



**2026 SWAT Winter Grand Prix
Presented by A3 Performance
Wisconsin Swimming Sanction WI2026-0133S**

In granting this sanction/approval, 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. Held under the sanction of USA Swimming.

MEET MANAGEMENT

Meet Referee: Mike Mellock mikemellock@gmail.com 414-687-5456
Meet Director/Entry Chair/Admin Official: Brian Temke temke@yahoo.com
414-688-3475

GENERAL INFORMATION

January 9-11, 2026 at Pleasant Prairie RecPlex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

An admission surcharge will be charged to all participants.

Heat sheets will be available to print at no cost on the SWAT website. Hard copies WILL NOT be available at the pool.

The pool is a 10-lane, 25-yard pool with a minimum depth of 7' throughout the competition course. The starting blocks are 30" high and are equipped with track-style wedges. The Meet host will ensure the required course dimensions.

The pool uses a fully automatic Colorado System 7 timing system with a full video display board, beep starts, and touch pads on the starting end of the pool. At least one button and one stopwatch will be used for back-up times.

All 25-yard races will start from the turn end of the pool and use the touchpad as the official time. At least one button and one stopwatch will be used for back-up times.

MEET FORMAT

The following age group classifications will be used for awards: 9u, 10, 11, 12, 13, 14, Open/Senior

Saturday's events are all prelim/final events. The top 10 swimmers from age 9u, 10, 11, 12, 13, and 14 will return for evening finals. The top 20 Open/Senior swimmers will return for evening finals. Swimmers will have 30 minutes after the posting of prelim results to scratch from finals. A scratch table will be set up either in the Shark Room or adjacent to it. Signage will direct those looking to scratch to the correct location. There is no penalty for not scratching from finals, but ***please be courteous*** and scratch if there is a doubt.

Sunday's events are all timed finals.

Relays will be removed from the meet and entry fees refunded if required to meet the four-hour session rule. Relay listings are due to the Entry Chair before the start of the session. Any changes to relays must be indicated on the relay entry form.

ENTRY INFORMATION

Athletes may participate in a maximum of three (3) events per day, plus relays. Athlete's age is determined as of January 9, 2026

Individual Event Entry Fee: \$6.00 per event

Relay Event Entry Fee: \$16.00 per event

WI LSC Splash Fee: \$4.00 per athlete

Rec Plex Facility Fee: \$10.00 per athlete

Athlete Surcharge: \$15.00 per athlete

Deck entries will be available at the discretion of meet management. Deck entries must be done at the pool. Deck entries via e-mail or text message WILL NOT be accepted. Additional heats will not be added to the meet. Deck entries will close 30 minutes prior to the start of each session.

- *Individual Deck Entries - \$10.00 / Relay Deck Entries \$20.00*

USA Swimming deck registration **WILL NOT** be allowed at the meet. All participants must be in good standing at the start of the meet.

Entries must be submitted via e-mail in Hy-Tek format. Entries must be received no later than 8:00 PM on Sunday, January 4th. Coaches may provide updated times through 8:00 PM on Wednesday, January 7th. Additional entries will be accepted if space allows. The meet will be seeded on Wednesday evening. All entries after that point will be deck entries if space allows.

Entries should be sent to entrychair@swimswat.org. Please bring payment to the pool.

TENTATIVE MEET SCHEDULE

Friday Session	5:00 PM Warm-Up	6:05 PM Timed Finals
Saturday AM (13+ / Open)	7:30 AM Warm-Up	8:35 AM Prelims
Saturday PM (12u)	10 minutes after AM	75 minutes after AM
Saturday Finals	4:30 PM Warm-Up	5:35 PM Timed Finals
Sunday AM (13+ / Open)	7:30 AM Warm-Up	8:35 AM Timed Finals
Sunday PM (12u)	10 minutes after AM	75 minutes after AM

Wisconsin Swimming warm-up procedures will be in effect. Meet management may assign warm-up lanes if needed. Feet-first, three-point entry from the starting end during warm-ups will be enforced unless performing one-way sprints. Violators of the Wisconsin Swimming Warm-Up procedures may be subject to disqualification. No equipment or other training devices are allowed during warm-ups in the competition pool. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for warm-up assignments.

AWARDS

Individual Events: Medals for 1st-10th place for all age groups except Open/Senior (15+)

Relay Events: Ribbons for 1st-3rd place for all 12 and under teams. No ribbons for Open/Senior relays.

Heat Winners: Prizes for each heat winner may be available.

Hot Heats: Winners of pre-designated heats will receive a "Hot Heat" prize courtesy of A3 Performance.

No team scores will be kept at the meet. Awards will be bagged and distributed at the end of the meet.

RESULTS

Meet results will be e-mailed to the person identified as the entry contact at the conclusion of the meet.

Results will also be posted to the SWAT website and submitted to Wisconsin Swimming for posting on their website and entry into the SWIMS database.

FIRST AID/INJURIES

All injuries should be reported to the lifeguard on duty. An AED is available in the pool lobby area. Only authorized Rec Plex staff may administer first aid.

RULES AND PROCEDURES

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.

Current USA and Wisconsin LSC Rules shall prevail for this meet. Swimmers must be registered USA Swimming athletes in good standing. Athlete age will be determined as of January 9, 2026.

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.

Athletes that are requesting an accommodation and/or modification, shall present the WSI Para Accommodation Form to the meet referee and/or meet director prior to the meet start.

<https://form.jotform.com/232996249622063>

All coaches must have current, valid USA Swimming credentials in order to be on deck. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

Each team is responsible for the conduct of its athletes. The Meet Director or Meet Marshal may remove any swimmer from the competition for disruptive or disorderly behavior. Teams are financially responsible for damage to the facility or property.

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

The restrooms and locker rooms in the pool area are for athletes only. Spectators are NEVER allowed in the athlete locker room areas. The restrooms in the lobby area are for spectators only. Athletes should use the restrooms in the pool area. Changing into or out of swimsuits in areas other than the locker rooms is not appropriate and prohibited. DECK CHANGING IS NOT ALLOWED.

Teams are kindly requested to clean up their immediate areas at the conclusion of each session.

Injuries must be reported to the lifeguard and Meet Director immediately. First aid supplies will be available at the lifeguard station.

Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone or other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present.

ORDER OF EVENTS

<u>FRIDAY</u>		
Session #1 - PM (Open) SWAT Provides Timer! Athlete provides someone to count.		
Girls	Event	Boys
1	12 and Under 500 Free	2
3	13 and Over 500 Free	4
5	11 and Over 400 IM	6
7	11 and Over 1,000 Free	8
All Friday events will be positive check events, run fast to slow alternating genders by event. Events may be combined among ages or genders.		
Event 7/8 may be limited to a total of three heats.		
<u>SATURDAY</u>		
Session #2 - AM (13+)		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	13+ 50 Free Prelim	10
11	13+ 100 Breast Prelim	12
13	13+ 100 Back Prelim	14
15	13+ 100 Fly Prelim	16

17	13+ 200 IM Prelim	18
19	13+ 100 Free Prelim	20
Session #3 - PM (12u)		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	12u 50 Free Prelim	22
23	12u 50 Breast Prelim	24
25	12u 50 Back Prelim	26
27	12u 50 Fly Prelim	28
29	12u 100 IM Prelim	30
31	12u 100 Free Prelim	32
Session #4 (FINALS)		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	Open 50 Free Finals (A/B)	10
9	13-14 50 Free Finals (10 each)	10
21	12u 50 Free Finals (9u/10/11/12)	22
11	Open 100 Breast Finals (A/B)	12
11	13-14 100 Breast Finals (10 each)	12
23	12u 50 Breast Finals (9u/10/11/12)	24
13	Open 100 Back Finals (A/B)	14
13	13-14 100 Back Finals (10 each)	14
25	12u 50 Back Finals (9u/10/11/12)	26
15	Open 100 Fly Finals (A/B)	16
15	13-14 100 Fly Finals (10 each)	16
27	12u 50 Fly Finals (9u/10/11/12)	28
17	Open/Senior 200 IM Finals (A/B)	18
17	13-14 200 IM Finals (10 each)	18
29	12u 100 IM Finals (9u/10/11/12)	30
19	Open Senior 100 Free Finals (A/B)	20
19	13-14 100 Free Finals (10 each)	20
31	12u 100 Free Finals (9u/10/11/12)	32
<p><i>12u events will have one heat of each age (12/11/10/9u)</i> <i>13-14 events will have one heat of each age (13, 14)</i> <i>Open will have A/B finals.</i></p>		

SUNDAY

Session #5 - AM (13+)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	13+ 200 Free	34
35	Open/Senior 200 Free Relay	36
37	13+ 200 Back	38
39	13+ 200 Breast	40
41	13+ 200 Fly	42
43	13+ 100 IM	44

Session #6 - PM (12u)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
45	8u 25 Free	46
47	10u 100 Free	48
49	10u 200 Free Relay	50
51	12u 200 Free Relay	52
53	8u 25 Back	54
55	12u 100 Back	56
57	8u 25 Breast	58
59	12u 100 Breast	60
61	8u 25 Fly	62
63	12u 100 Fly	64
65	12u 200 IM	66

WAIVER AND ENTRY SUMMARY FORM

Southwest Aquatic Team
Winter Grand Prix
January 9-11, 2026
Sanction # WI2026-0133S

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., the Village of Pleasant Prairie, the Pleasant Prairie Rec Plex, and the Southwest Aquatic Team, their staff and volunteers for injuries and expenses incurred by me/us at the meet or while on the road to and from the meet. I/we are bonafide 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 at the meet. All athletes entered are current members of USA/Wisconsin Swimming, Inc.

Club Name: Abbreviation:

Entry Chair Name:

Entry Chair Phone and E-Mail:

Head/Lead Coach Name:

Head/Lead Coach Phone and E-Mail:

Coaches Attending (please list all...required for deck access)

Signature of Team Representative: Title:

Entry Fee Summary

Total Individual Events: x \$6.00 = \$ (A)

Total Relay Events: x \$16.00 = \$ (B)

Total Athletes in Meet: x \$29.00 (\$4 LSC, \$10 Rec Plex, \$15 Adm)= \$ (C)

TOTAL DUE = \$