

WEST vs LAKE vs BAC Tri-Meet

Sanction #: **WI2026-0145S**

Sunday, February 8, 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 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 ENTRIES: Laurie Carlson, laurie@waukeshaexpress.org, 262-893-4679

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

OFFICIALS:

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

AO: 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. Hand carry a check for entry fees. No deck entries will be accepted.

ENTRY DEADLINE: Thursday, January 29, 2026

EMAIL ENTRY FILE TO: laurie@waukeshaexpress.org.

CHECKS PAYABLE TO: Waukesha Express Swim Team

ENTRY LIMITS: Maximum of 4 individual events, maximum of 5 events total including relays.

ENTRY FEE: \$25.00 per swimmer (Includes WSI surcharge and Facility Surcharge)

WARM-UPS/START: 9:00 AM Warm-ups, 10:05 Start

AWARDS: No awards.

WARM UP PROCEDURE: There will be no lane assignments. 45-minute general warm up followed by 10 minutes of designated one-way sprint & pace lanes. No snorkels, kickboards or other training devices are allowed during warm-ups.

FORMAT: This will be a single session meet. Genders will be combined. Age of athlete is determined on February 8, 2026.

EVENTS:

ORDER OF EVENTS (all mixed events)
1) 13 & O 200 Medley Relay
2) 12 & U 200 Medley Relay
3) Open 200 Free
4) 12 & U 200 Free
5) Open 200 IM
6) 12 & U 100 IM
7) Open 50 Free
8) 12 & U 50 Free
9) Open 100 Fly
10) 12 & U 50 Fly
11) Open 100 Free
12) 12 & U 100 Free
13) Open 1000 Free

14) 12 & U 500 Free

15) Open 100 Back

16) 12 & U 50 Back

17) Open 100 Breast

18) 12 & U 50 Breast

19) 13 & O 200 Free Relay

20) 12 & U 200 Free Relay

Mixed relays may be a combination of 3 & 1. Times for the relay will not be loaded into SWIMS, but eligible lead off swimmer times will be loaded.

SCORING:

No scoring.

SAFETY INFORMATION: There will be a lifeguard on deck from the start of warm-ups and until the last session ends. 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 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.

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Waiver & Entry Form

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 Swimmer Entered in Meet: _____ x Entry Fee @ \$25.00 = \$_____

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 _____

Name: _____ Phone _____