

2026 Express October Single Day Smash

Sanction #: USA-WI-WEST-289741

October 25, 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 meet host will ensure the required course dimensions.

HOST TEAM: Waukesha Express Swim Team

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

MEET DIRECTOR: Blaine Carlson, blaine@waukeshaexpress.org, 262-751-7946

OFFICIALS:

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

AO: 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, October 25, 2026.

ENTRY DEADLINE: Tuesday, October 13, 2026. Please e-mail entry file to: laurie@waukeshaexpress.org.

ENTRY LIMITS: Maximum of 4 individual events and 1 relay per swimmer. The order of events is included later in this document.

ENTRY FEE: \$6.00 individual events, \$12.00 relay events, \$15 swimmer surcharge (includes admission surcharge, facility surcharge and Wisconsin Swimming surcharge)

TENTATIVE TIMELINE:

AM SESSION: Warm-up will start at 7:00 AM, Meet start at 8:05 AM

PM SESSION: Warm-up will start immediately following the conclusion of the AM Session, with the meet starting 1 hour after the start of warm-ups.

AWARDS: Ribbons will be awarded for 1st - 8th places, except for Open/Senior events.

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 August 26, 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 September 26, 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	
Girls	Event	Boys
1	Open 200 Yd. IM	2
3	13-14 200 Yd. IM	4
5	8&U 100 Yd. IM	6
7	Open 50 Yd. Freestyle	8
9	13-14 50 Yd. Freestyle	10
11	8&U 25 Yd. Freestyle	12
13	Open 200 Yd. Freestyle Relay	14
15	13-14 200 Yd. Freestyle Relay	16
17	8 & U 100 Yd. Freestyle Relay	18
19	Open 100 Yd. Backstroke	20
21	13-14 100 Yd. Backstroke	22
23	8&U 25 Yd. Backstroke	24
25	Open 100 Yd. Freestyle	26
27	13-14 100 Yd. Freestyle	28
29	8&U 50 Yd. Freestyle	30
31	Open 100 Yd. Breaststroke	32
33	13-14 100 Yd. Breaststroke	34
35	8&U 25 Yd. Breaststroke	36
37	Open 100 Yd. Butterfly	38
39	13-14 100 Yd. Butterfly	40
41	8&U 25 Yd. Butterfly	42
43	Open 1000 Yd. Freestyle	44
45	11-12 50 Yd. Freestyle	46
47	10&U 50 Yd. Freestyle	48
49	11-12 100 Yd. IM	50
51	10&U 100 Yd. IM	52
53	11 - 12 200 Yd. Freestyle Relay	54
55	10 & U 200 Yd. Freestyle Relay	56
57	11-12 50 Yd. Backstroke	58
59	10&U 50 Yd. Backstroke	60
61	11-12 100 Yd. Freestyle	62
63	10&U 100 Yd. Freestyle	64
65	11-12 50 Yd. Breaststroke	66
67	10&U 50 Yd. Breaststroke	68
69	11-12 50 Yd. Butterfly	70
71	10&U 50 Yd. Butterfly	72
73	12&U 500 Yd. Freestyle	74