HAVE A WI STATE QUALIFYING TIME (IN ANY COURSE) YOU ARE NOT ELIGIBLE TO SWIM THAT EVENT IN YOUR AGE GROUP.**

All events 200m and shorter will be pre-seeded and swam slow to fast.

All events longer than 200m will be positive check-in and swam fast to slow. Meet management reserves the right to combine any event longer than 200m.

Girls	<b>FRIDAY</b>	Boys
1	10u 200 IM	2
3	11-12 200 IM	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10u 400 Free	10
11	11-12 400 Free	12
13	13 -14 200 Fly	14
15	Open 200 Fly	16
17	10u 100 Fly	18
19	11-12 100 Fly	20
21	13-14 800 Free	22
23	Open 800 Free	24

Girls	<b>SAT AM</b>	Boys
25	10u 200 Medley Relay	26
27	11-12 200 Medley Relay	28
	BREAK	
29	8u 50 Free	30
31	10U 50 Free	32
33	11 - 12 50 Free	34
35	8u 50 Back	36
37	10U 50 Back	38
39	11 - 12 50 Back	40
41	10u 100 Breast	42
43	11 - 12 100 Breast	44
45	10u 200 Free	46
47	11 - 12 200 Free	48

Girls	<b>SUN AM</b>	Boys
81	10u 200 Free Relay	82
83	11-12 200 Free Relay	84
	BREAK	
85	10u 100 Back	86
87	11 - 12 100 Back	88
89	8u 50 Breast	90
91	10u 50 Breast	92
93	11 - 12 50 Breast	94
95	8u 100 Free	96
97	10u 100 Free	98
99	11 - 12 100 Free	100
101	8u 50 Fly	102
103	10u 50 Fly	104
105	11 - 12 50 Fly	106

Girls	<u>SAT PM</u>	Boys
49	13 - 14 200 Medley Relay	50
51	Open 200 Medley Relay	52
	BREAK	
53	13 - 14 200 Free	54
55	Open 200 Free	56
57	13 - 14 50 Back	58
59	Open 50 Back	60
61	13 - 14 100 Fly	62
63	Open 100 Fly	64
65	13 - 14 200 Breast	66
67	Open 200 Breast	68
69	13 - 14 50 Free	70
71	Open 50 Free	72
73	13 - 14 100 Back	74
75	Open 100 Back	76
77	13 - 14 400 Free	78
79	Open 400 Free	80

Girls	<u>SUN PM</u>	Boys
107	13 - 14 200 Free Relay	108
109	Open 200 Free Relay	110
	BREAK	
111	13 - 14 100 Free	112
113	Open 100 Free	114
115	13 - 14 50 Fly	116
117	Open 50 Fly	118
119	13 - 14 100 Breast	120
121	Open 100 Breast	122
123	13 - 14 200 Back	124
125	Open 200 Back	126
127	13 - 14 200 IM	128
129	Open 200 IM	130
131	13 - 14 50 Breast	132
133	Open 50 Breast	134
135	13 - 14 1500 Free	136
137	Open 1500 Free	138

# WISCONSIN SWIMMING LONG COURSE REGIONAL MEET

## TIME TRIALS

**Hosted by:**  
**SWAT**

**SANCTION #**  
**WI-26-2038**

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 and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

<b>When</b>	At the conclusion of the afternoon session, as time permits, and at the discretion of the meet director. Pool will be open for a 10 minute warm-up period following the conclusion of the afternoon session.
<b>Eligibility</b>	Only athletes already entered in the meet are eligible to participate in the Time Trial portion of this meet.
<b>Events</b>	All events offered at the 2026 LCM state meets will be offered on both days of time trials. Please use your best judgment and consideration if entering a time trial longer than 400m. <b>The 800m and 1,500m freestyle events will only be offered as a time trial in open lanes during the timed finals session.</b> The order of events in time trials will be determined by Meet Management. Meet Management reserves the right to combine any stroke, distance, gender, or age group in order to expedite the event. If an athlete signs up for multiple time trial events, there is NO GUARANTEE there will be “rest time” between the events.
<b>Time Limit</b>	The host reserves the right to limit the time trials to 1 hour. If swims do not make it by the time limit, those fees will be refunded.
<b>Entry Limit</b>	Swimmers may enter unlimited time trial events as long as the daily limit of five (5) total events is not exceeded, which include a combined total of Competition Session events and Time Trial events. Time Trials are under a separate sanction and therefore do not fall under the seven (7) maximum events for the Regional meet.
<b>Fee</b>	\$10.00/individual event AND \$20/RELAY EVENT.
<b>Registration</b>	Registrations will be accepted up until the start of the PM distance event. <b>ONLY ATHLETES REGISTERED IN THE REGIONAL MEET ARE ELIGIBLE TO COMPETE IN THE TIME TRIALS</b> Deck registration into the meet WILL NOT be allowed. Swimmers, who sign up for a time trial event and make the state cut time after the registration deadline, will be refunded upon request.
<b>Procedures</b>	Swimmer(s) will sign up for an event via Google Form/QR code. A meeting for time trials participants will be held prior to the start of time trials under the large scoreboard. It is the swimmer’s responsibility to be ready to swim when his/her event is called. The referee will not hold the start of the event to wait for a swimmer to show. An announcement will be made that time trials are beginning, and swimmers should report to the meeting immediately.
<b>Host club provides</b>	Officials, Meet Management, and stopwatches
<b>Athlete provides</b>	(2) Timers, and counters, where applicable.

# WISCONSIN SWIMMING LONG COURSE REGIONAL MEET

## MEET WAIVER

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.

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 USA Swimming, Wisconsin Swimming Inc., **Village of Pleasant Prairie, RecPlex**, and meet officials 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 the events I/we have entered.

Signature of Club Official, parent or guardian: \_\_\_\_\_

Position: \_\_\_\_\_

Phone # \_\_\_\_\_

Team Name and Abbreviation: \_\_\_\_\_

Team Coach: \_\_\_\_\_

Phone # \_\_\_\_\_

Team Coach: \_\_\_\_\_

Phone # \_\_\_\_\_

Team Coach: \_\_\_\_\_

Phone # \_\_\_\_\_

Team Coach: \_\_\_\_\_

Phone # \_\_\_\_\_

Team Coach: \_\_\_\_\_

Phone # \_\_\_\_\_

Total # of individual events

	X	\$7	=	
Total # of Relays	X	\$16	=	
Total # of swimmers LSC Splash Fee	X	\$4	=	
Total # of swimmers Athlete Fee	X	\$25	=	

TOTAL BALANCE DUE:

Make checks payable to: \_\_\_\_\_

Email entries to: \_\_\_\_\_

BRING WAIVER AND PAYMENT TO THE MEET and SUBMIT AT CHECK IN