

**16<sup>th</sup> Annual Summer Sizzler**  
Presented by  
Southeastern Aquatics  
Racine Family YMCA Swim Team  
June 19-20, 2026  
WI LSC Approval # WI2026-

- Location:** RecPlex Aqua Arena  
9900 Terwall Terrace  
  
Pleasant Prairie, Wisconsin 53158
- Meet Director & Entries:** Neil Wright & Ana Arteaga  
262.994.3157  
[south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)
- Officials:** Meet Official  
Jose Arteaga  
262.664.9741  
[joseharteaga@gmail.com](mailto:joseharteaga@gmail.com)  
  
Admin Official  
Pat Lewno  
262.637.2913  
[plewno@gmail.com](mailto:plewno@gmail.com)
- Eligibility:** Both USA Swimming and YMCA athletes may participate in the meet. USA Swimming deck registrations will not be accepted. 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.
- Format of Meet:** Time final with all events pre-seeded slow to fast. Heats/events may be combined. Breaks may be added after entries are received.
- Volunteers Timers:** Teams attending may be required to supply meet volunteers during this event. Requirements (if any) will be posted on the meet landing page and emailed.
- Facility:** Indoor, 50-meter pool with ten lanes. 7' at the start end and 12" at the turn end. Starting blocks are 29.5" and the meet host will ensure the required course dimensions.
- Warm-ups:** Friday warm-ups will begin at 3:00 PM and the meet will begin at 4:05 PM.  
Saturday warm-ups will begin at 8:00 AM for the 12&U session and the meet will begin at 9:05 AM. Saturday PM session will be developed after the entry deadline with warm-ups beginning at the conclusion of the AM session. Warm-up assignments will be posted on the meet landing page. Teams will have full use of their lanes during warm-ups and can perform general warm-up, pacing and starts during their allotted time. All entries to the pool shall be feet first from the start end. No snorkels, kickboards or other training devices are allowed during warm-ups. Swimmers without a coach present are to report to the meet director prior to warm-ups for their lane assignments. Estimated meet timeline will be available on the meet landing page.
- Timing System:** A fully automatic Colorado timing systems with one manual back-up button and one back-up timer for each lane will be used. If the automatic system fails, a gun or horn start will be used.

- General Rules:** Official 2026 USA Swimming and WI LSC rules will prevail at this event. Age as of June 19, 2026. In granting this sanction, it is understood and agreed that USA Swimming and Wisconsin Swimming Inc. will be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Distance events (400 IM and 400 Free) are positive check-in.
- Entry Deadline:** June 7, 2026 (include entry file and PDF of entries). Forward waiver and payment on the day of the meet (or mail prior if you prefer) to:  
Neil Wright  
3210 96<sup>th</sup> Street  
Sturtevant, Wisconsin 53177
- Entry Fees:** \$7.00 per event, \$4.00 WI LSC Splash Fee, \$15.00 admission fee, and \$15.00 RecPlex user fee. Check payable to "SEA."
- Entry Limit:** Participation is limited to a maximum of eight events (four per day). Entries will be imported in the order they are received. The 12&U AM session will be limited to four hours. Teams will be promptly notified (within 24-hours) whether their entries are accepted or not.
- Deck Entries:** Allowed in open lanes, closes 30-minutes after warm-ups begin, \$10 per event.
- Disabled Swimmers:** Coaches are encouraged to inform officials and the meet director of any disabled swimmer's needs prior to warm-ups.
- Coaches:** Coaches may pick-up heat sheets, submit waivers, pay entry fees, and sign the coaches sign-in sheet in the office.
- Awards:** 1<sup>st</sup>-16<sup>th</sup> ribbons for 12&U events (will be bagged by team for pick-up).
- Heat Sheets:** Will be available on the meet landing page, [www.sea-y.org/summer-sizzler](http://www.sea-y.org/summer-sizzler).
- Admissions:** Included with entry fee.
- Food:** Hospitality will be available for coaches and officials. The RecPlex Concession Stand may or may not be open for spectators.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet marshals have the authority to remove any swimmer from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your swimmers to clean up after themselves.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
  - Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
  - Flash photography and photography from behind the starting blocks is prohibited at the start of each race.
  - Operation of a drone, or any other flying apparatus, is prohibited over the competition venue. This includes pools, athlete and coaches' areas, sitting areas, and open ceiling locker rooms anytime athletes, coaches, and/or officials are present. Exceptions may be granted with prior approval by the Program Operations Vice Chair (103.13M/Drones).
  - Deck changes are prohibited.
  - Please note the locker rooms are public in nature and are not policed. Athletes should not leave their belongings unattended and/or unsecured.

**First Aid:** Report injuries to the lifeguard and meet director.

**Lost and Found:** Lost and found will be outside the office. After the meet, lost and found items will be donated to charity.

**Meet Results:** Will be posted on the meet landing page and available via the Meet Mobile App.

**Safe Sport 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 4/10/26, 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 4/10/26, 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.

**Summer Sizzler  
Event Order**

**Friday PM**

<b>Girls</b>	<b>Age-Group</b>	<b>Event</b>	<b>Age-Group</b>	<b>Boys</b>
1	Open	<b>50 Free</b>	Open	2
3	Open	<b>100 Back</b>	Open	4
5	Open	<b>50 Breast</b>	Open	6
7	Open	<b>200 Breast</b>	Open	8
9	Open	<b>100 Fly</b>	Open	10
11	Open	<b>200 Free</b>	Open	12
13	Open	<b>200 IM</b>	Open	14
15	Open	<b>400 IM</b>	Open	16

**Saturday 12&U**

<b>Girls</b>	<b>Age-Group</b>	<b>Event</b>	<b>Age-Group</b>	<b>Boys</b>
27	12&U	<b>100 Free</b>	12&U	28
29	12&U	<b>50 Back</b>	12&U	30
31	12&U	<b>100 Breast</b>	12&U	32
33	12&U	<b>50 Fly</b>	12&U	34
35	12&U	<b>200 Back</b>	12&U	36
37	12&U	<b>200 Fly</b>	12&U	38
39	12&U	<b>400 Free*</b>	12&U	40

**Saturday Open**

<b>Girls</b>	<b>Age-Group</b>	<b>Event</b>	<b>Age-Group</b>	<b>Boys</b>
41	Open	<b>100 Free</b>	Open	42
43	Open	<b>200 Back</b>	Open	44
45	Open	<b>100 Breast</b>	Open	46
47	Open	<b>200 Fly</b>	Open	48
49	Open	<b>200 IM</b>	Open	50
51	Open	<b>400 Free*</b>	Open	52

\* Positive check-in event; check-in sheets due at the end of warm-ups.

**Waiver and Summer Entry Form**

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Southeastern Aquatics, Racine Family YMCA, RecPlex Aqua Arena, PX3 Swim Team, WI Swimming, USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this event. Additionally, we are not responsible for lost or stolen items. I/We are bona fide amateur athletes and eligible to complete in all events I/we have entered.

Team name: \_\_\_\_\_ Code: \_\_\_\_\_

Signature of Club Official, Parent, or Guardian

Name: \_\_\_\_\_ Title: \_\_\_\_\_

**Entry Fee Recap:**

Total individual events \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Total number of swimmers \_\_\_\_\_ x \$4.00 (WI LSC Splash Fee) = \_\_\_\_\_

Total number of swimmers \_\_\_\_\_ x \$15.00 (Admission Fee) = \_\_\_\_\_

Total number of swimmers \_\_\_\_\_ x \$15.00 (RecPlex User Fee) = \_\_\_\_\_

Make checks payable to SEA. Check number \_\_\_\_\_ Total entry fee = \_\_\_\_\_