

Sunday, June 14th, 2015

Welcome to the 2015 Wisconsin Masters LCM Champs at Schroeder!

Thanks for entering the June 20th meet at Schroeder.

If your plans change and you won't be attending the meet, please send an e-mail to Jeanne Seidler (jseidler2@wi.rr.com) so that we can avoid empty lanes, particularly in the longer events. This means that if you're not planning to swim a 200, 400 or 800 event, please e-mail me as soon as you know your plans.

The **Psych Sheet** has been posted on the links below. Although the Psych Sheet is not on Meet Mobile right now, the heat sheet and real-time results will be published on Meet Mobile. The Heat Sheet will be posted by June 18th on Meet Mobile and the links noted below.

http://www.SwimPhone.com/mobile/meets/meet_menu.cfm?smid=6479

<http://www.swim-wimasters.org/w/>

There are 97 swimmers registered for the meet.

We will be competing in Lanes 1 through 7 and will use Lane 8 (next to the seating bleachers) for continuous warm down. No diving or backstroke starts permitted except in the designated sprint lane during Warm-Ups. Absolutely no diving or backstroke starts are allowed in the continuous Warm-Down lane. Please see addendum at the end of this note for the pertinent USMS Rules that we must follow during warm-ups and when using the warm down lane.

At the meet, a blanket split notification form will be issued such that the officials will observe all **relay lead-offs** and those lead-offs will be recorded as events. The lead-offs will count only if the relay does not DQ, and only if the 2nd swimmer does not start in the water, and only if the electronic timing is available for the lead-off split. If you wish to have a split time recorded for an individual event, the request must be made in writing on the official split form before the event is swum, if backstroke. If the split request is not for a backstroke split, the request has to be made in writing before the end of the meet.

Parking is on the east side of the Aquatic Center building. Please drive all the way around the three adjacent buildings (e.g., Wheaten Clinic, RiteHite Y and Aquatic Center), to arrive at the east side of the Aquatic Center. Enter at the main doors to the Aquatic Center.

Doors open at 10:15am.

Warm-up starts at 11:00am.

Meet starts at 12:00 noon

Meet ends approximately at **4:30pm.**

Positive check-in is required for the **800 free**. Check-in for the 800 closes at 1pm on the day of the meet. Positive check-in is not required for the 400 free or 400 IM. Please, please, please, if you check-in for the 800 on the day of the meet and change your mind about swimming, notify the Meet Director so we can re-seed the event again on the day of the meet. We do not want empty lanes in the 800 freestyle.

The **ELSMORE SWIM SHOP** WILL BE OPEN during the meet. Please call the shop (414-355-5555) on Monday, June 15th, if you have a specific item (performance suit) and sizes that you want to purchase from the store. The store mostly stocks small sizes for age group swimmers and not for masters swimmers. But, if you know what you want and what size you need, please call the store by June 15th and they will have the item shipped down from their Minneapolis warehouse. You are not committing to purchase the item by calling to have it stocked so you can try it on. Prices are good at the store.

So, pack your bag soon and **don't forget to include your snacks and soft drinks** because there is no food available at the meet. There are only soft drink vending machines available.

And please e-mail your relays to me. Relays are free and entered at the meet, but it will help a lot if you know your relays now and can e-mail the relays ahead of time. You can change the order and names on any relay up to the time that the first swimmer leaves the blocks.

Finally, if you're bringing a spectator, please encourage them to step forward if timers are needed. Timers are always needed.

See you at the meet on Saturday.

Jeanne Seidler, Meet Director

262-894-0613

Jseidler2@wi.rr.com or jeanneswims@yahoo.com

Addendum about Warm-up & Warm-down procedures: At the Meet, please remember that USMS Rules prohibit diving into warm-up/warm-down lanes unless the lane is designated as a sprint lane. Diving prohibition includes backstroke starts as these are a backward dive into the lane. Sprint lanes are available only during the 11 AM warm ups before the meet begins. There are no sprint lanes for the warm-down lane used after the meet begins. All lanes used for warm-ups or warm-downs must be entered feet first and in a cautious manner except for designated sprint lanes in the warm-up only. The USMS Rule is 102.4.2 (Warm-up/Warm-down Procedure)—“Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes.”