

# **2007 CANDY CANE CLASSIC**

**Hosted by CHAMPS**

**November 30-December 2, 2007**

**Sanctioned by USA Swimming, Inc., and Illinois Swimming, Inc.**

**Sanction #**

- Location:** Morton West High School  
2400 S. Home  
Berwyn, IL 60402  
The school may be entered from Harlem Ave. just south of Cermak Rd. (22<sup>nd</sup> Street). Pull in car wash entrance. Go around to school. Pool entrance is in back by tennis courts.
- Facility:** Six lane 25-yard competition pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12-foot depth). A fully automated Daktronics timing system with touch pads, one backup button, and a six-lane display board will be used. Seating capacity for 400 spectators is available.
- Meet Director:** Colleen Borkovec  
4 N 358 Pine Grove Avenue, Bensenville, IL 60106  
708-846-6099  
[championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)
- Meet Referee:** Carla Murray 708-594-7679  
**Safety Coordinator:** Mark Murray 708-594-7679
- Meet Entries:** Colleen Borkovec  
4 N 358 Pine Grove Avenue, Bensenville, IL 60106  
708-846-6099  
[championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)
- Format:** **This is a timed finals meet with positive check-in.** Check-in sheets will be Posted prior to the start of warm-ups, and will be removed 20 minutes after the start of each war-up session. Athletes that do not check-in will be scratched from that session. Heat sheets with lane assignments will be posted in the pool area as soon as all scratched have been completed. There will be no penalty for missing an event. Missed events will not be made up unless the meet referee deems it his responsibility to do so.
- | sessions     | warm-up start | check-in closes | meets starts |
|--------------|---------------|-----------------|--------------|
| Friday PM    | 5:00 PM       | 5:20 PM         | 6:00 PM      |
| Sat & Sun AM | 7:00 AM       | 7:20 AM         | 8:00 AM      |
| Sat & Sun PM | 12:00 noon*   | 12:20 PM*       | 1:00 PM*     |
- \*denotes an approximation
- Eligibility:** Entrants age as of November 30, 2007 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

- Rules:** All USA Swimming, Inc. and Illinois Swimming, Inc. Rules and Regulation apply. All USA swimming and ISI safety rules will be strictly enforced.
- Entries:** Swimmers may enter up to **4 events per day** (excluding relays). **All entries must be submitted in Short Course Yards (SCY)**. Email entries submitted on HY-TEK. Team Manager are encourages and appreciated.
- CHAMPS reserves the right to limit all events, and cancel relays in order to meet the timeline constraints.**  
The enclosed release for must be signed and returned to CHAMPS Swim Club with the heard copy of your entry. If entering by hand, the first and last name with complete USA Swimming identification number must be legibly written.
- Entry Deadline:** **Entries will be accepted beginning at 8:00 AM on November 2, 2007 and ending when the meet is filled or on November 26, 2007. Entries will be accepted via Email or overnight courier only. NO HAND DELIVERED entries will be accepted. Please sign "waiver of signature". Entries received before 8:00 AM on November 2, 2007 will be returned.** Entry fees and all required forms must accompany entry. Entries must be legible and complete. Properly completed entry forms include first and last name of each swimmer, age, USA Swimming, Inc. registration number and short course yard time for each events.  
**Failure to comply may be grounds for refusal of entry.**
- Entry Fees:** **\$3.00 per individual event**  
**\$7.00 per relay**  
**\$2.00 ISI surcharge**  
**Make checks payable to CHAMPIONSHIP SWIMMERS, INC.**
- Email entries to:** [championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)
- All emailed entries must be followed by hard copies, team summary & release form and payment within 72 hours.**
- Mail entries to:** **CHAMPIONSHIP SWIMMERS, INC.**  
**c/o Colleen Borkovec**  
**4N358 Pine Grove**  
**Bensenville, IL 60106**  
[championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)
- Results:** One copy of the final results will be provided to each team. Those teams providing entries on disk will have results provided on disk. Additional copies of the final results may be purchased for \$10.00.
- Timers & Officials:** All teams are asked to submit the name and phone number of a team contact for timers. Each team may be responsible for providing two (2) timers for the duration of the meet. Any team wishing to supply certified USA Swimming/Illinois Swimming officials is encourages to do so. Please enclose their name, phone number, and certification level so the meet referee may contact them.
- Admission:** Friday \$3.00 / Saturday \$5.00 / Sunday \$5.00  
Free for children under 12.  
\$5.00 Psych Sheets for entire meet
- Concession:** A concession stand will be available throughout the meet.

## WARM-UP PROCEDURES

1. **General Warm-up** (first 30-45 minutes)
  - a. **NO DIVING** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
  - b. No sprinting or pace work allowed during this general warm-up session.
  - c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

**Specific Warm-up** (last 30-45 minutes)

- a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
- b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- c. **General Warm-up Lanes - NO DIVING.** Circle swim only.
- d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

### A. SAFETY GUIDELINES

#### 1. Coaches Responsibilities

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

#### 2. Host Team Responsibilities

- a. Marshaling
  - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
  - 2) Marshals shall be current members of USA Swimming.
  - 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
- b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
- d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
- e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

#### 3. Miscellaneous:

- a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c. 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.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e. 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.

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## **ORDER OF EVENTS**

Women's Events

Men's Events

### **FRIDAY EVENING NOVEMBER 30, 2007**

*Warm-ups begin at 5:00 p.m. Meet starts at 6:00 p.m.*

1	8&U 100 Freestyle	2
3	10&U 200 Freestyle	4
5	11-12 200 Freestyle	6
7	OPEN 500 Freestyle	8
9	8&U 100 IM	10
11	10&U 200 IM	12
13	11-12 200 IM	14
15	OPEN 400 IM	16

### **SATURDAY MORNING DECEMBER 1, 2007**

*Warm-ups begin at 7:00 a.m. Meet starts at 8:00 a.m.*

17	9-10 100 Freestyle	18
19	8&U 50 Freestyle	20
21	9-10 50 Butterfly	22
23	8&U 25 Butterfly	24
25	9-10 100 Breaststroke	26
27	8&U 25 Backstroke	28
29	9-10 50 Backstroke	30
31	8&U 100 Medley Relay	32
33	9-10 100 IM	34
35	9-10 200 Medley Relay	36

### **SATURDAY AFTERNOON DECEMBER 1, 2007**

*Warm-ups begin no earlier than 12:00 p.m.*

37	OPEN 200 Freestyle	38
39	11-12 100 Freestyle	40
41	OPEN 100 Backstroke	42
43	11-12 50 Backstroke	44
45	OPEN 100 Butterfly	46
47	11-12 100 Butterfly	48
49	OPEN 50 Freestyle	50
51	11-12 100 Breaststroke	52
53	OPEN 200 Breaststroke	54
55	11-12 200 Medley Relay	56
57	OPEN 400 Medley Relay	58

Women's Events

Men's Events

**SUNDAY MORNING DECEMBER 2, 2007**

*Warm-ups begin at 7:00 a.m.*

*Meet begins at 8:00 a.m.*

59	9-10 100 Butterfly	60
61	8&U 25 Freestyle	62
63	9-10 50 Freestyle	64
65	8&U 50 Backstroke	66
67	9-10 100 Backstroke	68
69	8&U 25 Breaststroke	70
71	9-10 50 Breaststroke	72
73	8&U 100 Freestyle Relay	74
75	9-10 200 M Freestyle Relay	76

**SUNDAY AFTERNOON DECEMBER 2, 2007**

*Warm-ups begin no earlier than 12:00 p.m.*

77	11-12 100 Backstroke	78
79	OPEN 200 Backstroke	80
81	11-12 50 Breaststroke	82
83	OPEN 100 Breaststroke	84
85	11-12 100 IM	86
87	OPEN 200 IM	88
89	11-12 50 Freestyle	90
91	OPEN 100 Freestyle	92
93	11-12 50 Butterfly	94
95	OPEN 200 Butterfly	96
97	11-12 200 Freestyle Relay	98
99	OPEN 400 Freestyle Relay	100
101	OPEN 1650 Freestyle	102

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**This form MUST accompany meet entry !**

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Club Address: \_\_\_\_\_

Name(s) of coach(es) attending meet: \_\_\_\_\_

Total # of Individual Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Total # of Relay Entries \_\_\_\_\_ @ \$7.00 each = \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_ @ \$2.00 each = \$ \_\_\_\_\_

TOTAL PAYMENT \$ \_\_\_\_\_

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**Entry Contact** \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email address \_\_\_\_\_

**Timer Coordinator** \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email address \_\_\_\_\_

**HOLD HARMLESS AGREEMENT**

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming, Inc. In consideration of the acceptance of this entry, I, intending to be 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 occur against USA Swimming, Inc., Illinois Swimming, Inc., J. Sterling Morton High School District 201, J. Sterling Morton High School District #201 Board of Trustees, Championship Swimmers, Inc., or successors for any and all injuries suffered by me and any contestant or representative in said meet, as a representative of my club.

Club Official Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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**OFFICIALS / TIMERS VOLUNTEER FORM**

**Please list any officials who may be interested in volunteering at this meet.  
The meet referee will contact interested officials.**

**Please return this form with meet entry !**

	<b><u>NAME</u></b>	<b><u>PHONE</u></b>	<b><u>EMAIL</u></b>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

**CHAMPS CONTACT PERSON FOR OFFICIALS:**

**Carla Murray**

**[swim2soccermom@sbcglobal.net](mailto:swim2soccermom@sbcglobal.net)**

**708-594-7679**