

2026 Arena Mid-Season Showdown
Hosted by the Waukesha Express Swim Team
Sanction #: USA-WI-WEST-289815
Friday, November 20 - Sunday, November 22, 2026

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 will ensure the required course dimension.

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.

MEET ENTRIES: Laurie Carlson, laurie@waukeshaexpress.org, 262-893-4679

MEET DIRECTOR: Blaine Carlson, blaine@waukeshaexpress.org, 262-893-4679

OFFICIALS:

Meet Referees: Megan Dixon (dixonfamily2000@gmail.com)

Admin Official: Nicki Vo (nickivo@gmail.com)

Officials that would like to officiate, please contact Megan Dixon.

ENTRIES: Please send a .pdf of your entry with your entry summary. 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 Sunday, November 20, 2026.

ENTRY DEADLINE: Tuesday, October 27, 2026. Please e-mail an entry file to: laurie@waukeshaexpress.org.

ENTRY LIMITS: Maximum of 8 events for the meet. Maximum by day as follows: Friday: 1 event per swimmer, Saturday: 3 individual events and 1 relay per swimmer, and Sunday: 3 events per 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: 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.

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

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

MAAPP & SAFE SPORT:

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.

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.

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.

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 www.uscenterforsafesport.org/report-a-concern. Various state

laws may also require reporting to law enforcement or to a designated child protection agency.

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 www.usaswimming.org/report. 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 October 20, 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 November 20, 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.

	ORDER OF EVENTS	
Women		Men
	FRIDAY EVENTS	
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
	SATURDAY AM	
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
	SATURDAY PM	
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
	SUNDAY AM	
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
	SUNDAY PM	
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