

**USA Swimming Speedo Champions Series Meet**  
**Hosted by Waukesha Express Swim Team**  
**Waukesha South High School, Waukesha, WI**  
**March 6 – 9, 2008**

The Waukesha Express Swim Team welcomes you to the 2008 USA Swimming Speedo Champions Series Meet. The new Waukesha South High Natatorium was completed in 2005 and is a fast pool for swimmers and a great facility for spectators watching the meet. The following link will take you to the Waukesha Express Swim Team's website for more pool details and pictures:

[http://www.waukeshaexpress.org/geeklog-1.3.8-1sr4-wsn/public\\_html/staticpages/index.php?page=south](http://www.waukeshaexpress.org/geeklog-1.3.8-1sr4-wsn/public_html/staticpages/index.php?page=south)

The 2008 USA Swimming Speedo Champions Series Meet is held under the sanction of USA Swimming, Inc., Meet Sanction #2008-028, Time Trial #2008-029.

**MEET HOST CONTACT INFORMATION**

Waukesha Express Swim Team  
P.O. Box 1874  
Waukesha, WI 53187  
262-970-0641

[speedochamps@waukeshaexpress.org](mailto:speedochamps@waukeshaexpress.org)

**Meet Directors: Laurie Carlson**

speedochamps@waukeshaexpress.org  
262-970-0641

**Meet Referee:** Paul W. Jones, Jr.

**N-3 Observer:** Paul W. Jones, Jr. and Pat Lundsford

**LOCATION**

Waukesha South High School  
401 E. Roberta Avenue, Waukesha, WI, 53186  
Pool entrance is located off of Tenny Avenue.

**FACILITY**

8 lane, 25 yard competition pool with non-turbulent lane lines and Colorado Timing System and 9 x 11 foot full color video display scoreboard. Water depth at starting end for prelims is 8 ft, for all finals sessions will be 13.5 feet. The pool will be set up in championship format for all finals sessions. Warm-up and warm-down are will be available throughout the meet, provided swimmers are under the supervision of a USA Swimming coach. Seating is available for approximately 1,500 spectators. The Natatorium doors will open 30 minutes prior to the scheduled start of warm-ups for each session.

**SCHEDULE**

<b>MEET SCHEDULE</b>	<b>WARM-UP</b>	<b>PRELIMS</b>		<b>WARM-UP</b>	<b>FINALS</b>
Thursday				3:30 – 4:45 pm	5:00 pm
Friday	7:00 – 8:50 am	9:00 am		4:30 – 5:45 pm	6:00 pm
Saturday	7:00 – 8:50 am	9:00 am		4:30 – 5:45 pm	6:00 pm
Sunday	7:00 – 8:50 am	9:00 am		3:30 – 4:45 pm	5:00 pm

Estimated event start times provided by the meet host are for information only and are not considered as an official time line.

**RULES**

USA Swimming Rules will govern this competition, except as otherwise specified in this meet information. Current National Championship procedures and interpretations will be in effect.

**ELIGIBILITY**

This Central Zone Sectional Championship Meet is open to any swimmer with a 2008 NCSA Junior National Championships Bonus time standard (these time standards are available at [www.ncsa-usa.org](http://www.ncsa-usa.org)) AND all of the swimmers from the LSC's of Wisconsin, Illinois, Minnesota, Iowa, North Dakota, and South Dakota with Sectional Meet qualifying standards.

## **TIME STANDARDS**

See the enclosed order of events with the time standards.

## **ONLINE MEET ENTRY/ENTRY DEADLINES**

Entries will be processed through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet **MUST** be included with the entry for the confirmation of coaches credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.

## **ENTRY DEADLINE**

Entry deadline is Tuesday, February 26, 2008 at 6:00 p.m. (CST).  
OME will open for this meet on February 1, 2008 at <http://www.usaswimming.org/ome>.

## **TIMES ACHIEVED AFTER FEBRUARY 26, 2008**

Additional entries from meets occurring between February 27, 2008 and March 2, 2008 are due by 1:00 p.m. on Monday, March 3, 2008.

## **QUESTIONS REGARDING OME?**

USA Swimming On-Line Meet Entry Questions (OME) contact:  
Susan Woessner  
Office: 719-866-3589  
Cell: 719-332-0184  
<http://www.usaswimming.org/ome>

## **ENTRY INSTRUCTIONS**

Payment for entries using OME is accepted using Visa, Mastercard, American Express or Discover. Contact the Waukesha Express Swim Team if you are unable to pay by credit card. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet.

You can return to your entry to modify entry times through the initial February 26, 2008 entry deadline. Once you have paid for your entry, you can add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received.

Entry times may be taken from the SWIMS database, or a custom provable time may be entered. Swims entered with custom times that do not meet the event standard must be proven in hard copy at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards will be treated as "non-conforming" and will be seeded according to USA Swimming procedures. Please mark non-conforming entry times clearly ("SCM" or "LCM") to the right of the entry time. No converted time will be accepted.

No paper entries or Hy-tek entries that have NOT used the OME entry process will be accepted.

## **ENTRY FEES**

\$8 per individual event, \$20 per relay, and \$3 per swimmer Wisconsin Swimming Surcharge

## **EVENT LIMITATIONS**

Swimmers may enter any number of events in which he/she has met the qualifying time standard, but may not compete in more than three (3) individual events per day, including time trials. Each team is allowed to enter three (3) relays in each event, but no more than two can score.

## **FINES**

A \$100 fine will be assessed for each individual or relay event in which the qualifying time standard was not met unless the time standard can be proven with a USA Swimming sanctioned or approved meet result summary. The fine is payable to Waukesha Express Swim Team, and must be paid or proof given before the swimmer's next event. Proof of times can be submitted in SCY, LCM, or SCM, and shall be from the same course as the entry time.

## SEEDING

Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: short course yards (SCY), short course meters (SCM), long course meters (LCM).

## COACHES MEETING

A coaches meeting will be held on Thursday at 2:00 p.m. The scratch deadline for Thursday's events will be 15 minutes after the closing of this meeting. All scratches and positive check-in are due at this time for Thursday's events. The scratch deadline for Friday events will be 30 minutes following the beginning of Thursday's timed finals. Additional coaches meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches meetings. Coaches are responsible for all information from these meetings including changes in the meet format or conduct.

## OFFICIALS CERTIFICATION

This meet will be designated as a "Qualifying Meet" and a "National Evaluator" will be in attendance for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from LSC's website. There will be opportunities at the meet to be evaluated for the N2 & N3 level positions. All applications should be e-mailed to the meet referee. All requests may not be able to be accommodated.

## CONDUCT OF THE MEET

All events except the 1000 and 1650 freestyle and relay events will be conducted with preliminary and C, B, A (bonus, consolation, and championship) final heats. The 1000 free, and 1650 free, and all relays are timed final events requiring positive check-in.

All Relays, **MUST** positively check-in and declare their intent to swim by the scratch deadline for that days events, or **THEY WILL BE SCRATCHED**. ***The only exception to this will be on Sunday. Relays may be down seeded in order to compete in prelims.***

All distance athletes, **MUST** positively check-in and declare their intent to swim by the scratch deadline for that days events **TO BE SEEDED**.

**1000 FREE**      The 1000 free will be swum fastest to slowest alternating women and men. Athletes must provide their own timer. Thursday is the only day the 1000 free time trials will be held. All athletes wanting to time trial the 1000 free will be placed in the slowest heats in any open lane/open heats.

**1650 FREE**      The fastest seeded heat of the women's and men's 1650 free will be swum at the beginning of finals on Sunday. All other heats will be swum at the conclusion of the preliminary session alternating women and men, fastest to slowest. Athletes swimming at the conclusion of the preliminary session must provide their own timer. Sunday is the only day the 1650 free time trials will be held. All athletes wanting to time trial the 1650 free will be placed in the slowest heats in any open lane/open heats.

**RELAYS**      All relay events will be conducted as timed final events. The fastest **two** seeded heats of the 400 Medley Relay (Saturday) **AND** the 400 Free Relay (Sunday) will swim in the finals session. The single fastest seeded heat of the 800 Free Relay (Friday) will swim in the finals session. All remaining seeded heats will be swum at the end of the preliminary session, fastest to slowest, alternating women and men. A swimmer need not be entered in an individual event to participate in relays.

## SCRATCH PROCEDURES

National Championship scratch rules and procedures will be in effect for this meet. Scratches for finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Scratch deadlines for preliminary events are as follows:

Thursday      15 minutes after the closing of the coaches meeting (meeting to begin at 2:00 p.m. Thursday)

Thursday 6:30 p.m. for Friday events  
 Friday 6:30 pm for Saturday events  
 Saturday 6:30 pm for Sunday events

**CHECK-IN DEADLINES**

The 1000 and 1650 freestyle, and all relays require positive check-in by the following deadlines:

1000 Free	4:00 pm on Thursday, March 6, 2008
400 Free Relay, 800 Free Relay, 400 Medley Relay	By previous days scratch deadline
1650 Free	6:30 pm on Saturday, March 8, 2008

For individual events, those who fail to either positive check-in or scratch from an event will remain in the event and will be down seeded to the slowest heat. If relays are not scratched or checked-in they will be scratched (except for Sundays relays see above for more information.)

**BREAKS**

See order of events for all breaks. Note: some breaks are for finals only, and some are for both prelims and finals.

**SCORING**

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**TEAM AWARDS**

The top 10 teams in combined scoring, and the top 5 teams in women’s and men’s scoring will receive awards.

**INDIVIDUAL AND RELAY AWARDS**

Medals for 1 – 8<sup>th</sup> places will be awarded for individual events; 1 – 3<sup>rd</sup> places in relay events. High point awards will be presented to the male and female swimmer scoring the most points in individual events.

**AWARDS CEREMONIES AND READY ROOM**

Swimmers competing in the C, B, or A final events must report to the ready room area 15 minutes prior to their event. C & B finalists are released after check-in and should report to the blocks for their event. A finalists must remain in the ready room until the march-out for their event. Awards will be presented following the schedule listed in the meet order of events.

**WARM UP PROCEDURE**

Current Wisconsin Swimming and USA Swimming rules will govern all aspects of the warm-up. No diving, and slip and slide entry required, except in designated lanes and times. Swimmers without a coach present are to report to the meet referee prior to warm-up for lane assignment. General warm-up with circle swimming will take place in lanes 1 – 8 from the start of the warm-up period, to 45 minutes prior to the start of the meet. At 45 minutes prior to the start of the meet, 2 lanes will be designated push pace and 2 – 4 lanes will be designated for one way sprints.

**USA SWIMMING MEMBERSHIP**

All swimmers must be current 2008 members of USA Swimming. All coaches and officials must be USA Swimming members. Any team or individual entering a swimmer without a current USA Swimming membership shall be subject to a fine of \$100 per swimmer. There will not be deck registration.

**DECK ADMITTANCE**

All participating swimmers and coaches and working officials will be issued deck credentials. These must be presented for admission to the pool deck. Please use designated pool entry areas.

### **REGISTRATION AND CREDENTIALS**

Coaches packets and credentials will be available in the entrance area. Credentials must be visible at all times when on deck.

### **MEET COMMITTEE**

A meet committee consisting of at least one official, one coach, and one athlete will be appointed to decide protests arising from eligibility and technical matters. Written protests involving technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence. The meet committee will consist of 1 coach from each of the participating LSC's, 1 official, 1 male and 1 female athlete which is the oldest in each gender.

### **TIME TRIALS**

Time trials will be offered, time permitting, 15 minutes after the completion of each preliminary session, and after the 1000 freestyle. Swimmers must be entered and compete in at least one individual or relay event in order to participate in time trials. Swimmers may enter no more than 3 individual events per day including time trials. The entry fee is \$12.00 for individual events, and \$20.00 for relays events. Checks should be made payable to Waukesha Express Swim Team. The time trial schedule is as follows, but are at the discretion of the meet director. Time trials will follow each day's event order.

Thursday (only day for 1000 free time trials)	1000 freestyle (Thursday only)
Friday	Friday/Saturday/Sunday
Saturday	Saturday/Sunday/Friday
Sunday (only day for 1650 free time trials)	Sunday/Friday/Saturday (*1650 freestyle time trial Sunday afternoon only – time permitting)

### **ADMISSION AND PROGRAMS**

Meet Program	\$6.00
Thursday Admission	\$3.00
Daily Pass – Friday through Sunday	\$10.00( <i>includes heat sheets for prelims &amp; finals</i> )
Friday – Sunday Admission	\$6.00
Prelim Heat Sheet	\$4.00
Finals Heat Sheet	\$3.00

### **CONCESSIONS**

Concessions will be available throughout the meet.

### **LOCKER ROOMS**

Locker rooms are located on the North side of the pool. Swimmers enter locker rooms from the pool area.

### **PARKING**

Parking is available in the student parking lot located off of Tenny Avenue, which is nearest the pool entrance. If that lot is full, there is additional parking in the teacher parking lot which is located off of Roberta Avenue.

### **MEET RESULTS**

Printed copies of meet results may be purchased upon request for \$10.00. Results will also be posted on Wisconsin Swimming's website, [www.wisconsinswimming.org](http://www.wisconsinswimming.org) and the Waukesha Express Swim Team's website, [www.waukeshaexpress.org](http://www.waukeshaexpress.org).

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**EVENT ORDER**  
**Includes Awards and Break Schedule**

WOMEN'S EVENT #	EVENT NAME	MEN'S EVENT #
	THURSDAY, MARCH 6, 2008	
1	1000 Freestyle	2
	FRIDAY, MARCH 7, 2008	
3	100 Backstroke	4
5	100 Breaststroke	6
	<i>Finals - Awards for 1000 Free, 100 Back and 100 Breast</i>	
7	200 Freestyle	8
9	100 Butterfly	10
	<i>Finals - Awards for 200 Free and 100 Fly</i>	
11	200 Individual Medley	12
	<i>Prelims and Finals – 10 min break</i>	
13	800 Freestyle Relay	14
	<i>Finals – Awards for 200 IM and 800 Free Relay</i>	
	SATURDAY, MARCH 8, 2008	
15	400 Individual Medley	16
17	50 Freestyle	18
	<i>Finals – Awards for 400 IM and 50 Free</i>	
19	200 Breaststroke	20
21	500 Freestyle	22
	<i>Prelims and Finals – 10 min break</i>	
23	400 Medley Relay	24
	<i>Finals – Awards for 200 Breast, 500 Free, and 400 Free Relay</i>	
	SUNDAY, MARCH 9, 2008	
25	1650 Freestyle*	26
	<i>Finals – 10 min break</i>	
27	200 Backstroke	28
	<i>Finals – Awards for 1650 Free, 200 Back</i>	
29	100 Freestyle	30
31	200 Butterfly	32
	<i>Prelims and Finals – 10 min break</i>	
33	400 Free Relay	34
	<i>Finals – Awards for 100 Free, 200 Fly, and 400 Free Relay</i>	

*\*The fastest seeded heat of women and men will be swum at the beginning of the finals session. All other heats will be swum at the conclusion of the preliminary session.*

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 Waukesha South Natatorium  
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<b>WOMEN</b>			<b>EVENTS</b>	<b>MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
28.89	28.49	25.49	<i>50 Freestyle</i>	22.79	25.29	26.09
1:02.49	1:00.59	54.89	<i>100 Freestyle</i>	49.59	54.89	56.59
2:14.99	2:11.99	1:59.49	<i>200 Freestyle</i>	1:48.69	2:00.49	2:03.99
4:45.79	4:37.69	5:21.49	<i>400/500 Freestyle</i>	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:58.59	<i>800/1000 Freestyle</i>	10:14.09	8:57.39	9:12.09
18:50.69	18:15.09	18:26.99	<i>1500/1650 Freestyle</i>	17:12.19	16:53.19	17:41.79
1:11.99	1:08.79	1:02.29	<i>100 Backstroke</i>	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	<i>200 Backstroke</i>	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	<i>100 Breaststroke</i>	1:03.09	1:10.09	1:12.39
2:54.89	2:51.09	2:32.99	<i>200 Breaststroke</i>	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.59	<i>100 Butterfly</i>	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	<i>200 Butterfly</i>	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:15.49	<i>200 Individual Medley</i>	2:03.29	2:16.29	2:21.69
5:29.29	5:19.29	4:48.49	<i>400 Individual Medley</i>	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:50.09	<i>400 Freestyle Relay</i>	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:17.99	<i>800 Freestyle Relay</i>	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:15.79	<i>400 Medley Relay</i>	3:49.09	4:15.99	4:23.89

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**HOTEL INFORMATION and DIRECTIONS**

Directions to the pool, and to and from each of these hotels are available at our website, [www.waukeshaexpress.org](http://www.waukeshaexpress.org). Click on the link to the Waukesha South Natatorium page!

**Milwaukee Marriott West**

W231 N1600 Corporate Court

County Hwy F at I-94

Waukesha, WI 53186

800-228-9290 or 262-574-0888

(If you are booking 10 or more rooms, contact Karrie Krueger a 262-574-0888, ext 6021)

Distance from Waukesha South Natatorium – 5.3 miles

Amenities

- 282 deluxe rooms, all which include the Marriott “Deluxe Bedding Package - Premium pillow top mattresses with all-down comforters and duvets”.
- Full-service, on-site restaurant and lounge open for breakfast, lunch and dinner
- Indoor pool and whirlpool
- Fitness center
- Refrigerators available
- High speed internet access, business center available
- Flexible meeting space (based on availability)
- Marriott Rewards points

Rates

Mention “Waukesha Express” to get special room rates:

Double/double: \$89.00 + tax

Online Registration

Go to [www.marriott.com/mkemw](http://www.marriott.com/mkemw)

For Speedo Sectional March 2008 enter WTSWTSA in the area that asks for the group code

**Radisson Hotel –Pewaukee**

N14 W24140 Tower Place

Pewaukee, WI 53072

262-506-6300

Distance from Waukesha South Natatorium – 7.8 miles

Amenities

- Business Center
- Fitness Center
- Indoor swimming pool
- Breakfast Restaurant

- 2 Restaurants located next door (Thunder Bay Grille and the Machine Shed)

#### Special Rates – 2007/08 Season

Mention “Waukesha Express” when booking!

Speedo Championships March 2008:

\$109.00 Per Night – Up to 4 people per room. Does not include Breakfast.

#### **Comfort Suites Lake Country**

N14 W24121 Tower Place

Pewaukee, WI 53072

262-506-2000

Distance from Waukesha South Natatorium – 7.8 miles

#### Amenities

- Complimentary Hot Breakfast
- Refrigerators
- Indoor swimming pool
- Fitness Center
- Located near the Thunder Bay Grille and the Machine Shed restaurants

#### Special Rates – 2007/08 Season

Mention “Waukesha Express” when booking!

Speedo Championships March 2008:

\$99.00 Per Night – Includes breakfast and up to 5 people per room.

#### **Hampton Inn – Brookfield**

575 North Barker Road

Brookfield, WI 53045

262-769-1500 or [www.hamptoninnbrookfield.com](http://www.hamptoninnbrookfield.com)

(You must use the local phone number and website to receive the special, negotiated Waukesha Express rates)

Distance from Waukesha South Natatorium – 5.2 miles

#### Amenities

- Complimentary “On the House” Hot Breakfast buffet from 6 a.m. – 10 a.m., seven days a week
- Indoor pool, whirlpool, exercise room
- Many guest rooms with 2 double beds, or king beds with pull-out sofas
- In-room refrigerators and microwaves available
- Complimentary wireless high speed Internet access throughout the hotel
- Complimentary 24 hour business center
- Dinner delivery service from a local restaurant, great location near many restaurants and shopping
- Earn Hilton HHonors points and miles
- Express check-out
- 100% Hampton Guarantee

#### Rates

Mention “Waukesha Express” to get special room rates:

October – February: \$89.00 + tax per night, 1 – 4 people occupancy

May – July: \$99 + tax per night, 1-4 people occupancy

**Best Western – Midway Hotel**

1005 S. Moorland Road

Brookfield, WI 53005

262-786-9540

(You must use the local phone number to receive the special, negotiated Waukesha Express rates)

Distance from Waukesha South Natatorium – 7.5 miles

Amenities

- Continental Breakfast included
- Complimentary Team meeting space (based on availability)
- Complimentary shuttle serve to and from the South Natatorium
- Free high speed internet in most rooms
- Large indoor pool and solarium
- Whirlpool, steam room and exercise facility
- Less than 1 mile from Brookfield Square Mall and other shopping and restaurants

Rates

Mention “Waukesha Express” to get special room rates:

King bed: \$79.00 + tax

Double/double: \$89.00 + tax

Contact Sales @ 262-786-9540 x709 during normal business hours to take advantage of the following:

- Coaches room free with 15 other room reservations
- Complimentary Upgrade to Conference Room Suite for the Head Coach (based on availability)