

White Water Aquatic Club
FALL KICK OFF SWIM MEET
OCTOBER 12, 13 & 14, 2007

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc. Sanction # ILS07-1001

Hosts: Indian Prairie Dist. #204, Waubonsie Valley High School and the White Water Aquatic Club

Meet Director:

Mike Tiscareno
2491 Lakeside Dr.
Aurora, IL 60504
(630) 978-2827

wvac_waves@earthlink.net

Entry Chairperson:

Irene Rooney
2311 Keystone Court
Naperville, IL 60565
(630) 416-7287
(630) 416-8954 (Fax)

iaroon@aol.com

Meet Referee:

Dave Olack
2463 Crescent Lane.
Aurora, IL 60504
(630) 236-0169
daolack@comcast.net

Head Coaches:

Vickie Artis
vickie_artis@ipsd.org
(630) 375-3187
Andy McWhirter
wvaquatics@comcast.net

Tom Musch, Aquatics Director (630) 375-3564 (Pool)

Type of Meet: This is a Novelty-No Cut meet. 8 & under swimmers will be entered in 10 & under events but will be scored and awarded separately. The 13 & 14 age group will be seeded with the 15 & over age group but scored and awarded separately.

Location and facility: Waubonsie Valley High School is located at 2590 Ogden Avenue, Rt. 34, Aurora, IL 60504. The school is located about 2 miles west of the Westfield Mall (formerly Fox Valley Mall). The natatorium has an eight lane (minimum depth 4 feet - 10 feet deep at the starting end of the pool) 25 yard competitive pool and a three lane (2 feet - 4 feet deep) 20 yard teaching pool. Grandstand seating is available for viewing. Waubonsie Valley High School and the pool facility is handicap accessible.

Meet Schedule: The first event of each day will start on time. All other sessions will start one-hour after completion of the preceding, but not prior to the scheduled start time.

Session	Day	Age Group	Warm-up Time	Positive Check-in Closes	Start Time
1	Friday	All	5:30 - 6:20 PM	6:10 PM	6:30 PM
2	Saturday	All	7:00-7:50 AM	7:30 AM	8:00 AM
3	Sunday	All	7:00-7:50 AM	7:30 AM	8:00 AM

Meet Rules and Safety: A sanction is granted to the White Water Aquatic Club for a Novelty No-Cut Meet. All USA Swimming and ISI rules and regulations will apply. USA Swimming and ISI Safety Rules will be strictly enforced. The four-hour time limit per session for 12 & under swimmers will be adhered to. The ten-hour per day time limit will also be enforced. Entries will be closed when the time limit for each session occurs. The teaching pool, at anytime other than during the scheduled warm-up periods, is to be used for warm-down only. **NO DIVING IS ALLOWED IN THE TEACHING POOL. NO HORSEPLAY WILL BE TOLERATED ANYWHERE WITHIN THE FACILITY.**

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Eligibility: The swimmer's age as of 10/12/2007 will determine their age for the meet. All currently registered, athlete members of USA Swimming are eligible. Swimmers must be registered with USA Swimming prior to the entry deadline. Entries listed, as "Registration Applied For" will not be accepted. Registration forms can be obtained from Illinois Swimming, 3166 S. River Rd, Suite 30, Des Plaines, IL 60018; Phone (847) 824-1596; Fax (847) 824-1726. Insurance regulations require swimmers, coaches, officials and marshals to be current members of USA Swimming. It is each club's responsibility to register their swimmers, coaches, officials and marshals. Anyone that is not a current member of USA Swimming may not participate in the meet or be on the pool deck.

Coaches: All coaches must be currently registered with USA Swimming and must continuously display their USA Coach Member registration card at all times while on deck. Coaches' information packets will be available in the hospitality room.

Seeding: To ensure proper seeding please submit swimmers' best times. Teams may submit updated entry times prior to Sunday, October 7th, 2006, but event changes will not be allowed. All events will be timed finals and will be swum slowest to fastest, with the exception of the 1000 Free and 1650 Free events, which will be swum fastest to slowest, alternating women and men. "NO TIME" entries WILL be accepted. Coaches should estimate a swimmer's best time if they have no official time on record.

Positive Check-In: This will be a positive check-in meet. Positive check-in will close 30 minutes prior to the start of each session. Swimmers must check in at the clerk of course prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets. It will be at the discretion of the Meet Referee to accept "Late Check-ins" and those swimmers will only be placed if and whenever there are open lanes available, regardless of original seed time. A second positive check-in will be conducted prior to the 1000 Yard Free.

Bullpen: A bullpen will be provided for 12 & under and 10 & under swimmers only. Heat sheets will be posted on the pool deck and in the hallway outside the pool.

Scratches: Swimmers will be allowed to scratch an event with the clerk of course at positive check-in, or with the Meet Referee prior to the start of the scratched event.

Entries: Entries will not be accepted prior to 8:00 a.m. **Friday, September 7th, 2007.** Hand delivered entries will not be accepted.

E-mail entries are the preferred method of entry. You may e-mail your zipped, Hy-Tek Commlink II file to the Entry Chairperson at iaroon@aol.com beginning at 8:00 a.m. Friday, September 7th, 2007. Entries will be accepted in the order that they are received. A completed and signed Summary Fee/Release Form, as provided in this meet packet, and entry check must be received within 72 hours of receipt of the e-mailed entry and must be sent to Entry Chairperson's address, as provided on page 1. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets. An authorized representative of the team must sign the enclosed waiver form.

All other entries must be submitted on the enclosed entry forms or on Hy-Tek Commlink II entry disk and will be accepted by regular or overnight mail only. If using any "Express Mail" delivery, please sign the release allowing delivery without a recipient signature. A hard copy of the entries must be submitted with the disks. Faxed entries will not be accepted. Unreadable forms will be rejected. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets. An authorized representative of the team must sign the enclosed waiver form. Only entries with proper entry information, paperwork and fees, paid in full by check or money order, will be accepted. Please contact the entry chairman with any questions or concerns. Deck entries will not be accepted. Updated entry times must be received by Sunday, October 7th, 2007. White Water Aquatic Club

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is not responsible for neither undelivered or mis-addressed e-mail, nor undeliverable or mis-addressed mailed (disk) entries.

Entry Limits: Swimmers may enter a maximum of four (4) individual events each day of the meet, excluding relay events. Relay swimmers must be entered in at least one (1) individual event of the same session. Swimmers age on October 12th, 2007 will determine their age for the entire meet. Entries received after the meet reaches the USA/ISI time limits will be returned immediately.

Session 1 Friday PM - All Ages		
Warm-up 5:00 Meet Start 6:00 pm		
Women	Event	Men
1	Open 400 Yard IM	2
3	12 & Under 200 Yard IM	4
5	Open 1000 Yard Free	6
7	12 & Under 500 Free	8

Session 2 Saturday AM - All Ages		
Warm-up 7:00 am Meet Start 8:00 am		
Women	Event	Men
9	Open 50 Yard Free	10
11	11 & 12 50 Yard Free	12
13	10 & Under 50 Yard Free	14
15	Open 100 Yard Fly	16
17	11 & 12 100 Yard Fly	18
19	10 & Under 100 Yard Fly	20
21	Open 200 Yard IM	22
23	11 & 12 50 Yard Breast	24
25	10 & Under 50 Yard Breast	26
27	Open 100 Yard Breast	28
29	11 & 12 100 Yard Back	30
31	10 & Under 100 Yard Back	32
33	Open 200 Yard Back	34
35	11 & 12 200 Yard Free	36
37	10 & Under 200 Yard Free	38
39	Open 500 Yard Free	40

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Session 3 Sunday AM - All Ages		
Warm-up 7:00 am Meet Start 8:00 am		
Women	Event	Men
41	Open 100 Yard Free	42
43	11 & 12 100 Yard Free	44
45	10 & Under 100 Yard Free	46
47	Open 200 Yard Fly	48
49	11 & 12 50 Yard Fly	50
51	10 & Under 50 Yard Fly	52
53	Open 200 Yard Breast	54
55	11 & 12 100 Yard Breast	56
57	10 & Under 100 Yard Breast	58
59	Open 100 Yard Back	60
61	11 & 12 50 Yard Back	62
63	10 & Under 50 Yard Back	64
65	Open 200 Yard Free	66
67	12 & Under 100 IM	68

NOTE: 8&U and 13&14 swimmers will be scored and awarded separately from 9&10 and 15&Over swimmers. There will be no awards for 15 and over swimmers.

Long Events Entry Limitation: Due to the 10-hour and 4-hour limitation rules, the Meet Referee may limit entries of any event of 200 yards or greater. If this limitation is imposed, entries will be accepted according to the fastest seed times, and proof of time will be called for prior to the final seed of the events. A refund of entry fees for these events will be given if a limitation is imposed. The 1000 Yard Free will be swum from fastest to slowest, alternating girls and boys, and those swimmers must provide their own timer and counter.

Entry fees: \$3.00 per entry, per swimmer. \$2.00 ISI surcharge per swimmer. Make Checks payable to: White Water Aquatic Club.

Entry Verification: Entry verification for e-mailed entries will be via e-mail. For any other entry, please provide a stamped, self-addressed post card for confirmation of entry. Updated entry times must be received by Sunday, October 7th, 2007.

Events: In accordance with USA Swimming Rules-Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coach and/or swimmer to contact the Meet and/or Deck Referee prior to the competition and/or event with specific requests.

Admission fees: The cost of admissions will be Free for Friday Night, heat sheets will be available for \$1 prior to the start of the meet for Friday only. The Cost of admissions is \$4.00 per day on Saturday and Sunday. Meet Programs and Heat Sheets will be available for sale on the day of the meet.

Concessions: A wide variety of food and drink will be available at concessions.

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Awards: Ribbons will be awarded for 1st to 16th place. No Awards will be given to swimmers in the 15 and over division. Team plaque will be awarded for 1st place.

Scoring: Events will be scored 1st - 16th place.

Results: One copy of the meet results will be mailed to the mailing address given on the entry release form. Additional copies may be purchased for \$10.00. Teams that enter the meet on Hy-Tek may pick up a disk at the conclusion of the meet or request the results be provided via e-mail.

WAUBONSIE VALLEY HIGH SCHOOL BUILDING RULES:

- 1) ***ILLINOIS STATE LAW PROHIBITS THE USE OF TOBACCO AND ALCOHOL ON SCHOOL PROPERTY.***
- 2) ***HATS ARE NOT TO BE WORN IN THE BUILDING.***

TEACHING/WARM-DOWN POOL:

ABSOLUTELY NO DIVING INTO THE TEACHING POOL! ANY SWIMMING IN THE TEACHING POOL REQUIRES DIRECT COACH SUPERVISION AT ALL TIMES!

THESE RULES WILL BE STRICTLY ENFORCED. ANY VIOLATION COULD RESULT IN THE EXPULSION OF A SWIMMER, PARENT, OR TEAM FROM THE MEET. Coaches are expected to ensure that all swimmers and parents are informed of these rules.

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WARM-UP PROCEDURES

Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet.

Warm-up:

- Teams will be assigned specific lanes for warm ups, coaches will be sent lane assignments on Wednesday prior to the start of the meet.
- Entry into pool from starting end of the pool only, unless noted otherwise by the meet director and/or meet referee.
- All lanes, including the teaching pool, may be used for general warm-ups in accordance with the lane assignments list posted during the meet and will be included in the coaches' packet. Lane assignments will be determined based on the number of swimmers per team per session.

WARNING: ABSOLUTELY NO DIVING INTO THE TEACHING POOL AT ANY TIME! TEAMS USING THE TEACHING POOL FOR THE GENERAL WARM-UP MAY MOVE TO THE COMPETITION POOL FOR THE SPECIFIC WARM-UP!

Coaches Responsibilities:

- Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at meets and practices.
- Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

Miscellaneous:

- Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.
- If time permits, the Meet Referee may allow a specific warm-up period prior to the 1000y.

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**COMPLETE THIS FORM AND E-MAIL or MAIL
ALONG WITH ENTRY FORMS TO:**

Irene Rooney
2311 Keystone Court
Naperville, IL 60565
(630) 416-7287
E-mail: iaroon@aol.com

10 AND UNDER # OF ENTRIES _____ \$3.00 @ = \$ _____

11 - 12 YR. OLDS # OF ENTRIES _____ \$3.00 @ = \$ _____

13 AND OVER # OF ENTRIES _____ \$3.00 @ = \$ _____

RELAYS # OF TEAMS _____ \$7.00 @ = \$ _____

TOTAL # OF SWIMMERS (ISI SURCHARGE) _____ \$2.00 @ = \$ _____

TOTAL FEE = \$ _____

NAME OF CLUB _____ CLUB CODE _____

COMPLETE MAILING ADDRESS: _____

E-MAIL: _____

PHONE (DAY) _____ PHONE (EVENING) _____

COACHES ATTENDING: _____

*ALL COACHES MUST BE USA SWIMMING REGISTERED MEMBER COACHES.

In consideration of the acceptance of the entry, I, intending to legally bound on behalf of myself, my club and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., White Water Aquatic Club, Waubonsie Valley High School, School District #204, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as representative of my club. In addition, I attest that all of our athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

SIGNATURE (COACH OR CLUB REPRESENTATIVE) TITLE DATE

**THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY FORMS OR THE
ENTRY WILL NOT BE ACCEPTED.**

THE DEADLINE FOR ALL ENTRIES IS FRIDAY, SEPTEMBER 28TH, 2007

ENTRIES WILL NOT BE ACCEPTED PRIOR TO: 8:00 a.m. FRIDAY, September 7th, 2007

MAKE CHECKS PAYABLE TO: WHITE WATER AQUATIC CLUB

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Volunteer Sheet

Club: _____

Club Code: _____

Timer Volunteers

Each team with (10) or more swimmers will be required to supply a minimum of (3) timers for each session the team has swimmers participating. Team Lane assignments will be given out at the Timers Meeting preceding each session.

Name	Fri PM	Sat AM	Sun AM
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

ISI Officials Volunteers

Name & Phone	Level	Sessions able to work
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Note: Any officials attending the meet for the purpose of training should contact the Meet Referee prior to the meet.

Please return this form with your entries.