

**2013 WISCONSIN MASTERS LCY STATE CHAMPIONSHIP**  
**LONG COURSE METERS**  
**JUNE 23<sup>th</sup>, 2013**

**SPONSORED BY:** The Wisconsin Masters Aquatic Club

**SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 203-S008

**LOCATION:** Walter Schroeder Aquatic Center (Website: <http://wsacltd.org/>)  
9240 N Green Bay Road, Brown Deer, WI 53209-1104

**GPS:** Wisconsin: Brown Deer: Intersection W Schroder Dr and N Green Bay Rd

**PARKING AT THE POOL:** Park & enter the building on the east side of the Aquatic Center.

**TIME:** Warm-up 10:00 AM, Meet starts at 11:00 AM.

**ENTRY OPTIONS:** Enter On-Line via Club Assistant ( see [www.swim-wimasters.org](http://www.swim-wimasters.org) for link ) OR via US.Mail with the Wis. Masters Swimming Universal Entry Form, one athlete per form. On-Line entry preferred. NO E-MAIL OR DECK LATE ENTRIES FOR INDIVIDUAL EVENTS WILL BE ACCEPTED.

**FACILITIES:** Measured 8-lane 50-meter pool with bulkheads, anti-turbulent lane guides, starting blocks and backstroke flags. Water depth: 2 meters at the start end, 5 meters at the turn end. Events of 50 meters will start at the 5 meter end. **TIMING:** Electronic timing backed up by two buttons and one watch.

**ELIGIBILITY:** Open to all USMS-Registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the swimmer's 2013 USMS registration card. Register with USMS before registering for this meet.

**RULES:** Official U.S. Masters Swimming 2013 Rules will govern this meet. All events will be timed finals.

**TECHNICAL SUITS** that are on the current FINA approved list may be worn at this meet.

**OFFICIALS:** Susan Wagner, Karen Perry and one other official yet to be named

**SEEDING:** Heats will be seeded slowest to fastest, age groups and sexes combined. Please submit a reasonably accurate seed time. "NT" will not be allowed for an event. Please estimate a seed time for all events. Heat sheets will be provided at the meet and posted in advance on the website after the entries close.

**WARM-UP PROCEDURE:** All Lanes will be open for the warm-up period (10am-11am). Lanes 2 & 7 are start/sprint lanes, swim in one direction only and exit to the side or end. Lanes 1, 3-6 & 8 are circle swim only. NO DIVE STARTS from the blocks or deck in circle swim lanes. Entry into the pool must be feet first in a cautious manner. Swimming aids, e.g., paddles, etc., may not be used at any time. After the meet begins, Lane 8 will be the continuously available warmdown lane, circle swim only, no dives allowed. Lane 7 will be an empty buffer lane between the racing lanes and Lane 8, no warmdowns allowed in Lane 7.

**ENTRY FEE:** \$4.50/individual event plus a \$20.00 pool user surcharge. Fees must accompany US. Mail entries, CHECKS PAYABLE TO WMAC. Relay-only swimmers must register for the meet, pay the facility fee and sign the waiver. Relay-only swimmers may enter on-line.

**ENTRY LIMIT:** Five (5) individual events, plus relays. THE 1500 and 400 FREESTYLE EVENTS and THE 400 IM EVENT WILL BE LIMITED TO THE FIRST ENTRIES RECEIVED up to a max of 24 entries for the 1500 Free and the 400 IM and 36 entries for the 400 Free. Each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps. The 800 freestyle split will be recorded from the

electronic timing, if available. A swimmer may also put two additional watches of their own on the lane to insure that the 800 split is available if the electronic timing fails.

**RELAYS:** Submit relays at the meet. Relay teams may be all men, all women or mixed (2 men & 2 women). Relay events may be combined at the discretion of the officials. Relay-only swimmers must register for the meet.

**ENTRY DEADLINE:** Mail entries must be received by Saturday, June 15, 2013. On-line entries will be cut-off on Saturday, June 15th, 2013 at 11:00PM central time.

**SEND ENTRIES TO:** **Jeanne Seidler – Meet Director**  
 N128W16779 Holy Hill Rd, Germantown, WI 53022-1533  
 (262) 894-0613 ... email: [jseidler2@wi.rr.com](mailto:jseidler2@wi.rr.com)

**MEET CO-DIRECTOR:** Eric Jernberg, email: [jernberge@yahoo.com](mailto:jernberge@yahoo.com)

**LIABILITY RELEASE:** The LIABILITY RELEASE on the paper entry must be signed as-is without alterations.

**AWARDS:** INDIVIDUAL EVENTS: Medals 1st-8<sup>th</sup> place. RELAYS: Ribbons 1<sup>st</sup>-3rd place.

**CONCESSIONS:** The **Elsmore Swim Shop** (<http://www.elsmoreswim.com/>) will be open. There will not be any USMS-identified merchandise available for purchase through the swim shop. Soft drink vending machines with Coca-Cola products will be available, but **no food service will be available** at the meet. Bring your own lunch and snacks.

**HOTELS:** See WSAC website for hotels. The Holiday Inn Express/Candlewood Suites is closest to the WSAC.

**SUNDAY SOCIAL:** Libby Montana's, 1 mile north on Hy 57 (N Green Bay Rd), left on Donges Bay Rd.  
 Website (<http://www.libby-montana.com/>)

**MEET RESULTS:** Check the Wisconsin Masters Web site, [www.swim-wimasters.org](http://www.swim-wimasters.org), and the USMS Event Rankings and Individual Results website about 24-48 hours after conclusion of the meet.

### SCHEDULE OF EVENTS

Sunday, June 23th, 2013	Five (5) events maximum
1. 400m IM (24 entries max.)	14. 200m Freestyle Relay – All Male or All Female
2. 100m Butterfly	15. 200m Freestyle Relay – Mixed (2M, 2F)
3. 200m Backstroke	16. 400m Freestyle (36 entries max.)
4. 50m Freestyle	17. 200m Medley Relay – All Male or All Female
5. 800m Free Relay – All Male or All Female	18. 200m Medley Relay – Mixed (2M, 2F)
6. 800m Free Relay – Mixed (2M, 2F)	19. 100m Backstroke
7. 100m Breaststroke	20. 200m Freestyle
8. 100m Freestyle	21. 50m Breaststroke
9. 400m Medley Relay – All Male or All Female	22. 200m IM
10. 400m Medley Relay – Mixed (2M, 2F)	23. 400m Free Relay – All Male or All Female
11. 50m Backstroke	24. 400m Free Relay – Mixed (2M, 2F)
12. 200m Butterfly	25. 50m Butterfly
13. 200m Breaststroke	----- 10 minute break -----
----- 10 minute break -----	26. 1500m Freestyle (24 entries max.)

# WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date June 23, 2013

Meet Location Walter Schroeder Aquatic Center

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the Phone, E-Mail address and Emergency Contact.

Sec. 202.1.1 F (5) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees. Please be guided by the specifics on the meet information page.

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
FEMALE USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

EMERGENCY CONTACT Name and Phone: \_\_\_\_\_

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENTS	SEED TIME		EVT #	EVENTS	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

**FEEES PER MEET INFORMATION PAGE:**

\_\_\_\_\_ EVENTS @ \$ 4.50 ea. + pool surcharge \$ 20.00 = \$ \_\_\_\_\_

**LIABILITY RELEASE**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

Signed \_\_\_\_\_ Date \_\_\_\_\_

UMEF R3 10/29/09

Parking at the facility:

