

**Heatin' Up in January 2026**  
**Hosted by the Waukesha Express Swim Team**  
Sanction #: WI2026-0116S  
January 17 - 18, 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. Athletes competing in 25 yd events will be timed using only 2 manual 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.

**HOST TEAM:** Waukesha Express Swim Team

**MEET ENTRIES:** Laurie Carlson, [laurie@waukeshaexpress.org](mailto:laurie@waukeshaexpress.org), 262-893-4679

**MEET DIRECTOR:** Blaine Carlson, [blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org), 262-893-4679

**OFFICIALS:**

Meet Referees: Megan Dixon ([dixsonfamily2000@gmail.com](mailto:dixsonfamily2000@gmail.com))

Admin Official: Nicki Vo ([nickivo@gmail.com](mailto: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 January 17, 2026.

**ENTRY DEADLINE:** January 6, 2026. Please e-mail entry file to: [laurie@waukeshaexpress.org](mailto:laurie@waukeshaexpress.org).

**ENTRY LIMITS:** Maximum of 8 individual events and 2 relays per swimmer for the meet. A maximum of 4 individual events and 1 relay per swimmer per day. The order of events is included

later in this document.

**ENTRY FEE:** \$6.00 individual events, \$12.00 relay events, \$25 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

**AM Sessions** 7:00 AM Warm-ups, 8:05 AM meet start

**PM Sessions** 60 min warm up immediately following the conclusion of the AM Session, and meet starts 5 min after conclusion of warm ups

**WARM UP INFORMATION:** Warm-up details will be emailed out to participating teams at least 4 days prior to the start of the meet.

USA Swimming and 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 and times. All entry to pools during open warm-up cool down periods must be from the start end. No snorkels, kickboards 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:** Ribbons will be awarded for 1st - 8th places, except for Open/Senior events.

**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. 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, in good standing. 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 POLICY:** 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.

## Express January Open

### ORDER OF EVENTS

<b>Girls</b>	<b>Saturday AM</b>	<b>Boys</b>
1	13 -1 4 100 yd. Backstroke	2
3	Open 100 yd. Backstroke	4
5	8 & under 25 yd. Backstroke	6
7	Open 200 yd. Medley Relay	8
9	8 & Under 100 yd. Medley Relay	10
11	13-14 200 yd. Breaststroke	12
13	Open 200 yd. Breaststroke	14
15	8 & under 50 yd. Breaststroke	16
17	13-14 100 yd. Butterfly	18
19	Open 100 yd. Butterfly	20
21	8 & Under 25 Butterfly	22
23	13-14 50 yd. Freestyle	24
25	Open 50 yd. Freestyle	26
27	8& Under 25 yd. Freestyle	28
29	13-14 200 yd. IM	30
31	Open 200 yd. IM	32
33	8 & Under 100 yd. IM	34
35	13-14 500 yd. Freestyle	36
37	Open 500 yd. Freestyle	38

<b>Girls</b>	<b>Saturday PM</b>	<b>Boys</b>
39	11-12 200 yd. Freestyle	40
41	10 & Under 200 yd. Freestyle	42
43	11-12 200 yd. Medley Relay	44
45	10 & Under yd. 200 Medley relay	46
47	11-12 100 yd. Breaststroke	48
49	10 & Under 100 yd. Breaststroke	50
51	11-12 50 yd. Backstroke	52
53	10 & Under 50 yd. Backstroke	54
55	11-12 100 yd. IM	56
57	10 & Under 100 yd. IM	58
59	11-12 50 yd. Butterfly	60

61	10 & Under 50 yd. Butterfly	62
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<b>Girls</b>	<b>Sunday AM</b>	<b>Boys</b>
63	13 -1 4 200 yd. Backstroke	64
65	Open 200 yd. Backstroke	66
67	8 & under 50 yd. Backstroke	68
69	Open 200 yd. Free Relay	70
71	8 & Under 100 yd. Free Relay	72
73	13-14 100 yd. Breaststroke	74
75	Open 100 yd. Breaststroke	76
77	8 & under 25 yd. Breaststroke	78
79	13-14 200 yd. Butterfly	80
81	Open 200 yd. Butterfly	82
83	8 & Under 50 yd. Butterfly	84
85	13-14 100 yd. Freestyle	86
87	Open 100 yd. Freestyle	88
89	8& Under 50 yd. Freestyle	90
91	13-14 400 yd. IM	92
93	Open 400 yd. IM	94

<b>Girls</b>	<b>Sunday PM</b>	<b>Boys</b>
95	11-12 100 yd. Freestyle	96
97	10 & Under 100 yd. Freestyle	98
99	11-12 200 yd. Free Relay	100
101	10 & Under yd. 200 Free relay	102
103	11-12 50 yd. Breaststroke	104
105	10 & Under 50 yd. Breaststroke	106
107	11-12 100 yd. Backstroke	108
109	10 & Under 100 yd. Backstroke	110
111	11-12 200 yd. IM	112
113	10 & Under 200 yd. IM	114
115	11-12 100 yd. Butterfly	116
117	10 & Under 100 yd. Butterfly	118

*\*Swimmers competing in Events 35, 36, 37, 38 will need to provide their own counter.*

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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/ Waukesha South High School/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 \$6.00 = \$ \_\_\_\_\_

Total # of Relay Entries in Meet: \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_

Total # of Swimmers Entered in Meet \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

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 \_\_\_\_\_