

**WISCONSIN MASTERS  
SHORT COURSE YARDS SWIM MEET**

Sunday, March 6, 2016

Sponsored by: The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 206-S004

**Location:** Whitefish Bay High School  
1200 East Fairmont, Whitefish Bay, WI 53217

**Facilities:** 6-lane, 25-yard pool with a bulkhead, pool depth at starting end is 5-7 feet; turn end is 12-1/2 feet. There are separate warm-up/cool down areas within the same pool. Six lanes used for competition. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Please note that the bulkhead measurement has always meet pool length requirements in the past and is expected to again meet pool measurement requirements at the meet.

**Time:** Sunday, Mar. 6, 2016. Warm-up 8:30 A.M.; meet starts at 9:30 A.M, doors open 8am.

**Eligibility:** Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card **MUST** be attached where indicated on the entry form.

**Rules:** Official USMS Rules will govern the meet. All events will be timed finals.

*For the 50 Free with Fins:* Any style single foot fins (no Monofins) either water start or sitting deck start any stroke or kick no 15m rule. Fins is not a USMS submitted race. It is a non-conforming event but does count toward the max of 5 events per day. If you want to swim this event, please enter Event #13 on the on-line entry page. The other 50 free events (#3 & #22) are the traditional 50 free events. Event #13 is the 50 free with fins.

**Seeding:** Heats will be computer seeded, slowest to fastest. Please submit a reasonable, 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 one watch/lane.

**Warm-ups:** Lane 6 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-5 will be for circle swimming only – **NO DIVING STARTS** from the blocks or the deck in lanes 1-5. Swimmers must enter the pool feet first in a cautious manner in lanes 1-5. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

Area behind the bulkhead will be the designated lane for warm-up/warm down during the meet. Side areas of pool will be available for seniors to warm-up/warm down. No jumping, diving or socializing in warm down while the meet is in progress.

**Facility User Fee:** \$15.00 per person

**Entry Fee:** \$4.00 per individual event, plus a \$15.00 Facility User Fee for entries received up to the deadline. No charge for relays. Fees must accompany the paper entry form. Please



Directions to Whitefish Bay High School: Whitefish Bay is a north shore suburb of Milwaukee. The High School is located between E. Hampton Ave. and E. Silver Spring Drive.

From the North: Take Hwy I-43 S to Silver Spring Drive East exit  
Silver Spring East to Marlborough Ave (Winkies and Sendiks) turn RT (S)  
Marlborough will run past the W side of the HS

From the South: Take Hwy I-43 N to Hampton Ave East exit  
Hampton Ave East to Ardmore Ave (turn Left)  
Ardmore will run past the HS.

The pool is at the N end of the HS, both E+W doors will be open. Street park or use small lot (30 spaces) on the east side of the HS. Handicapped Parking in the small lot on the east side.