

2026 April Long Course Opener
Hosted by the Waukesha Express Swim Team
Sanction #: WI-26-2007
April 25 - 26, 2026

LOCATION: Pleasant Prairie Rec Plex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

FACILITY: Indoor, 10 lane, 50 meter pool. Starting blocks are 30" high and are equipped with track-style wedges.

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. Two buttons and two stopwatches will be used for back-up times.

Parking is available at the Rec Plex facility. Free parking is available in the baseball field lots. RecPlex parking pass is required for the main parking lot.

The meet host will ensure the required course dimensions.

No concessions will be available.

TIMING SYSTEM: Colorado System 7 timing system

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.

HOST TEAM: Waukesha Express Swim Team

MEET DIRECTOR: Blaine Carlson, blaine@waukeshaexpress.org, 262-751-7946,
Laurie Carlson, 262-893-4679, Nickie Tew 262-894-1415

ENTRY CHAIR: Laurie Carlson, laurie@waukeshaexpress.org, 262-893-4679

OFFICIALS: Meet Referee: Megan Dixon, dixonfamily2000@gmail.com
Admin Officials: Nicki Vo, nickivo@gmail.com
Officials that would like to officiate, please contact Megan Dixon.

ENTRIES: This meet will be run using the HY-TEK MEET MANAGER. Export a meet entry file and email it as an attachment. Upon completion of the meet, results, a results file and a MM Backup file will be posted on our website. Please send a .pdf of your entry with your

entry summary. No deck entries will be accepted. 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 Saturday, April 25, 2026.

ENTRY DEADLINE: Entries will be accepted starting Friday, April 3 and will be accepted on a first come, first serve basis until the meet is full. No entries will be accepted after Wednesday, April 15, 2025. If necessary, entry priority will be given to teams that are attending both days of the meet.

ENTRY LIMITS: Maximum of 8 events for the meet, no more than 4 individual events per day.

ENTRY FEES: \$8.00 per individual event, \$31.00 surcharge per swimmer (includes \$4 WI Swimming Splash Fee, \$7 facility surcharge, and \$20 admissions surcharge)

TENTATIVE TIMELINE/SESSION INFO:

AM Sessions: 13 - 14 and Open age groups
Warm-ups will not start before 7:00 a.m., Meet starts 65 minutes after the start of the first warm-up.

PM Sessions: 10 & U and 11 - 12 age groups
Warm-ups will start after the conclusion of the morning session and will not start sooner than 50 minutes after the start of the PM session warm-ups.

An estimated timeline will be provided to the coaches of the attending teams at least a week in advance.

OTHER INFORMATION:

No time standards are required for this meet.

The Waukesha Express Swim Team reserves the right to limit the number of entries in the 400 meter Freestyle, if necessary. If entries for these events (61, 62, 63, 64) are limited, coaches will be given advance notice.

WARM UP INFORMATION:

Finalized warm-up details will be emailed out to participating teams at least 4 days in advance.

Wisconsin Swimming warm-up procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

Circle swimming only, entry into the water shall be feet first three-point entry for all competition, except in designated lanes at designated times.

All entry to pools during open warm-up cool down periods must be from the start end. No snorkels, kick-boards 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.

AWARDS & SCORING: The meet is not scored and no awards will be given.

SAFETY INFORMATION: There will be a lifeguard on deck from the start of warm-ups until the last session ends and swimmers have cleared the pool for each day. First aid kit & backboard are located on the wall between the locker rooms. AED is located in the cafeteria.

WAIVER: Coaches will be responsible for submitting a team waiver at check-in.

OFFICIAL RULES: Held under the sanction of USA Swimming, current USA and Wisconsin Rules shall prevail for this meet. Swimmers must be current USA Swimming members. Non-LSC entrants must present current USA Swimming cards.

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. 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.

On deck USA swimming registrations will be permitted.

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

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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

Deck changes are prohibited.

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 March 27, 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 April 25, 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.

**2026 Express April Long Course Opener
Hosted by Waukesha Express Swim Team
Waiver & Entry Form**

Dates: April 25 - 26, 2026

Location: Pleasant Prairie Rex Plex

This waiver must be completed and turned in prior to the start of the meet.

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Waukesha Express Swim Team/Village of Pleasant Prairie/WI Swimming/USA Swimming, and their staffs 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 events I/we have entered. **Please email or mail one copy of the completed entry form, Hy-Tek entry file, plus entry fees to the entry chair.** And retain a copy for your records.

Club Name and Abbr: _____

Signature of Club Official, Parent, or Guardian: _____

Name: _____

Title: _____

Entry Fee Recap:

Total # of Individual Entries in Meet: _____ x \$8.00 = \$ _____

Total # of Swimmers Entered in Meet _____ x \$31.00 = \$ _____

Total Amount Due \$ _____

Make Checks Payable to: "WEST". Check #: _____

How many coaches will be attending? _____

Please list name and contact information for each coach:

Name: _____ Phone _____

Name: _____ Phone _____

Name: _____ Phone _____

Name: _____ Phone _____

ORDER OF EVENTS

Girls	Saturday AM (13&O)	Boys
1	13-14 200M Freestyle	2
3	Open 200M Freestyle	4
5	13-14 200M Breaststroke	6
7	Open 200M Breaststroke	8
9	13-14 100M Butterfly	10
11	Open 100M Butterfly	12
13	13-14 200M Backstroke	14
15	Open 200M Backstroke	16
17	13-14 100M Freestyle	18
19	Open 100M Freestyle	20
Girls	Saturday PM (12&U)	Boys
21	11-12 100M Freestyle	22
23	10&U 100M Freestyle	24
25	11-12 50M Breaststroke	26
27	10&U 50M Breaststroke	28
29	11-12 100M Backstroke	30
31	10&U 100M Backstroke	32
33	11-12 50M Butterfly	34
35	10&U 50M Butterfly	36
37	11-12 200M Freestyle	38
39	10&U 200M Freestyle	40

Girls	Sunday AM (13&O)	Boys
41	13-14 200M IM	42
43	Open 200M IM	44
45	13-14 50M Freestyle	46
47	Open 50M Freestyle	48
49	13-14 200M Butterfly	50
51	Open 200M Butterfly	52
53	13-14 100M Backstroke	54
55	Open 100M Backstroke	56
57	13-14 100M Breaststroke	58
59	Open 100M Breaststroke	60
61	13-14 400M Freestyle	62
63	Open 400M Freestyle	64
Girls	Sunday PM (12&U)	Boys
65	11-12 50M Freestyle	66
67	10&U 50M Freestyle	68
69	11-12 100M Breaststroke	70
71	10&U 100M Breaststroke	72
73	11-12 50M Backstroke	74
75	10&U 50M Backstroke	76
77	11-12 100M Butterfly	78
79	10&U 100M Butterfly	80
81	11-12 200M IM	82
83	10&U 200M IM	84