

Sterling Stingrays Swim Club
Boofest Swim Meet
October 27-28, 2007

Sanctioned by USA Swimming, Inc.
Sanction # ILS07-1013

Meet Director

Maggie Wike
Phone: 815-622-6200

Entry Chairperson

Maggie Wike
211 E. St. Mary's Rd.
Sterling, IL. 61081
Fax 815-622-6209
Pool 815-622-6200
sterlingstingrays@sterlingparkdistrict.org

Safety Chair

Dana Wike
Meet Referee
Jim Williams

Format Boofest is a deck seeded timed final meet. We will offer pentathlon events to the swimmers on Saturday and "IM Tough" events on Sunday. Each session offers the swimmer five events and a bag tag will be awarded to the swimmers who can complete all five events legally each day.

Seeding Seed times must be entered as short course times on the entry sheets provided or by Hy-tek software. Hy-tek is preferred if available. Events will be swum in heats with swimmers seeded slowest to fastest.

Positive Check in will be used for all sessions.

Schedule Saturday, Oct. 27 and Sunday, Oct. 28, 2007
8 & under, 9-10, Year old Events
Warmups: 7:00 a.m.
Meet Start: 8:00 a.m.
Positive check in will close at 7:20 a.m.

Saturday, Oct. 27 and Sunday, Oct. 28, 2007
11-12, 13-14, Senior Events
Warm-ups: Immediately after morning session, but not before 11:30 a.m. (if the meet does not fill, the entry chairman will contact coaches notifying them of what time we will begin afternoon warm-ups)
Meet Start: 60 Minutes after the conclusion of the A.M. session.
Positive check in will close 40 minutes prior to the start of the session.

Location Sterling Park District Duis Center
211 E. St. Mary's Road
Sterling, IL. 61081

Facility The pool is a six lane 25 yard course with:
Backstroke flags, non-turbulent lane markers, and starting blocks at the 5 foot end. The shallow end is 3 feet deep and has a handicapped stair with hand-rail entry at the shallow end which is removable. The pool is equipped with a Datronics automatic timing system with a time-line to display the results. Bleachers are available at the shallow end of the pool. A viewing area is also located in the upstairs of the Duis Center.

Rules 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:
Illinois Swimming Office
3166 S. River Rd Suite 30
Des Plaines, IL 60018
Phone: 847-824-1596
Fax: 847-824-1726

A swimmer's age as of October 27, 2007 will determine their age for the meet.

USA

Swimming 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.

Entries Entries will not be accepted by the Entry Chairperson before 8:00 am on September 22nd, 2007.

Entry deadline is October 12th, 2007 .

- All entries will be accepted via suitable courier. (i.e: US Postal Service, Fed Ex, United Parcel).
- E-mail entries per Hy-tek zipped file will be accepted to:
sterlingstingrays@sterlingparkdistrict.org
- All e-mail entries must have check, copy of entries and release form to the entry chair within 48 hours of entry.

Entries Individuals are limited to five entry events per day. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.

Hy-tek Meet Manager will be used. Entries may be submitted on data disk (3.5 only) generated using Hytek Commlink II. All entries must be accompanied by a hard copy print out of your commlink entry data file or your information filled out on the entry forms provided by the host club within the packet.

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: Sterling Park District.

You may e-mail your zipped commlink file to the entry chairperson at: sterlingstingrays@sterlingparkdistrict.org beginning at 8:00 a.m. on September 24th, 2007. A completed and signed summary and release form and entry check must be received within 3 business days of receipt of the e-mail. SSSC will not be responsible for undelivered e-mail entries.

All entries, Summary Fee/ Release Form and check is to be received by October 19, 2007 and should be mailed to:
Sterling Stingrays Swim Club
Attn: Maggie Wike
Sterling Stingrays Swim Club
211 E. St. Mary's Rd.
Sterling, IL. 61081

Entry Fees ***Individual Events \$3.00***

A Surcharge of \$2.00 per swimmer will go to Illinois Swimming, Inc. Make checks payable to **Sterling Park District.**

Entry Verification If you desire verification of entries received, include a stamped self-addressed postal card with your entries.

Event FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet.

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 coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

Positive Check-in Positive check in will be used for the Boofest Meet. Swimmers must check in each day if they are entered in multiple sessions. **Positive check in will close 40 minutes before the first event of each session is to start.** If a swimmer does not check in they will be scratched from the meet. **If swimmers report late for check in and have already been scratched, they will only be re-entered if there are available unfilled heats.**

Scoring There will be no scores at the Boofest meet.

Awards A bag tag will be awarded to each swimmer who completes the pentathlon events on Saturday and the "IM Tough" events on Sunday

Admission \$2.00 for adults

Heat Sheets Psyche sheets will be available to purchase for \$6.00.

Concessions A concession area will be located in the lobby.

Hotels

Holiday Inn
815-626-5500

Country Inn and Suites
815-625-3200

Super 8
815-626-8800

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. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
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	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	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 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.

Coaches Responsibilities

...Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

...Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and all practices.

...Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.

**Entry Summary Sheet
Boofest Swim Meet
Sterling Stingrays Swim Club
October 27-28, 2007**

Complete this form and mail it along with your entry forms and check to:

Sterling Stingrays Swim Club
Attn: Maggie Wike
211 E. St. Mary's Rd.
Sterling, IL. 61081
Fax: 815-622-6209
Office: 815-622-6200

Make checks payable to: Sterling Park District

Summary of Fees

Total	Number of Entries	Cost of Entries
8 & Under		@ \$3.00 each =
9 Year Old		@ \$3.00 each =
10 Year Old		@ \$3.00 each =
11 Year Old		@ \$3.00 each =
12 Year Old		@ \$3.00 each =
13 Year Old		@ \$3.00 each =
14 Year Old		@ \$3.00 each =
Senior		@ \$3.00 each =
Relays		@ \$7.00 each =
Total # of Swimmers		
(ISI Surcharge)		@ \$2.00 each=
		TOTAL FEES

Name of Club: _____ Name and # of Entryperson: _____
 Club Code: _____ LSC _____ (Day) _____ (Eve) _____
 Complete Mailing Address: _____
 Coaches Names: _____
 Coaches Email: _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club and participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may occur against United States Swimming, Illinois Swimming, Inc., Sterling Stingrays Swim Club, Sterling Park District, their representatives, directors, officers, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet, as 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.

Signed: (Coach, Club Representative or Parent) Title: _____ Date: _____

This signed release and your check must accompany entry or entry will not be accepted. Entries must be received no earlier than September 22nd, 2007 and no later than October 19th, 2007

Session 1
Saturday Morning Pentathlon
9-10 and 11-12 Age Groups

Girls		Boys
1	9-10 Year 100 IM	2
3	11-12 100 IM	4
5	9-10 50 Free	6
7	11-12 50 Free	8
9	9-10 50 Fly	10
11	11-12 50 Fly	12
13	9-10 50 Back	14
15	11-12 50 Back	16
17	9-10 50 Breast	18
19	11-12 50 Breast	20

Session 3
Sunday Morning "IM Tough"
8 & Under and 9-10 Age Groups

Girls		Boys
41	10 & Under 200 IM	42
43	11-12 200 IM	44
45	10 & Under 100 Back	46
47	11-12 200 Back	48
49	10 & Under 100 Breast	50
51	11-12 200 Breast	52
53	10 & Under 100 Fly	54
55	11-12 200 Fly	56
57	10 & Under 200 Free	58
59	11-12 500 Free	60

Session 2
Saturday Afternoon Pentathlon
8 & Under and 13 & Over Age Groups

21	8 & Under 100 IM	22
23	13 & Over 200 IM	24
25	8 & Under 25 Free	26
27	13 & Over 50 Free	28
29	8 & Under 25 Fly	30
31	13 & Over 100 Fly	32
33	8 & Under 25 Back	34
35	13 & Over 100 Back	36
37	8 & Under 25 Breast	38
39	13 & Over 100 Breast	40

Session 4
Sunday Afternoon "IM Tough"
13 & Over

61	13 & Over 400 IM	62
63	13 & Over 200 Back	64
65	13 & Over 200 Breast	66
67	13 & Over 200 Fly	68
69	13 & Over 1650 Free	70