

Lake Country "Phoenix" Swim Team

Long Course Summer Sprints

Held under the sanction of USA Swimming: Sanction # WI2025-799S

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 because of injuries to anyone during the conduct of the event.

DATE: Saturday, June 21st, 2025

PLACE: VETERAN'S MEMORIAL AQUATIC CENTER, 777 S Main St, Hartford, WI 53027

WARMUP: AM session: 8:00-8:45 AM Warm-up, Meet Start 8:50 AM. Three-point feet-first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. Teams will have assigned lanes for warmup. Circle swimming only, except in designated lanes and times.

POOL: Eight lane, 50-meter pool, 12' starting depth (turn depth 3'6"), 29.5" blocks, non-turbulent lane markers and backstroke flags. Racing will occur in lanes 1-6 only. The meet host will ensure the required course dimensions.

TIMING: Manual timing with three (3) watches and across the board judging.

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 registered USA swimmers with their age as the first day of the meet. Coaches must be USA Swimming registered. Non-Wisconsin LSC participants must bring current USA Swimming cards. Deck registrations are not permitted.

MAAPP Acknowledgement: All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming's MAAPP, and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition. An athlete member at a sanctioned meet who is over 18 years of age, who has not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into 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. When unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 Director - Mark Kohnhorst: lakecountryswim@sbcglobal.net, (262) 367-7657

ENTRY DEADLINES: Completed entry file must be received by the entry chair no later than Thursday, June 12th, 2025. Waiver and payment should be brought to the meet. This meet is being run with Hy-Tek swim software. Please submit your electronic entries via e-mail to lakecountryswim@sbcglobal.net. Please note any special requirements for disabled swimmers on the entry form.

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

FEES: Individual events \$5.00 per event. \$4.00 LSC surcharge per swimmer entered in at least one individual event. \$6.00 facility surcharge. Deck entries shall be \$10.00/individual event. Please make checks payable to LAKE COUNTRY SWIM TEAM. Entry fees must accompany the official entry forms and are not refundable.

ADMISSIONS: Spectators over 12 years old are \$5.00. Heat sheets will be available on our meet webpage prior to the meet.

PARKING: Parking is available in the lot north of the facility and on nearby city streets.

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

AWARDS: Ribbons for top 6 in the following age groups: 8-Under, 9, 10, 11, 12, 13 and 14-Over age groups. Age groups will be combined for racing as 10-Under, 11-12 and 13-Over. Ribbons will be available for swimmer pick-up during the meet. No awards will be mailed.

FOOD: A limited selection of food and beverages will be available from VMAC concessions.

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 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.

CONDUCT: All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision. 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.

- All on deck seating is reserved for use by the athletes and coaches.
- Use of audio or visual recording devices, including a cell phone, is not permitted in 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

FIRST AID Please contact the lifeguard on duty for first aid supplies. An AED is available on site. EMS can be contacted if needed via the lifeguard on duty.

WEATHER DELAYS: In the event of threatening weather, the meet director will collaborate with the managing lifeguard and meet referee to assess the safety of both athletes and spectators. Lightning, heavy rain, and/or strong winds will cause delays. If weather delays are necessary, we will make every attempt to complete all events. If it is necessary to cancel events, entry fees will not be refunded. There is no rain date for this meet.

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Summer Sprints

June 21st, 2025

<u>Girls Event #</u>	<u>Event Description</u>	<u>Boys Event #</u>
1	13-Over 50 Butterfly	2
3	11-12 50 Butterfly	4
5	10-Under 50 Butterfly	6
7	13-Over 50 Backstroke	8
9	11-12 50 Backstroke	10
11	10-Under 50 Backstroke	12
13	13-Over 50 Breaststroke	14
15	11-12 50 Breaststroke	16
17	10-Under 50 Breaststroke	18
19	13-Over 50 Freestyle	20
21	11-12 50 Freestyle	22
23	10-Under 50 Freestyle	24

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, Wisconsin Swimming Inc., of the United States Swimming, the Lake Country Swim Team, the City of Hartford, 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 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 we may 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

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

_____ Less Reservation Check = -\$ _____
(Only to be used for Ind. Events! May not be used for surcharges)

A: Entry Fee Total = \$ _____

_____ Facility Surcharge x \$6.00 = \$ _____

_____ LSC Surcharge x \$4.00 = \$ _____
(# of swimmers in Individual Events)

B: Relay & Surcharge Total = \$ _____

Total of Lines A & B = \$ _____

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

Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029

Email Entries to: lakecountryswim@sbcglobal.net

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