

Lake Country Fall Senior Meet

Hosted by: Lake Country Swim Team

Sanction #WI2025-0579S

Held under sanction of USA Swimming. 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.

DATE: Friday, October 3rd, 2025

PLACE: ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin

WARMUP: Warm-up: 4:30-5:30 PM, Meet starts at 5:35 PM: 4:30-5:20 teams will be assigned warm-ups in two 25-minute blocks. 5:20-5:30 Lanes will be designated for one-way sprint or push pace. Feet first three-point entry from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. No equipment 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.

POOL: Six lane, 25-yard pool, 5'1" starting depth, 3'6" non-starting depth, 30" blocks, non-turbulent lane markers and backstroke flags. The meet host will ensure the required course dimensions.

TIMING: SST timing with Colorado touch pads, back-up buttons and watches. 6-lane Colorado scoreboard.

RULES: This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced. Swimmers must be USA-Swimming members in good standing at the time of the meet. Deck Registrations are not allowed. Meet age is as of the day of the meet. Please notify meet officials of any disabled swimmers upon arriving at the meet. Use of the WSI Para Accommodation Form is required for all accommodation and/or modification requests.

MAAPP ACKNOWLEDGEMENT: 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.

RACING START CERTIFICATION: 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 without the use of the backstroke ledge. 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.

CONDUCT: All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.

Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are prohibited.

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.

IMAGE AUTHORIZATION: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming and the meet host under the conditions authored by Wisconsin and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Wisconsin Swimming competition to promote such competitions.

MEDICAL: Lifeguard will be on duty throughout the warmup and competition. AED is available on deck.

OFFICIALS: Meet Referee – Adam Gritt: msoegrad@gmail.com, (414) 588-8963
Admin Official and Entry Chair – Darsi Kohnhorst: lakecountryswim@sbcglobal.net, (262) 367-7657

MEET Mark Kohnhorst

DIRECTOR: PO Box 181, Hartland, WI 53029 (262) 367-7657

MEET FORMAT: All events are timed finals,

ENTRY LIMIT: Swimmers may compete in three (3) individual events.

LIMITED EVENTS: The 400 IM and 500 Free may be limited to the top 24 entered times. The 1650 freestyle may be limited to the top 12 entered times.

1650 FREE: Each swimmer in the 1650 Free must provide his/her own timer (1) and counter (1).

ENTRY FEES: Individual events \$5.00 per event. \$4.00 LSC surcharge per swimmer. Deck entries shall be \$10.00 / individual event. Entry fees should be brought to the meet with signed waiver.

ENTRY DEADLINE: Completed entry file must be received by the entry chair no later than **Monday, September 29th, 2025**. Waiver and payment should be brought to the meet. Please note any special requirements for disabled swimmers on the entry form.

ADMISSIONS: Spectators over 13 years old are \$3.00 and includes heat sheet.

PARKING: Parking is available in the north lot of Arrowhead High School.

RESULTS: Results will be posted on www.wisconsinswimming.org and e-mailed to participating teams.

AWARDS: None

Lake Country Fall Senior Meet Order of Events

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	50 Back	2
3	100 Fly	4
5	500 Free	6
7	200 Breast	8
9	100 Back	10
11	50 Free	12
13	400 IM	14
15	50 Breast	16
17	200 Free	18
19	200 Fly	20
21	100 Breast	22
23	200 Back	24
25	100 Free	26
27	50 Fly	28
29	200 IM	30
31	1650 Free	32

* May Be Limited to Top 24

** May Be Limited to Top 12; Will be swum Fast to Slow.

Breaks may be added at the discretion of meet management.

Waiver

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the Lake Country Swim Team, the Arrowhead High School, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes currently registered with United States Swimming and in good standing with Wisconsin Swimming, Inc. and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We also are aware that it is our responsibility to ensure that every athlete and coach participating in the meet are registered United States members. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____

Signature of Club Official, Parent or Guardian (Final results will be mailed to this address)

Name: _____ Phone Number: _____

Address: _____

City, State, Zip: _____

Name of coach or team representative at meet: _____

Emergency phone number in case of weather or facility problem: _____

Entry Fee Recap: _____ Individual Events x \$5.00 = \$ _____

_____ Less Reservation Check = -\$ _____
(Only to be used for Ind. Events!)

A: Entry Fees Total = \$ _____

_____ LSC Surcharge x \$4.00 = \$ _____
(# of swimmers in Ind. Events only)

B: Surcharge Total = \$ _____

Total of Lines A & B = \$ _____

Make checks payable to: **Lake Country Swim Team** Check # _____

Mail Entries to: **Lake Country Swim Team c/o Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029**

Email Entries to: **lakecountryswim@sbcglobal.net**

Questions: **Lake Country Office (262) 367-7657**