

Welcome to the 2014 Wisconsin Masters LCM State Champs.

The **Heat Sheet** and the **Psych Sheet** are both linked to from the <http://www.swim-wimasters.org> webpage. The **Psych Sheet** is available now on the website and on www.swimphone.com. The **Heat Sheet** will be available by Wednesday, June 18th. Do not print the heat sheet. Copies of the heat sheet will be free at the meet.

Please review your entries on the **Psych Sheet** before Tuesday, June 17th. If your plans change, and you will not be swimming events, please e-mail the Meet Director to scratch the events. This is extremely important if you have signed up for the 1500 or 400 freestyles or the 400 IM. Even if it is after June 17th, please notify the Meet Director if you will be scratching those events.

Meet Mobile will be used for real-time results at the meet. **Meet Mobile** is the free smart phone application from Active.com which can be downloaded from the I-store or Google Play. There will be a psych sheet by age on Meet Mobile before the meet. Use "Masters" as the filter to find the meet. Download this app before you come to the meet.

Warm-Ups and **continuous Warm-Down** lane at the meet ... 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 must be followed.

At the meet, we will have a blanket split notification form 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.

Parking is on the east side of the Aquatic Center building. Please drive all the way around the three adjacent buildings 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.

Positive check-in is required for the **1500 free**. Check-in for the 1500 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 1500 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 1500 freestyle.

The **ELSMORE SWIM SHOP** WILL BE OPEN during the meet. Please call the shop (414-355-5555) on Monday, June 16th, if you have a specific item and sizes that you want to purchase from the store. The store mostly stocks small sizes for age group swimmers. But, if you know what you want and what size you need, please call the store by June 16th and they will have the item in stock for you. You are not committing to purchase the item by calling to have it stocked.

So, pack your bag tonight 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.

(more ... on the next page)

Please e-mail your relays to me.

Please also e-mail me if your plans change and you need to scratch events.

If you have any questions at all, please e-mail me or call me at the number listed below.

See you at the meet on Saturday.

Jeanne Seidler, Meet Director
262-894-0613

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