

May Age Group Meet
Hosted by: Waukesha Express Swim Team

Block Party Meet
Saturday, May 16, 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, 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: 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 June 6, 2026.

ENTRY DEADLINE: May 4, 2026. Please e-mail entry file to: laurie@waukeshaexpress.org.

ENTRY LIMITS: The maximum number of individual events per day that a participant may enter is Four (4).

SEEDING AND CHECK-IN: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.

ENTRY FEE: \$7.00 per individual event, \$11.00 surcharge per swimmer (includes \$3 facility surcharge, and \$8 admissions surcharge)

TENTATIVE TIMELINE: A tentative meet timeline will be provided at least 4 days prior to the One session meet 7:00 AM Warm-ups, 8:05 meet start.

HEAT SHEET: Will be posted on the Express Team Hosted Meets page and will also be available on Meet Mobile.

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: Individual events: Ribbons will be awarded to the top 1-8 swimmers in each event by age group (8&U, 10&U, 11&12, 13&14). Events will be swam together but scored separately.

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 fieldhouse.

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.

Meet Events: Saturday, May 16, 2026

Girls	Event	Boys
1	8&U 25 Freestyle	2
3	12&U 50 Freestyle	4
5	14&U 100 Freestyle	6
7	8&U 25 Breaststroke	8
9	12&U 50 Breaststroke	10
11	14&U 100 Breaststroke	12
13	8&U 25 Butterfly	14
15	12&U 50 Butterfly	16
17	14&U 100 Butterfly	18
19	8&U 25 Backstroke	20
21	12&U 50 Backstroke	22
23	14&U 100 Backstroke	24
25	14&U 200 Freestyle	26
26	14&U 500 Freestyle	28

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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 \$ _____ = \$ _____

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

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 _____