

WISCONSIN SWIMMING SHORT COURSE REGIONAL MEET

Hosted by: Southwest Aquatic Team

Location: RUSD Aquatic Center

Dates: February 20-22, 2026

SANCTION # WI2026-158S

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 414-688-3475 entrychair@swimswat.org	Mike Mellock 414-687-5456 mikemellock@gmail.com	Brian Temke

MEET ENTRY CHAIR	MEET WEBSITE
Brian Temke entrychair@swimswat.org	https://www.swimswat.org/winter-scy-regionals

Facility	<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 17' depth at the non-starting end; 7' lanes with non-turbulent lane-lines and backstroke flags. Backstroke wedges are available if the athlete chooses. The meet host will ensure the required course dimensions <u>Timing</u> A fully automatic Colorado Gen7 timing systems with minimum of one manual back-up button and one back-up stop watch for each lane will be used. <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.
General Meeting	There will be no general meeting for this meet. Communications will be shared with the person responsible for submitting entries.
Officials	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>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>
Deck Access	<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. This will be strictly enforced by Meet Marshals and other meet staff.</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>
Spectator Admission	<p>An admissions surcharge will be collected per athlete as part of the meet entry/registration fees. Handicapped seating is available on the balcony via elevator. View may be obstructed by coaches, officials, and athletes. Please contact the Meet Director for seating accommodations if needed. Heat sheets WILL NOT be available for purchase on site. Heat sheets will be posted to the meet landing page.</p>
Parking	<p>Ample parking is available adjacent to the pool. An overflow lot is located at Racine Case HS. It is roughly a 3-5 minute walk from the remote lot to the pool..</p>
Lost and Found	<p>Please check the lost and found area in the facility office. 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>
Concessions	<p>Concessions will be available. Cash preferred but Venmo accepted.</p>

Warm ups and Session Schedule	Session	Warm Up	Meet Start
	Friday PM	4:30 pm	5:35 pm
	Saturday AM 12 & Under	7:00 am	8:05 am
	Saturday PM Open	ASAP after AM end	65 min after warmup
	Sunday AM 12 & Under	7:00 am	8:05 am
	Sunday PM Open	ASAP after AM end	65 min after warmup
	<p>Breaks may be scheduled as needed and will be determined by meet management before the start of the meet. Meet management would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. This meet will be run using fly over starts.</p>		

RULES and PROCEDURES

Official Rules	<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 2/20/26 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>
Deck Registration	USA Swimming deck registrations will NOT be accepted at this meet
Para/Disability Swimming	<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>The WSI Para Accommodation Form shall be used for all accommodation and/or modification requests</p>
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 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.
MAAPP	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.
Warm-up Procedures	<p>Warm up times and lanes may be assigned. Assignments will be posted on the meet landing page and communicated to each team. Teams should plan to do all warm-up, including one-way starts, in their assigned time. Additional circle swim lanes may be available behind the bulkhead.</p> <p>USA Swimming and Wisconsin Swimming warm-up procedures will be enforced throughout the meet. Circle swimming only, except in designated lanes and times. All entry to pools during open warm-up cool down periods shall be feet first three-point entry from the start end. No snorkels, kickboards or other training devices are allowed during warm-ups.</p>

	<p>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: Lanes will be available behind the bulkhead at all times throughout the meet.</p>
Conduct	<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. Parents and swimmers are encouraged to clean up after themselves after each session</p> <ul style="list-style-type: none"> • No underwater video recording equipment is allowed at any time during the meet. • No glass containers of any kind are allowed on deck or in locker room areas • Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are 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. • 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. <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>
Meet Format	<p>All events are Timed final events with FLY-OVER starts.</p> <p>All events longer than 200Y 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. "Positive check will be eliminated and communicated to all coaches if meet management determines positive check is not needed to expedite the meet."</p> <p>Meet management reserves the right to combine any events longer than 200Y.</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>
Seeding	<p>All events will be pre-seeded and swam slow to fast, except for events longer than 400Y will be positive check-in and swam fast to slow. Meet management reserves the right to combine any event longer than 200Y.</p>

ENTRY INTO THE MEET

Swimmer Eligibility	<p>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</p>
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	<p>fined. The representative submitting entries shall be responsible for verifying that all swimmers satisfy eligibility requirements.</p>
Qualifying Times	<p>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 entry deadline IN ANY COURSE (SCY, SCM, LCM). A swimmer that achieves a state cut after the entry deadline may still swim that event at the Regional meet.</p> <p>Swimmers may not swim a Senior event if they have achieved the Senior state cut prior to the entry deadline.</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 exception may be allowed for swimmers with birthdates (day/month) that are between their Regional and State Championship Meet, which would cause them to move into higher age group qualifying standards. Such swimmers may enter events in which they have their current age State Championship time standard. However, such entries shall be made as "exhibition" (not eligible for points or 'win and in' status). Please contact the entry chair directly for any swimmers in this situation.</p>
Win It-You're In It	<p>Any 12 and under swimmer competing and winning an event of 200 yards or fewer in the 8u, 10u, or 11-12 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 SCY State Championships. Swimmers will be seeded at the slowest SCY Time Standard in the State Championships.</p>
Entry Limits	<p>A swimmer may compete in not more than eight (8) individual events total for the meet, excluding time trials events.</p> <p>A swimmer may compete in no more than five (5) individual events per day, including time trial events.</p> <p>Time Trials are under a separate sanction and do not apply to the meet event totals, but do apply to the daily event total.</p> <p>Teams may enter unlimited teams in relay events. Swimmers MUST be registered as an athlete in the meet in order to compete in relays...NO RELAY ONLY SWIMMERS. Relays may be held at the discretion of meet management.</p>
Deck Entries	<p>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. All deck entries must be done at least 30 minutes prior to the session that the events are to be swum.</p> <p><u>HIGH SCHOOL BOYS DECK ENTRIES</u></p> <p>Deck entries are available for High School boys. New heats may be added to accommodate the added High School boy's entries. High School boy's deck entries will be at the same fees as a regular entry, plus any additional athlete surcharges charged by the meet host.</p> <p>All High School boys MUST be registered with USA/WI Swimming by February 15, 2026 and show proof of registration. Athletes 18 years and older MUST show proof of completion of APT prior to competition</p>
Entry Rules	<p>ENTRY DEADLINE: Entries must be e-mailed to entrychair@swimswat.org by 9:00 PM CST on 2/16/26.</p> <ul style="list-style-type: none"> When emailing entries, please include contact information including name of person submitting the entries, name of LSC club and phone number in case of

	<p>questions or problems with the entries.</p> <ul style="list-style-type: none"> • You will receive a confirmation e-mail. If you have not received your confirmation by 2/17/26, contact the entry chair immediately. • Any entries received after the entry deadline are subject to a \$150 late fee. Entries submitted after 2/17/26 will not be accepted. Time updates will not be accepted due to the proximity of the entry deadline to the start of the meet. • Any non-electronic (Team Manager or Team Unify) are subject to a \$20 per athlete fee. • 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. <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>
Entry Fees	<p>Individual Event Fee: \$7 Relay Event Fee: \$16</p> <p><u>Athlete Surcharges</u> Admission Surcharge: \$15 Wisconsin Swimming Splash Fee: \$4</p>
Awards	<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 brought to state meets.</p>
Scoring	<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>
Results	<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. QUALIFYING PERIOD: September 1st, 2024 through the entry deadline.

		Girls	FRIDAY	Boys		
		1	10U 200 IM	2		
		3	11-12 200 IM	4		
		5	13-14 400 IM	6		
		7	SR 400 IM	8		
		BREAK				
		9	10U 500 Free	10		
		11	11-12 500 Free	12		
		13	13-14 1000 Free	14		
		15	SR 1000 Free	16		
	SAT AM				SUN AM	
17	8U 100 Medley Relay	18		95	8U 100 Free Relay	96
19	10U 200 Medley Relay	20		97	10U 200 Free Relay	98
21	11-12 200 Medley Relay	22		99	11-12 200 Free Relay	100
	BREAK			BREAK		
23	8U 25 Free	24		101	8U 50 Back	102
25	10U 50 Free	26		103	10U 100 Back	104
27	11-12 50 Free	28		105	11-12 100 Back	106
29	11-12 200 Back	30		107	8U 25 Breast	108
31	8U 25 Fly	32		109	10U 50 Breast	110
33	10U 50 Fly	34		111	11-12 50 Breast	112
35	11-12 50 Fly	36		113	8U 50 Free	114
37	8U 25 Back	38		115	10U 100 Free	116
39	10U 50 Back	40		117	11-12 100 Free	118
41	11-12 50 Back	42		119	8U 50 Fly	120
43	11-12 200 Fly	44		121	10U 100 Fly	122
45	8U 50 Breast	46		123	11-12 100 Fly	124
47	10U 100 Breast	48		125	11-12 200 Breast	126
49	11-12 100 Breast	50		127	8U 100 IM	128
51	8U 100 Free	52		129	10U 100 IM	130
53	10U 200 Free	54		131	11-12 100 IM	132
55	11-12 200 Free	56		133	11-12 1000 Free	134
57	11-12 400 IM	58				

	SAT PM				SUN PM	
59	13-14 200 Medley Relay	60		135	13-14 200 Free Relay	136
61	SR 200 Medley Relay	62		137	SR 200 Free Relay	138
BREAK				BREAK		
63	13-14 100 IM	64		139	13-14 50 Back	140
65	SR 100 IM	66		141	SR 50 Back	142
67	13-14 200 Free	68		143	13-14 100 Free	144
69	SR 200 Free	70		145	SR 100 Free	146
71	13-14 100 Fly	72		147	13-14 200 Fly	148
73	SR 100 Fly	74		149	SR 200 Fly	150
75	13-14 200 Breast	76		151	13-14 100 Breast	152
77	SR 200 Breast	78		153	SR 100 Breast	154
79	13-14 50 Fre	80		155	13-14 200 Back	156
81	SR 50 Free	82		157	SR 200 Back	158
83	13-14 100 Back	84		159	13-14 50 Fly	160
85	SR 100 Back	86		161	SR 50 Fly	162
87	13-14 50 Breast	88		163	13-14 200 IM	164
89	SR 50 Breast	90		165	SR 200 IM	166
BREAK				BREAK		
91	13-14 500 Free	92		167	13-14 1650 Free	168
93	SR 500 Free	94		169	SR 1650 Free	170

WISCONSIN SWIMMING

SHORT COURSE REGIONAL MEET

TIME TRIALS

Hosted by:
Southwest
Aquatic Team

SANCTION # WI2026-159TT

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.

When	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.
Eligibility	Only athletes already entered in the meet are eligible to participate in the Time Trial portion of this meet. Exception: High School boys may enter into the Time Trial portion without having participated in the meet, however that athlete MUST be registered with USA Swimming AND be registered for a club participating in their respective Regional meet. All High School boys MUST be registered with USA/WI Swimming by February 15, 2026 and show proof of registration. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership. Athletes 18 years and older MUST show proof of completion of APT prior to competition.
Events	All events offered in the meet will be offered during both days of time trials. Events and or Genders may be combined at the discretion of the head official and the meet directors. Note: The 1000 and 1650 free will not be offered in time trials. Please contact the entry chair if you are planning to time trial in the 1000 or 1650 Free. These events will be offered for time trial in open lanes of the actual meet event.
Time Limit	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.
Entry Limit	SWIMMERS ARE ALLOWED UP TO SIX (6) EVENTS PER DAY. PLEASE NOTE: Time Trials are under a separate sanction and therefore do not fall under the eight (8) events per meet. However, swimmers are NOT allowed to swim more than six (6) events per day which include a combined total of Competition Session events and Time Trial events.
Fee	\$10.00/individual event AND \$20/RELAY EVENT.
Registration	Registrations will be accepted up until the start of the distance event on Saturday OR Sunday. ONLY ATHLETES ASSIGNED TO THAT REGIONAL ARE ELIGIBLE TO COMPETE IN THE TIME TRIALS (Unattached Athletes NOT attached to a specific team but registered as a Wisconsin Athlete may compete). Swimmers, who sign up for a time trial event and make the state cut time after the registration deadline, will be refunded upon request.
Procedures	Swimmer(s) will sign up for an event via Google Forms. A link will be available on site and at the meet landing page. A meeting for time trials participants will be held prior to the start of time trials under the large display board.. 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.
Host club provides	Officials, Meet Management, and stopwatches
Athlete provides	(2) Timers, and counters, where applicable.

WISCONSIN SWIMMING SHORT 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., Racine Unified Schol district, 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	\$	=	
	X	\$	=	
	X	\$	=	
	X	\$	=	

Total # of Relays

Total # of swimmers LSC Splash Fee

Total # of swimmers Athlete Fee

TOTAL BALANCE DUE: _____

Make checks payable to: _____

Email entries to: _____

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