

**WISCONSIN MASTERS  
SHORT COURSE METERS SWIM MEET  
December 6, 2015**

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

**SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No..205-S010

**LOCATION:** West Bend West High School, 1305 E Decorah Rd., West Bend, WI  
The pool is on the west end of the building with adjacent parking.

**TIME:** Saturday Dec. 5, 2015, Pool Opens at 9:45am, warm-up 10:00am  
to. 10:50am. Meet starts at 11:00am.

**FACILITIES:** 8 lane, 25 meter pool with anti-turbulent lane guides, starting blocks and  
backstroke flags. Lanes 2-7 will be used for the competition. The length  
of the competition course, without a bulkhead, is in compliance and on  
file with USMS in accordance with articles 105.1.7 and 107.2.1.

**ELIGIBILITY** Open to all Masters Swimmers 18 years old or older.  
All entrants must be a registered Masters Swimmer and the USMS  
number must be on the entry. Each entry must be accompanied by a  
copy of the swimmers current USMS registration card.

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

**SEEDING:** Heats will be computer seeded, slowest to fastest. Please submit  
a reasonably accurate seed time, a **NO TIME** will be seeded in  
the slowest heat. Age groups and sexes will be combined.

**TIMING:** Automatic timing system backed up by watches.

**WARM-UP** Note: The lanes are numbered in reverse order of the standard.  
**PROCEDURE:** Lane 4 will be a start and sprint lane with swimming in one direction only and  
exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only **NO**  
**DIVING STARTS** from the blocks or the deck in these lanes. Swimmers must  
enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc.,  
may not be used at any time during the warm up period.

Lane 1 will be the designated lane for warm-up/warm down during the meet. No  
jumping, diving or socializing in lane 1 while the meet is in progress.

**ENTRY FEE:** \$4.00/individual event, plus a \$15.00 pool surcharge.

**ENTRY LIMIT:** Five individual events plus relays. **THE 1500 FREESTYLE WILL  
BE LIMITED TO THE FIRST 12 ENTRIES RECEIVED** and each swimmer  
entered in the 1500 will be responsible for providing a person  
to count his/her laps.

**ON-LINE MEET**  
**ENTRY** The Wisconsin LMSC has agreed to the use of ON-LINE meet entries thru  
Club Assistant for meets in Wisconsin, The link for this meet is

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1176&smid=6995](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6995)

The On-Line meet entry deadline for the West Bend meet is Thursday, Dec. 3, 2015.

Deck entries for individual events will not be accepted.

**ENTRY DEADLINE:** Paper entries must be in the meet directors hands no later than 6:00PM, Saturday, Nov. 28, 2015. Fees must accompany entries, checks payable to WMAC

Deck entries for individual events will not be accepted.

**PAPER ENTRY FORM:** The official entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.

**MEET DIRECTOR:** John Bauman  
11917 W. Rainbow Ave  
West Allis, WI 53214  
(414)-453-7336  
wmacswim@sbcglobal.net

**AWARDS:** Ribbons for 1st to 3rd place.

#### SCHEDULE OF EVENTS:

- |                       |                           |
|-----------------------|---------------------------|
| 1. 400m IM            | 11. 50m Breaststroke      |
| 2. 50m Butterfly      | 12. 200m IM               |
| 3. 100m Freestyle     | 13. 50m Freestyle         |
| 4. 200m Backstroke    | 14. 100m Backstroke       |
| 5. 100m Breaststroke  | 15. 200m Breaststroke     |
| 6. 200m Freestyle     | 16. 100m Butterfly        |
| 7. 50m Backstroke     | 17. 100m IM               |
| 8. 200m Butterfly     | 18. 200m Free Relay*      |
| 9. 200m Medley Relay* | 19. 400m Medley Relay*    |
| 10. 400m Free Relay*  | 20. 800m Freestyle Relay* |
|                       | 21. 1500m Freestyle       |

\* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two women). Swimmers will be permitted to swim in only one 200 Free, 200 Medley 400 Free, 400 Medley and 800 Free relay.

#### DIRECTIONS TO POOL:

From the Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the "round-about" at Hwy. G. North on G to the school, on the left, at Decorah Rd.

From other areas: Hwy 33 to Hwy G, south on G to the school.

Meet results will be posted on our web site, [www.swim-wimasters.org](http://www.swim-wimasters.org)