

Welcome to the 2014 Wisconsin Masters SCY 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 Thursday, March 27th.

Please review your entries on the **Psych Sheet** before Thursday, March 27th. 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 1650 or 500 freestyles or the 400 IM.

Meet Mobile will be used for real-time results. **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.

Warm-Ups and **continuous Warm-Down** lanes at the meet ... No diving or backstroke starts permitted except in the designated sprint lane. Please see addendum at the end of this note for the pertinent USMS Rules that must be followed.

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 9:15am.

Warm-up starts at 10:00am.

Meet starts at 11:00am.

(Schedule is the same for both Saturday and Sunday.)

Positive check-in is required for the **1650 free**. Check-in for the 1650 closes at noon on Sunday. Positive check-in is not required for the 500 free or 400 IM.

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.

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/Sunday.

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 10 AM warm ups before the meet begins. There are no sprint lanes for the warm-down lanes 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.

Note about t-shirts for the WMAC swimmers attending USMS Spring Nationals in Santa Clara. Trina Schaetz has designed a meet t-shirt for Santa Clara. The order blank is on the www.swimwimasters.org website. There will also be order blanks at the State Meet. Trina needs to receive your order by April 6th if you want a shirt for the Santa Clara meet. Trina is competing at the State Meet on Saturday only. You can give her your order blank then. There will be extra order blanks at the awards table.