

**Short Course Last Chance Qualifier Meet  
Hosted by the Waukesha Express Swim Team**

Sanction #: WI-26-2031

July 17 - 19, 2026

**LOCATION:**

Waukesha South High School  
401 E. Roberta Ave.  
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. NO concessions will be available. No food or beverage is allowed in the pool area. The meet host will ensure the required course dimensions.

**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.

**HOST TEAM:** Waukesha Express Swim Team

**MEET DIRECTOR:** Blaine Carlson, [blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org), 262-751-7946,  
Laurie Carlson, 262-893-4679, Nickie Tew 262-894-1415

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

**OFFICIALS:** Meet Referee: Megan Dixon, [dixonfamily2000@gmail.com](mailto:dixonfamily2000@gmail.com)

Admin Officials: 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 Friday, July 17, 2026.

**ENTRY DEADLINE:** We will accept entries starting July 2 through July 9, 2026 or when the meet is full. Each day is a single session and we will need to stay under four hours for each session.

**ENTRY LIMITS:** Participation is limited to seven (7) individual events for the meet, including time trials. A swimmer may not swim more than five (5) individual events per day, which includes time trials for any given day.

**ENTRY FEES:** \$7.00 per individual event, \$16.00 per relay, \$26.50 surcharge per swimmer (includes \$4 WI Swimming Splash Fee, \$7.50 facility surcharge, and \$15 admissions surcharge )

**TENTATIVE TIMELINE/SESSION INFORMATION (one session per day):**

Friday PM: warmup at 4 PM, meet starts at 5 PM

Sat & Sun: Warmup at 8 AM, meet starts at 9 AM

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.

**WARM UP INFORMATION:**

Finalized warm-up details will be emailed out to participating teams 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:**

Individual: 1st-8th for 12&U age groups

Awards will be bagged by the team for coach pick-up at the end of each session. Unclaimed awards will not be mailed after the conclusion of the meet.

**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.

**TIME TRIALS:** Time trials will be offered on Sunday at the conclusion of the meet. Registration for time trials is due by Sunday at 10:00 a.m. and an entry fee of \$10 will be collected at the time of registration. Swimmers must be entered in the meet to participate in time trials.

**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](http://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](http://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 July 17, 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 July 17, 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.

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Waiver & Entry Form**

**July 17 - 19, 2026**  
**Location: Waukesha South High School**

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 \$7.00 = \$ \_\_\_\_\_

Total # of Relay Entries in Meet \_\_\_\_\_ x \$16.00 = \$ \_\_\_\_\_

Total # of Swimmers Entered in Meet \_\_\_\_\_ x \$26.50 = \$ \_\_\_\_\_

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**

FRIDAY EVENTS
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1	Senior 500 Free	2
3	13-14 500 Free	4
5	11-12 200 Free	6
7	10-Under 200 Free	8
9	Senior 1000 Free	10
11	13-14 1000 Free	12
13	11-12 200 IM	14
15	10-Under 200 IM	16
17	Senior 1650 Free	18
19	13-14 1650 Free	20
21	Senior 200 Free	22
23	13-14 200 Free	24

**SATURDAY EVENTS**

25	13&O 200 Freestyle Relay	26
27	11-12 200 Freestyle Relay	28
29	10-Under 200 Freestyle Relay	30
31	Senior 100 Breast	32
33	13-14 100 Breast	34
35	11-12 50 Breast	36
37	10-Under 50 Breast	38
39	Senior 50 Free	40
41	13-14 50 Free	42
43	11-12 100 Free	44
45	10-Under 100 Free	46
47	Senior 200 IM	48
49	13-14 200 IM	50
51	11-12 100 IM	52
53	10-Under 100 IM	54
55	Senior 100 Back	56
57	13-14 100 Back	58
59	11-12 50 Back	60
61	10-Under 50 Back	62
63	Senior 200 Fly	64
65	13-14 200 Fly	66

67	11-12 100 Fly	68
69	10-Under 100 Fly	70
<b>SUNDAY EVENTS</b>		
71	13&O 200 Medley Relay	72
73	11-12 200 Medley Relay	74
75	10-Under 200 Medley Relay	76
77	Senior 200 Breast	78
79	13-14 200 Breast	80
81	11-12 100 Breast	82
83	10-Under 100 Breast	84
85	Senior 100 Free	86
87	13-14 100 Free	88
89	11-12 50 Free	90
91	10-Under 50 Free	92
93	Senior 200 Back	94
95	13-14 200 Back	96
97	11-12 100 Back	98
99	10-Under 100 Back	100
101	Senior 100 Fly	102
103	13-14 100 Fly	104
105	11-12 50 Fly	106
107	10-Under 50 Fly	108
109	Senior 400 IM	110
111	13-14 400 IM	112