

RULES & SAFETY	All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.
ELIGIBILITY	All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 S. River Road Suite 30, Des Plaines, IL 60018, Phone (847) 824-1596, Fax (847) 824-1726. A swimmer's age as of January 4, 2008 will determine their age for the meet.
USA SWIMMING, INC. MEMBERSHIP	Insurance regulations require that all swimmers, judges, starters and referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches and officials who are not current members of USA Swimming may not participate in the meet or be on deck.
COACHES	All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.
ENTRY DEADLINE	Entries will not be accepted by the Entry Chairperson before Monday, December 3, 2007. An emailed Hy-Tek .cl2 file (zipped) is the preferred method of entry delivery. Swimmer entry report summary, Summary of Fees and Release form and check must be received within five (5) business days of the emailed entries. Teams of five (5) or more athletes not using Hy-Tek may be assessed an additional \$50 handling fee.
ENTRIES	<p>Entries will be accepted on a <i>"first come, first served"</i> basis. All entries MUST be received by 8:00 PM, Monday, December 17, 2007.</p> <p>Individuals are limited to three (3) entry events per day, not including relays. Relay swimmers must be entered in at least one (1) individual event. Current registration number, age, first name, middle initial and last name must appear on all entry blanks.</p> <p>Hy-Tek Meet Manager for Windows (version 2.0) will be used. No FAX entries will be accepted. <i>All changes and/or additions to entries may only be made by electronic mail and will be confirmed by Meet Entry Chairperson.</i></p> <p>A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: DECATUR SWIM CLUB.</p>

ENTRIES MUST BE RECEIVED BY 8:00 PM, DECEMBER 17, 2007.

ENTRY FEES	\$3.00 per individual event, \$7.00 per relay; a swimmer surcharge of \$2.00 per swimmer must be included with entry. <u>Entry fees must accompany entries.</u>
ENTRY LIMITATIONS	<p>Deck entries will not be permitted.</p> <p>The 8 & under Individual Medley may be limited to the 24 fastest entries (4 heats), following the close of positive check-in. The 12 & under 200 Freestyle may be limited to the 30 fastest entries (5 heats) following the close of positive check-in.</p> <p>The host team reserves the right to limit the number of heats for Friday night events depending on the pre-scratch timeline. There will be no refund of fees for entries that miss the cut off.</p>
ENTRY VERIFICATION	All teams sending entries will receive verification of receipt via email.
EVENTS	In accordance with the USA Swimming Rules; Articles 105 and 202.2.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests. In accordance with the USA Swimming Rules; Article 102.1.3, the Meet Referee may sanction freestyle events 500 yards and longer, 200-yard backstroke, breaststroke and butterfly and the 400 yard individual medley seeded as a single event, without regard to swimmers' ages or gender, in the order of submitted entry times. Places, awards and published results for these events may be separate for each age group and gender.
POSITIVE CHECK IN	Swimmers must check in at the Clerk of Course (located in the gymnasium) no later than 45 minutes prior to the start of their session. Swimmers need to indicate the events they will swim by circling the individual event numbers. Swimmers checking in late will be able to swim only if there are open lanes available in the slower heats, or if a swimmer does not appear for their heat and only with the Meet Referee's approval.
SCORING	Individual events 9-7-6-5-4-3-2-1
SEEDING	All events will be time finals from slowest to fastest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.
RELAY EVENTS	Relay sheets will be provided to the coaches in their meet information packet at the meet. These sheets must be completed by listing each swimmer's name in the order in which they will swim. Completed relay sheets must be delivered to the Clerk of Course within an hour of the start of each session.

AWARDS

- * All awards and scoring will be based on final times.
- * Individual events (top 6 places) will be awarded ribbons for 11-12, 9-10 and 8 & unders.
- * Relay events (top 3 places) will be awarded custom medals for 8 & under and 12 & under.
- * 13 & Over event awards will not be given.
- * Heat winner awards will be provided.
- * Individual high point awards will be given to the top 3 places for 8 & under, 10 & under, 12 & under and 13 & over.

ADMISSIONS & PSYCH SHEETS

A \$2.50 admission fee per session will be charged for spectators. Psych sheets will be available for purchase at a cost of \$6.00.

CONCESSIONS

A full selection of breakfast and lunch items will be available for sale by the Decatur Swim Club.

MEET RESULTS

One (1) copy of printed meet results in required format will be sent to each team represented by five (5) or more swimmers. Individual copies may be ordered at the time of the meet at the Psych Sheet table at a cost of \$10.00.

Seth Dunscomb DSC New Year Opener

MEET WARM-UP AND SAFETY GUIDELINES

Warm-up sessions for Saturday and Sunday will be divided into three (3) 20 minute sessions to reduce the number of swimmers in the pool at one time. It may also be necessary to have split warm-up sessions on Friday evening depending on the number of entries. Coaches may call DSC (217) 422-7946; beginning Monday, December 31, 2007 to learn which time slot their team has been assigned.

PLEASE NOTE: Swimmers must still check in within the 45 minute deadline (see POSITIVE CHECK IN section) in order to be seeded in the meet.

The following warm-up procedures are mandatory for all meets sanctioned by USA Swimming.

A. 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. All lanes are to be used for general warm-up.

2. 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 # of LANES	PUSH/PACE	LANE USE DIVING/SPRINT	GENERAL
6	1 & 6	2 & 5	3 & 4

B. 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 at all practices.

2. HOST TEAM RESPONSIBILITIES

- a. Marshalling
 1. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee shall be on 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/or and 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 clearly marked or removed.

3. MISCELLANEOUS

- a. Backstrokers 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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Effective November 3, 2004

Seth Dunscomb DSC New Year Opener

Hosted by The Decatur Swim Club

January 4-6, 2008

Sanctioned by United States Swimming and Illinois Swimming, Inc.
USA Swimming, Inc. Sanction Number ILS08-0105

SUMMARY OF FEES AND RELEASE

This completed and signed Summary of Fees and Release form, Entry Forms and a check payable to DECATUR SWIM CLUB must be received no later than 8:00 PM, Monday, December 17, 2007.

Please send to:

DECATUR SWIM CLUB
250 N Water Street Suite 249
Decatur, IL 62523
(217) 542-1329
email: _____

Name of Club: _____

USA Swimming, Inc. Affiliation (LSC): _____ Club Code: _____

Name of Coaches attending meet: _____

Name of person submitting entry: _____

Mailing Address: _____

Telephone # (please include): Work _____ Home _____

E-Mail Address _____

	FEMALE	MALE	ENTRY FEE	TOTALS
Individual Entries	_____	_____	x \$3.00	_____
Relay Entries	_____	_____	x \$7.00	_____
Total Swimmers	_____	_____	x \$2.00	_____
			TOTAL FEES	_____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may accrue against United States Swimming, Inc.; Illinois Swimming, Inc.; Decatur Swim Club; Millikin University; or their representatives, directors, officers, employees and/or representatives for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club. 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.

Signature _____ Date _____

(Coach, Club Representative or Parent)