

## VAST Spring Fling Meet 2026 -- WI Sanction#: **WI-26-2016**

This meet is held under the Sanction of USA Swimming.

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any forms of liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

DATE: Friday, May 8<sup>th</sup> and Saturday, May 9<sup>th</sup>, 2026

LOCATION: Verona Area High School Aquatic Center  
234 Wildcat Way, Verona, WI 53593

FACILITY: 25-yard Indoor 8-lane pool that opened in 2021  
Starting depth: 7.0 feet  
Turn depth: 3.5 feet  
Regulation-height starting blocks (30")  
**\*\*Please be advised that due to the depth of the non-starting end of the pool, the 2<sup>nd</sup> and 4<sup>th</sup> leg of all 100 yard/meter relays will start in the water\*\***

**The meet host will ensure the required course dimensions**

Ample viewing area for athletes and spectators  
Concessions WILL BE available.

MEET DIRECTOR: Kaitlin Liebhold [meetdirector@swimvast.com](mailto:meetdirector@swimvast.com) 608-215-4341 (Sat AM, PM)  
Kathryn Kuehn [meetdirector@swimvast.com](mailto:meetdirector@swimvast.com) 512-913-7613 (Fri PM)

ADMIN OFFICIAL: Austin Lacey- [austin@austinelacey.com](mailto:austin@austinelacey.com)

OFFICIALS: Meet Referee, Andrew Olson – [olsonswimming@gmail.com](mailto:olsonswimming@gmail.com)  
There will be a minimum of four other officials.

ENTRIES COORDINATOR: Kaitlin Liebhold – [meetdirector@swimvast.com](mailto:meetdirector@swimvast.com)

CLASSIFICATION: Friday Session: Open  
Sat AM Session: 7&U, 8, 9  
Sat PM Session: 10, 11, and 12

### MEET FORMAT AND SCHEDULE:

All events in this meet will be Timed Finals. Warm-up times are planned as follows but will be subject to change if needed. Any changes will be posted on the meet landing page at least 48 hours prior to the start of the meet.

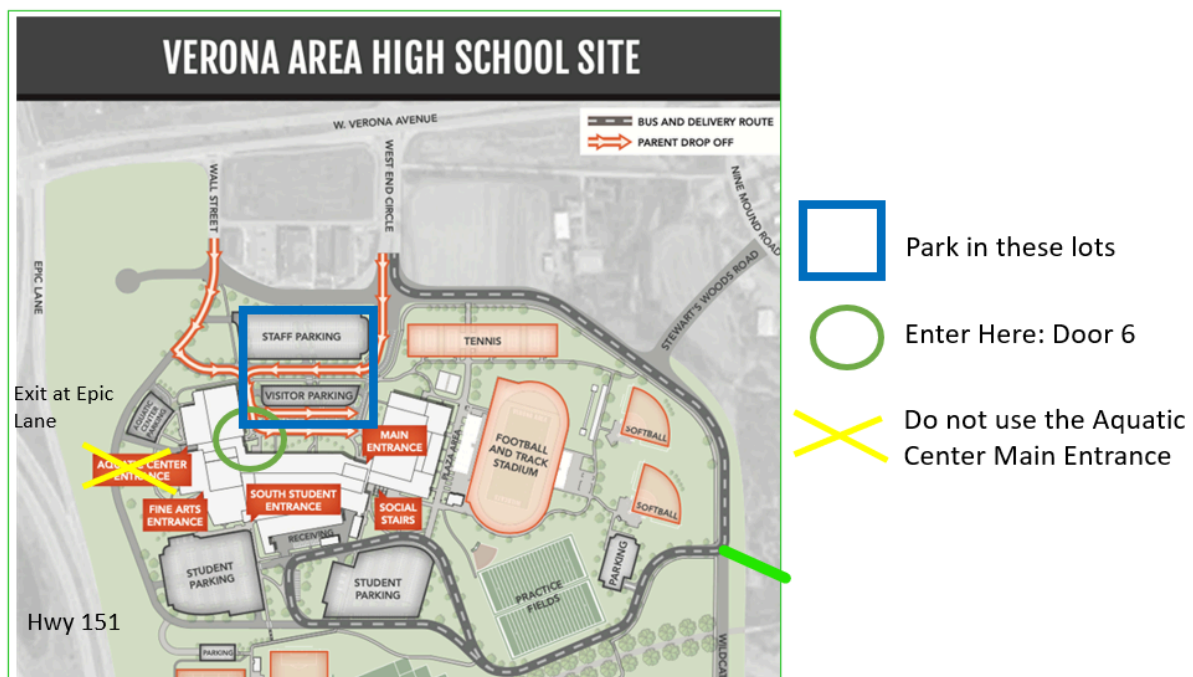
FRI PM: Warm-ups 4:30PM, meet starts 5:35PM  
SAT AM Warm-ups: 8:30AM, meet starts 9:35AM  
SAT PM Warm-Ups starting 10 min after the conclusion of AM session

An estimated timeline will be posted once all entries are submitted

MEET LANDING PAGE URL:

<https://www.teamunify.com/team/wivast/page/hosted-meets>

This page will be updated as we get closer to the meet. PDFs of heat sheets and updated timelines will be posted.



**PARKING:** Everyone should plan to park in Lot A and Lot B which are the lots facing the Kwik Trip in front of the high school. Overflow parking is available in the "Student Lots" but will require a walk to the front of the building. Everyone should enter Door #6. SEE THE MAP ABOVE. Athletes will turn left at the welcome table and head toward the locker rooms. Spectators will continue in the hallway/stairs up to the second level. There is a nearby elevator available for any visitor that requires it.

***DO NOT PARK OR PLAN TO UTILIZE THE MAIN AQUATIC CENTER PARKING LOT OR ENTRANCE!***

**WARM-UPS:** Warm up times and lanes will be published as soon as all team entries and swimmer count per session are known. These will be posted on the VAST Meet homepage. The link is on the first page of this document. Feet-first, three-point entries from the starting end of the pool during general warm-ups will be enforced.

Circle swimming only during general warmups. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. Swimmer(s) without a coach present are to report to the meet director prior to warm-ups for lane assignments.

No equipment: including ear buds, pull buoys, kick boards, or paddles.

**ENTRIES:** All swimmers must be USA Swimming Members. The date used for age determination will be the first date of the meet which is May 8th, 2026. Swimmers may compete in up to 2 events on Friday and 4 on Saturday. Swimmers may compete in a max of six individual events at the meet. Entries will be accepted on a first come basis. We reserve the right to deny entries, remove events or limit swims if needed (for capacity).

This meet will be run using Hy-Tek Meet Manager. All teams are encouraged to submit entries on disk or e-mail in the Hy-Tek commlink format. Swimmers competing without a Team representative should contact Emily Paradis by email to [coachemily@swimvast.com](mailto:coachemily@swimvast.com) about entry into the meet.

**DECK ENTRIES:** This meet will be pre-seeded and no Deck Entries will be granted unless there is an open lane for that event, which will be a \$10 fee. All deck entries must be requested no later than 30 minutes prior to the start of the session. Switching out of one event to another will not be allowed. No on-site USA registrations will be accepted.

**ENTRY PERIOD:** Submission window is **Wednesday, April 15th through Wednesday, April 29th, 2026**. We anticipate this meet will fill, so entries will be made on a first come, first served basis. E-MAIL entries are required. Please include a pdf copy of your entry with your email. You will receive an email confirmation of your entry within 48 hours. Please look over and confirm it matches your entry. If you have not received that confirmation, please email or call Kaitlin Liebhold. E-mail entries to: [meetdirector@swimvast.com](mailto:meetdirector@swimvast.com). By submitting entries to this meet, you agree to the terms of the waiver and fees must be received by the start of the meet. It is okay to bring the check to the meet, no need to mail beforehand.

**ENTRY FEES:** \$4.00 WI Swimming LSC splash fee per swimmer, \$6 per individual event. \$16.00 per relay. \$15.00 Facility Charge. For swimmers entering without a commlink file a \$5.00 per swimmer charge will be assessed for hand entering.

\*\*\*\*\*PLEASE NOTE: Bring all your friends and family to watch! There will be **NO spectator entry fees.** Heat sheets will be available for FREE in meet mobile and a PDF will be posted on the landing page. We will try to have a few copies made to be sold at concessions for anyone that really wants a hard copy.\*\*\*\*\*

**EVENTS:**

| <b>FRIDAY EVENING SESSION</b> |              |           |               |
|-------------------------------|--------------|-----------|---------------|
| <b>GIRLS #</b>                | <b>EVENT</b> |           | <b>BOYS #</b> |
| 1                             | OPEN         | 200 IM    | 2             |
| 3                             | OPEN         | 500 Free  | 4             |
| 5                             | OPEN         | 200 Free  | 6             |
| 7                             | OPEN         | 1000 Free | 8             |

\*\*Please note that athletes are expected to provide their own counters for the 500 and 1000 free.

| <b>SATURDAY MORNING SESSION</b> |              |                |               |
|---------------------------------|--------------|----------------|---------------|
| <b>GIRLS #</b>                  | <b>EVENT</b> |                | <b>BOYS #</b> |
| 9                               | 8&Under      | 100 Free Relay | 10            |
| 11                              | 9            | 200 Free Relay | 12            |
| 13                              | 7& Under     | 100 IM         | 14            |
| 15                              | 8            | 100 IM         | 16            |
| 17                              | 9            | 100 IM         | 18            |
| 19                              | 7& Under     | 25 Breast      | 20            |
| 21                              | 8            | 25 Breast      | 22            |
| 23                              | 9            | 50 Breast      | 24            |
| 25                              | 7& Under     | 25 Back        | 26            |
| 27                              | 8            | 50 Back        | 28            |
| 29                              | 9            | 50 Back        | 30            |
| 31                              | 7& Under     | 25 Fly         | 32            |
| 33                              | 8            | 25 Fly         | 34            |
| 35                              | 9            | 50 Fly         | 36            |
| 37                              | 7& Under     | 25 Free        | 38            |
| 39                              | 8            | 50 Free        | 40            |
| 41                              | 9            | 50 Free        | 42            |

| SATURDAY AFTERNOON SESSION |       |                |        |
|----------------------------|-------|----------------|--------|
| GIRLS #                    | EVENT |                | BOYS # |
| 43                         | 10-12 | 200 Free relay | 44     |
| 45                         | 10    | 100 IM         | 46     |
| 47                         | 11    | 100 IM         | 48     |
| 49                         | 12    | 100 IM         | 50     |
| 51                         | 10    | 50 Breast      | 52     |
| 53                         | 11    | 50 Breast      | 54     |
| 55                         | 12    | 50 Breast      | 56     |
| 57                         | 10    | 50 Back        | 58     |
| 59                         | 11    | 100 Back       | 60     |
| 61                         | 12    | 100 Back       | 62     |
| 63                         | 10    | 50 Fly         | 64     |
| 65                         | 11    | 50 Fly         | 66     |
| 67                         | 12    | 50 Fly         | 68     |
| 69                         | 10    | 100 Free       | 70     |
| 71                         | 11    | 100 Free       | 72     |
| 73                         | 12    | 100 Free       | 74     |

**ADMISSIONS:** Free Spectator Admission

**HEAT SHEETS:** Will be available for free on Meet Mobile and a PDF on the meet landing page.

**TIMING SYSTEM:** All events will be timed using Daktronics with horn start, touch pads, two buttons, and a minimum of one watch as backup. 25-yard races may be timed with two buttons and a minimum of one watch as backup.

**SCORING:** Individual events: 20,17,16,15,14,13,12,11,9,7, 6, 5, 4, 3, 2, 1. Relays score double.

**AWARDS:** 1st through 8th place ribbons will be awarded by age group: **12&Under for Friday events**, 7&U, 8, 9, 10, 11, 12 for Saturday individual events. Relay events will be awarded for 1st through 3rd places only.

12&Under swimmers participating may pick up their awards at the awards table located on the 2<sup>nd</sup> floor corridor. No awards will be mailed or bagged for coaches. **Swimmers will be responsible for picking up their awards at the awards table**

**DISABLED ATHLETES:** On the entries form, please indicate any special needs for those athletes' requiring assistance. Athletes that are requesting an accommodation and/or modification, shall present the [WSI Para Accommodation Form](#) to the meet referee and/or meet director prior to the meet start.

**RULES:** This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming and the meet host under the conditions authored by Wisconsin and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Wisconsin Swimming competition to promote such competitions.

**SAFE SPORT (MAAPP Policy):**

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

**MEDICAL SUPERVISION:** This facility is equipped with two AEDs. One is located on the pool deck and the other is located on the second floor near the spectator seating. There will be a minimum of four Red Cross Certified lifeguards and one supervising lifeguard on duty during this meet. First aid kits are available in the lifeguard staff room and on the pool deck between the cold water and warm water pools.

**SAFESPORT 360:** The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern).

Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report). All athletes age 18 and older must complete Athlete

Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after April 9th, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after April 9th, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**CONDUCT:**

- \* All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision.
- \* Meet Marshalls have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc.
- \* No smoking or vaping on the premises.
- \* Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.
- \* Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. Deck changes are prohibited.
- \* Please encourage your swimmers and parents to clean up after themselves.
- \* Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

**CONCESSIONS:** Concessions will be available. Bagels, donuts, pizza, subs, Gatorade, water, soda, candy, etc. will be available.

**LOCKER ROOMS/RESTROOMS:** Only swimmers should be utilizing the locker rooms and locker room bathrooms. Meet Marshalls will sweep through locker rooms throughout the meet to verify cleanliness and safety. Swimmers should not congregate in any locker room. Coaches and Officials will use a separate designated restroom area. All parents and visitors shall use the restrooms on the second level near concessions in the hallway just outside of the spectator seating area. A water bottle filling station is available on the second level outside of the restrooms.

**LIVE STREAM:** The plan is to live stream this meet and the links will be available on the VAST Meet page. Bear in mind, this will be our club's first attempt to do this, so please be patient with any technical difficulties on our side.

**FINAL RESULTS:** Complete meet results in pdf format plus MM back up and TM files will be posted on the WI web after the conclusion of the weekend. Typically, the files are also emailed to each team as well.

VAST Spring Fling Meet 2026

**Sanction # WI-26-2016**

VAST Meet Waiver:

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Wisconsin Swimming, Inc., the Verona Area Swim Team and the Verona Area School District and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. I certify that all swimmers entered in this meet are USA members and they have been certified for a racing start unless noted on this form.

**Signature of Club Official, parent, or guardian:**

**Phone Number:**

**Team Name and Abbreviation:**

**Team Coach Name:**

**Coach's Phone #:**

\*\*\*\*\*Make all checks Payable to Verona Area Swim Team\*\*\*\*\*