

Lake Country Phoenix Swim Team

Fall Single Age High Point Trophy Challenge

Sanction #WI2025-580S

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: Saturday, October 4th, 2025

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

WARMUP: AM session: Warm-up 8:00-9:00 AM. Meet starts at 9:05 AM: 8:00-8:50 teams will be assigned warm-ups in two 25-minute blocks. 8:50-9:00 Lanes will be designated for one-way sprint or push pace. Feet first 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.

PM Session: Warm-ups 45 minutes, starting time to be established after entries are received, Warm-up assignments will be made if necessary. Sprint lanes will be designated as needed. Feet-first 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. Athletes competing in 25 yd events will be timed using only 2 manual watches.

OFFICIAL 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, unaccompanied by a USA Swimming member coach, 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. 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.

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

ENTRY DEADLINE: Entry file must be received by the entry chair no later than **Thursday, September 25th, 2025**.
Please note any special requirements for disabled swimmers on the entry form

ENTRY LIMIT: Swimmers may compete in four (4) individual events plus relays.

ENTRY FEES: Individual events \$5.00 per event and \$12.00 per relay. \$4.00 LSC surcharge per swimmer. \$5.00 per swimmer admission and heat sheet fee. Deck entries are \$10.00/individual event and \$24.00/relay entry. Please make checks payable to LAKE COUNTRY SWIM TEAM. Entry fees should be brought to the meet.

ADMISSIONS: Admission and heat sheet fees are included in entry fee.

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

AWARDS:

13-Over Events:	No Individual or Relay Awards
12-Under Individual Events:	Ribbons 1 st through 12 th
12-Under Relay Events:	Ribbons 1 st through 6 th
High Point Trophy Awards:	1 st through 12 th in each Single Age 12-Under age group 1 st through 6 th in 13 and 14-Over age groups

High Point awards will be available for pick-up by individual winners at the conclusion of each session.
All individual and relay ribbons will be available during the meet. No awards will be mailed.

SCORING: 12-place scoring will be used: 16-13-12-11-10-9-7-5-4-3-2-1

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

FOOD: A superb selection of hot and cold food and beverages will be available in the cafeteria.

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<u>Girls Event #</u>	<u>Event Description</u>	<u>Boys Event #</u>
1	11-Over 200 Free Relay	2
	5-minute break	
3	13-Over 100 Butterfly	4
5*	11-Over 200 Butterfly	6*
7	12-year-old 50 Butterfly	8
9	11-year-old 50 Butterfly	10
11	13-Over 200 IM	12
13*	11-Over 400 IM	14*
15	12-year-old 200 IM	16
17	11-year-old 200 IM	18
19	13-Over 100 Backstroke	20
21*	11-Over 200 Backstroke	22*
23	12-year-old 50 Backstroke	24
25	11-year-old 50 Backstroke	26
27	13-Over 100 Breaststroke	28
29*	11-Over 200 Breaststroke	30*
31	12-year-old 50 Breaststroke	32
33	11-year-old 50 Breaststroke	34
35	13-Over 100 Freestyle	36
37*	11-Over 200 Freestyle	38*
39	12-year-old 50 Freestyle	40
41	11-year-old 50 Freestyle	42

* Will be scored separately (11, 12, 13 and 14-Over).

PM Session: Warm-ups 45 minutes. Meet starts 50 minutes after conclusion of AM session.

43	10&Un. 200 Free Relay	44
	5-minute break	
45	7&Un. 25 Butterfly	46
47	8-year-old 25 Butterfly	48
49	9-year-old 50 Butterfly	50
51	10-year-old 50 Butterfly	52
53	7&Un. 100 IM	54
55	8-year-old 100 IM	56
57	9-year-old 100 IM	58
59	10-year-old 100 IM	60
61	7&Un. 25 Backstroke	62
63	8-year-old 25 Backstroke	64
65	9-year-old 50 Backstroke	66
67	10-year-old 50 Backstroke	68
69	7&Un. 25 Breaststroke	70
71	8-year-old 25 Breaststroke	72
73	9-year-old 50 Breaststroke	74
75	10-year-old 50 Breaststroke	76
77	7&Un. 25 Freestyle	78
79	8-year-old 25 Freestyle	80
81	9-year-old 50 Freestyle	82
83	10-year-old 50 Freestyle	84

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 USA Swimming, the Wisconsin Local Swimming Committee of the USA 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 USA 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 will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____
(Four Only)

Signature of Club Official, Parent or Guardian

Name: _____ Day Phone Number: _____

Title: _____ Evening Phone Number _____

City, State, Zip _____ E-Mail _____

In the case of facility problems, weather or other unforeseen circumstance which would require cancellation or delay of meet that may we contact as soon as possible for participant notification.

Emergency Contact: _____ Phone: _____

Name of coach or team representative(s) at meet: _____ AM / PM
(Must have current Coach's credentials to be on deck)

_____ AM / PM

_____ AM / PM

_____ AM / PM

_____ AM / PM

Entry Fee Recap:

_____ Individual Events x \$5.00 = \$ _____

_____ Relay Teams x \$12.00 = \$ _____

_____ Admission/Heat Sheet Fee x \$5.00 = \$ _____
(# of entered swimmers)

_____ LSC Surcharge x \$4.00 = \$ _____
(# of entered swimmers)

_____ Less Reservation Check = \$ _____

Total = \$ _____

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

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

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

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