

# 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 18-20, 2025

**SANCTION #** WI2025-829S

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 DIRECTOR	MEET REFEREE	ADMIN OFFICIAL
Brian Temke <a href="mailto:office@swimswat.org">office@swimswat.org</a> 414-688-3475	Amy Balducci <a href="mailto:amy@wisconsinswimming.org">amy@wisconsinswimming.org</a> 914-881-6525  Asst MR - Van Donkersgoed	Brian Temke/Thomas May <a href="mailto:entrychair@swimswat.org">entrychair@swimswat.org</a>

MEET ENTRY CHAIR	MEET WEBSITE
Brian Temke <a href="mailto:entrychair@swimswat.org">entrychair@swimswat.org</a>	<a href="https://www.swimswat.org/summer-lcm-regionals">https://www.swimswat.org/summer-lcm-regionals</a>

<b>Facility</b>	<p><u>Pool Specifications</u> Indoor 50-meter pool with 10 lanes; 30" blocks; custom bulkhead, gutters, and starting blocks; 7' depth at both ends; 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 Gen7 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>
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<b>General Meeting</b>	If needed, a General Meeting time and location will be communicated to all teams. There are no plans to hold a general meeting unless needed.
<b>Officials</b>	<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>
<b>Deck Access</b>	<p>Deck access is restricted to participating athletes, coaches, working officials and volunteers for each session. 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> Coaches and Officials must produce proof of USA Swimming membership immediately upon request by the Referee or his/her delegate or leave the pool deck. The official mobile application of USA Swimming is acceptable proof of membership. Coaches may pick up meet packets in the Shark Room and must sign in at the meet worker check-in table the start of each session.</p>
<b>Spectator Admission</b>	An admissions surcharge will be collected per athlete as part of the meet entry/registration fees. Handicapped seating on 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. Visit the meet landing page for heat sheets.
<b>Parking</b>	Ample parking is available within a short walk of the facility. No shuttle service is available.
<b>Lost and Found</b>	Please check the lost and found area at the meet worker check-in table. 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.
<b>Concessions</b>	Concessions may be available via the facility or a contracted vendor.

<b>Session Schedule</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Start</b>
	Friday PM	4:30 pm	5:35 pm
	Saturday AM 12 & Under	7:30 am	8:35 am
	Saturday PM Open	ASAP after AM	65 min after warmup
	Sunday AM 12 & Under	7:30 am	8:35 am
	Sunday PM Open	ASAP after AM	65 min after warmup

## **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 age group for the entire competition.</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>	No deck registrations will 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>Please use the <a href="#">WSI Para Accomodation Form</a> 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 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.
<b>Warm-up Procedures</b>	<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>

	In-Meet Warmup: Lanes will be available in the waterpark pool. Please use only designated lanes.
<b>Conduct</b>	<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, chairs, blankets or large bags will be allowed in the spectator area. 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>
<b>Meet Format</b>	<p>All events are Timed final events.</p> <p>All events longer than 200M will be positive check-in and swam fast to slow.</p> <p>Positive check-in will close 30 minutes after the start of the warm-up period for the upcoming session.</p> <p>Meet management reserves the right to combine any event longer than 200m.</p> <p>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>
<b>Seeding</b>	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

## ENTRY INTO THE MEET

<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>	<p>8 &amp; Under, 10 &amp; 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>.</p> <p>Swimmers may not swim a Senior event if they have achieved the Senior state cut prior to the entry deadline.</p> <p>A swimmer that achieves a state cut after the entry deadline may still swim that event at the Regional meet.</p> <p>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.</p> <p>An 8 &amp; Under athlete may swim in any 8 &amp; Under event regardless of seed time, but may not swim 10 &amp; Under events in which they have achieved a state cut</p>
<b>Entry Limits</b>	<p>A swimmer may compete in not more than seven (7) individual events total for the meet. A swimmer may compete in no more than five (5) individual events per day.</p> <p>Time trials are a separate sanction and do not count toward the meet totals, but do count toward the daily total per USA Swimming Rules 102.2.3 and 102.2.7</p> <p>Teams may enter unlimited teams in relay events. Swimmers <b>MUST</b> be registered as an athlete in the meet in order to complete in relays...<b>NO RELAY ONLY SWIMMERS</b>. Relays may be held at the discretion of meet management.</p>
<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.
<b>Entry Rules</b>	<p><b>ENTRY DEADLINE:</b> Entries must be e-mailed to <a href="mailto:entrychair@swimswat.org">entrychair@swimswat.org</a> by <b>10:00 PM on Monday, July 14, 2025</b></p> <ul style="list-style-type: none"> <li>• All entries and updates must be e-mailed to <a href="mailto:entrychair@swimswat.org">entrychair@swimswat.org</a> by 10:00 PM on Monday, July 14, 2025</li> <li>• When emailing entries, please include contact information including the name of the person submitting the entries, the name of LSC club, and phone number in case of questions with entries.</li> <li>• You will receive a confirmation e-mail. If you have not received your confirmation by the end of business on July 15, 2025, contact the entry chair immediately.</li> <li>• <b>ENTRIES OR UPDATES RECEIVED AFTER 10:00 PM ON JULY 14, 2025 ARE CONSIDERED LATE AND WILL NOT BE SEED INTO THE MEET. LATE ENTRIES MAY DECK SEED INTO AVAILABLE LANES.</b></li> <li>• Any non-electronic (Team Manager or Team Unify) are subject to a \$20 per athlete fee.</li> <li>• When entering a para athlete into the meet, please be sure to include any needed documentation used to determine P1, P2 or P3</li> </ul>

	<p>designated disability placement.</p> <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>Athlete Surcharge Facility Fee: \$10 Admission Fee: \$15 Wisconsin Swimming Splash Fee: \$4</p>
<b>Awards</b>	<p>The following age groups will be used for scoring and awards: 8 and under, 9-10, 11-12, 13-14. Open/Senior events are not awarded.</p> <p>1st through 16th place ribbons will be awarded for individual events. 1st through 8th place ribbons will be awarded for relay events.</p> <p>Individual High Point Awards: 1st - 3rd Place for each gender in each Age Group will be awarded (with the exception of Senior 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 available at the 13+ State meet.</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.

Additional breaks may be inserted and/or removed at the discretion of meet management.

		Girls	FRIDAY	Boys		
		1	12u 200 IM	2		
		3	Open 400 IM	4		
		5	12u 400 Free	6		
		7	Open 200 Fly	8		
		9	12u 100 Fly	10		
			BREAK			
		11	Open 800 Free	12		
	SAT AM				SUN AM	
13	10u 200 Medley Relay	14		41	10u 200 Free Relay	42
15	11-12 200 Medley Relay	16		43	11-12 200 Free Relay	44
	BREAK				BREAK	
17	12u 50 Free	18		45	12u 100 Back	46
19	12u 50 Back	20		47	12u 50 Breast	48
21	12u 100 Breast	22		49	12u 100 Free	50
23	12u 200 Free	24		51	12u 50 Fly	52
	SAT PM				SUN PM	
25	Open 200 Medley Relay	26		53	Open 200 Free Relay	54
	BREAK				BREAK	
27	Open 200 Free	28		55	Open 100 Free	56
29	Open 50 Back	30		57	Open 50 Fly	58
31	Open 100 Fly	32		59	Open 100 Breast	60
33	Open 200 Breast	34		61	Open 200 Back	62
35	Open 50 Free	36		63	Open 200 IM	64
37	Open 100 Back	38		65	Open 50 Breast	66
	BREAK				BREAK	
39	Open 400 Free	40		67	Open 1500 Free	68

# WISCONSIN SWIMMING

## LONG COURSE REGIONAL MEET

### TIME TRIALS

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

**SANCTION #** WI2025-824TT

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 sessions, 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>	<p>All events offered at the 2025 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 200m.</p> <p><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></p> <p>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.</p> <p>If an athlete signs up for multiple time trial events, there is NO GUARANTEE there will be “rest time” between the events.</p>
<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 not enter more than SIX (6) events per day including time trials. Swimmers may enter unlimited time trial events as long as the daily limit of six (6) 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) events for the Regional meet.
<b>Fee</b>	\$10.00/individual event AND \$20/RELAY EVENT.
<b>Registration</b>	<p>Registrations will be accepted up until the start of the 400 Free on Saturday and the start of the 1500 Free on Sunday.</p> <p><b>ONLY ATHLETES REGISTERED IN THE REGIONAL MEET ARE ELIGIBLE TO COMPETE IN THE TIME TRIALS.</b></p> <p>Deck registration into the meet WILL NOT be allowed. All time trials are non-refundable.</p>
<b>Procedures</b>	<p>Swimmer(s) will sign up for an event via Google Forms. Links will be available on the meet landing page and via QR codes posted at the pool..</p> <p>A meeting for time trials participants 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 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.</p>
<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	\$7.00	=	
Total # of Relays	X	\$16.00	=	
Total # of swimmers LSC Splash Fee	X	\$4.00	=	
Total # of swimmers Athlete Fee	X	\$25.00	=	
TOTAL BALANCE DUE:				

Make checks payable to: SWAT

Email entries to: entrychair@swimswat.org

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