

# Claire Statton Memorial Invitational

## The Oak Park Swimmers

January 26-27, 2008

Sanctioned by USA Swimming and Illinois Swimming, Inc.

Sanction # ILS08-0120 ILS08-0120

MEET DIRECTOR	ENTRY CHAIR	HEAD REFEREE	SAFETY COORDINATOR
Bret Patnode 1051 N. Lombard Ave. Oak Park, IL 60302 (708)-445-9901 <a href="mailto:bretpatnode@comcast.net">bretpatnode@comcast.net</a>	Bob Hallman 1141 S. Wisconsin Ave. Oak Park, IL 60304 (708) 524-8608 <a href="mailto:rbhallman@sbcglobal.net">rbhallman@sbcglobal.net</a>	Glenn Gabriel <a href="mailto:gjgabriel@comcast.net">gjgabriel@comcast.net</a>	

### FORMAT

No Cut. Timed Finals.

<b>Saturday AM</b> (session 1)	Warm-up Positive check-in closes	7:30 a.m. 7:30 a.m.
<b>Sunday AM</b> (session 4)	Meet starts	8:30 a.m.
<b>Saturday PM</b> (session 2)	Warm-up Positive check-in closes	not before 11:30 a.m. 30 min after warm-ups begin
<b>Sunday PM</b> (session 5)	Meet starts	1 hour after AM session ends
<b>Saturday Late PM</b> (session 3)	Warm-up Positive check-in closes Meet starts	at close of the Saturday PM session

### LOCATION

Oak Park River Forest High School, 201 N Scoville Ave, Oak Park, IL 60302  
Phone 708-434-3055

The pool entrance is at the south-east corner of the building. Parking is available in the public garage just south of the pool entrance. Limited, restricted parking is also available on the streets surrounding the school. Please be aware that the Village of Oak Park strictly enforces parking regulations. Please no parking in the church parking lot on Sunday.

### FACILITY

A six-lane, 25 yard pool with permanently affixed starting blocks at the deep end, non-turbulent competitor lane lines, and an automatic Daktronics timing system with touch pads.

### RULES AND SAFETY

All current USA Swimming and ISI rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced. FINA starting procedures and rules (whistle commands, no recall) will be followed.

The host team is affiliated with the YMCA. In order to comply with the YMCA's five foot depth rule, the second and fourth swimmers of the 100 relays must start in the water. All teams who wish to enter these events must follow this procedure

### ELIGIBILITY

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the 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, 60018, Phone: 847-824-1596, Fax: 847-824-1826. A swimmer's age as of the first day of the meet will determine their age for this meet.

<b>USA SWIMMING, INC MEMBERSHIP</b>	Insurance regulations require that all swimmers, judges, starters, and referees be current members 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.
<b>COACHES</b>	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.
<b>ENTRY DEADLINE</b>	<p>Entries will be accepted starting at 9 a.m. on <b>December 22, 2007</b>. Entries must be received on or before <b>January 12, 2008</b>. Entries will be accepted by e-mail, U.S. mail, or special delivery service (please waive the signature). E-mail entries are preferred. All entries should be sent to the Entry Chair. No phone, fax, or hand delivered entries will be accepted.</p> <p>Complete and valid entries received during the specified entry period will be accepted in the order in which they are received. Entries that do not meet these requirements may be refused at the discretion of the host club.</p>
<b>ENTRIES</b>	<p>Individuals are limited to three individual events per day, not including relays or the 500 free. Relay swimmers must be entered in at least one individual event.</p> <p>All entries must comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must be provided for all entries. Teams or groups with five or more swimmers must submit their entries as a machine readable file (3.5" diskette, e-mail attachment, CD, etc.) in either HY3 or SDIF format. Entries including such files must also contain a hard copy print out of the data in the entry file. Teams or groups with four or fewer swimmers may submit their entries as legible text – either electronically or on paper.</p> <p>A completed and signed Summary Fee / Release Form (provided in this packet) and payment in full must accompany all entries. Teams with five or more swimmers must also submit a completed Meet Assistance Form. <b>Checks are to be made payable to <i>The Oak Park Swimmers</i>.</b></p> <p>E-mail entries should be sent to the Entry Chair. Entries are not complete until we receive complete and valid copies all of required materials. If we receive all such materials within 48 within of the receipt of your e-mail entry, your entry will be considered to have been received at the time the e-mail was received. If the remaining materials do not follow within 48 hours, your entry will be considered to have been received when we receive your entry in full.</p> <p>The host team will accept no responsibility for electronic transmission errors.</p>
<b>ENTRY FEES</b>	\$3.00 per individual event; \$7.00 per relay. In addition, a swimmer surcharge of \$2.00 per swimmer is required by Illinois Swimming. A check for the full amount must accompany your entry.
<b>ENTRY LIMITATIONS</b>	<p>Deck entries will not be permitted.</p> <p>The 500 free will be limited to three heats. Entry priority will be given to swimmers on the host team and, then, to those swimmers with the fastest seed times. Swimmers participating in the 500 will be notified at the conclusion of positive check-in for session 3. A psych sheet listing the swimmers eligible for the 500 will be provided to coaches prior to the start of the meet. The host club reserves the right to add additional heats if time permits.</p> <p>Swimmers in the 500 must provide their own timer and counter.</p>
<b>ENTRY</b>	If you would like verification that your entry was received, include a stamped self-addressed

<b>VERIFICATION</b>	post card with your entry materials.
<b>EVENTS</b>	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 request.
<b>POSITIVE CHECK-IN</b>	Positive check in will close 30 minutes after warm-ups begin. Late check-ins will be able to swim only if there are open lanes in slower heats.  There will be a holding area where the swimmers will be required to go before their events. Parents, swimmers, and coaches are responsible for keeping the swimmers in the holding area and cleaning up after each session. Oak Park River Forest HS and the host team reserve the right to remove any swimmer from the meet who enters an unauthorized area
<b>SEEDING</b>	Events will be timed finals seeded slowest to fastest with the exception of the 500 Free which will be seeded fastest to slowest. Entries must be submitted in short course yard times. Please do not submit NT entries. Long Course meter and short course meter times will be considered non-conforming times and will be seeded in rank order after all conforming times have been seeded.
<b>RELAYS</b>	We will supply relay cards in the coach's meet packet. Relay cards will be due 30 minutes before the meet begins.
<b>AWARDS</b>	We will give individual events awards for places 1-6 and relays awards for places 1-3. Swimmers 13 and over will not receive awards.
<b>ADMISSIONS</b>	\$3.00 per day
<b>PSYCH SHEETS</b>	\$6.00
<b>CONCESSIONS</b>	Food concession and coaches hospitality will be provided by the host team. Swim gear will be available from All-American Aquatics.
<b>MEET RESULTS</b>	Final meet results will be e-mailed to the address listed on the Summary Fee / Release Form to participating teams with 5 or more swimmers. Additional copies may be ordered at the admission table for \$10.00.

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### Sanction # ILS08-0120

Complete this form and send with entry form. Make check payable to: **The Oak Park YMCA Swimmers**

Entry Chairperson:  
 Bob Hallman  
 1141 S. Wisconsin Ave.  
 Oak Park, IL 60304  
 (708) 524-8608  
[rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net)

8 & Under	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
10 & Under	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
11-12	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
13-14	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
OPEN	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
Relays		# of Entries_____	X	\$7.00	\$_____
	Total # of swimmers _____		X	\$2.00	\$_____
				Total Fees	\$_____

Name of Club \_\_\_\_\_ USA Swimming Association \_\_\_\_\_

Club Initials for Heat Sheet \_\_\_\_\_

Name of person and telephone number responsible for your teams volunteers \_\_\_\_\_

Names of coaches attending meet \_\_\_\_\_

Complete mailing address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

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 U S A Swimming, Illinois Swimming, Inc., The Oak Park Swimmers, The Oak Park YMCA, Illinois School District #200 or their employees 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 (Coach or Club Representative) \_\_\_\_\_

The signed release must accompany each entry or entry will not be accepted. Entries must be received no sooner than December 22, 2007 , and no later than January 12, 2008.

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

## 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
8 LANE	1 & 8	2 & 7	3, 4, 5, 6
10 LANE	1 & 10	2 & 9	3, 4, 5, 6, 7, 8

## 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.

**NOTE:** Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time 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.

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<b>Session 1 - Saturday AM</b>		<b>9-10, 11-12</b>
WU: 7:30am; Meet Start: 8:30am		
Girls	Event	Boys
1	10 & Under 200 Med Relay	2
3	12 & Under 200 Med Relay	4
5	9-10 100 IM	6
7	11-12 100 IM	8
9	9-10 50 Free	10
11	11-12 50 Free	12
13	9-10 100 Back	14
15	11-12 100 Back	16
17	9-10 50 Breast	18
19	11-12 50 Breast	20
21	9-10 100 Fly	22
23	11-12 100 Fly	24

<b>Session 4 - Sunday AM</b>		<b>9-10, 11-12</b>
WU: 7:30am; Meet Start: 8:30am		
Girls	Event	Boys
47	10 & Under 200 Free Relay	48
49	12 & Under 200 Free Relay	50
51	9-10 100 Free	52
53	11-12 100 Free	54
55	9-10 50 Back	56
57	11-12 50 Back	58
59	9-10 100 Breast	60
61	11-12 100 Breast	62
63	9-10 50 Fly	64
65	11-12 50 Fly	66

<b>Session 2 - Saturday PM</b>		<b>8 and under, Open</b>
WU: 11:30am; Meet Start: 12:30pm		
Girls	Event	Boys
25	8 & U 100 Med Relay	26
27	Open 200 Med Relay	28
29	Open 200 IM	30
31	8 & U 50 Free	32
33	Open 100 Free	34
35	8 & U 25 Back	36
37	Open 100 Back	38
39	8 & U 25 Breast	40
41	Open 100 Breast	42
43	Open 200 Fly	44

<b>Session 5 - Sunday PM</b>		<b>8 and under, Open</b>
WU: 11:30am; Meet Start: 12:30pm		
Girls	Event	Boys
67	8 & U 100 Free Relay	68
69	Open 200 Free Relay	70
71	Open 200 Free	72
73	8 & U 25 Fly	74
75	Open 100 Fly	76
77	8 & U 25 Free	78
79	Open 50 Free	80
81	8 & U 100 IM	82
83	Open 200 Back	84
85	Open 200 Breast	86

<b>Session 3- Late Saturday PM</b>		<b>Open</b>
WU: at end of PM session		
Girls	Event	Boys
45	Open 500 Free	46

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**Meet Assistance Form**

Due to the difficulty in staffing large invitational meets, the Oak Park Swimmers will require assistance from participating teams. The assistance will be needed with timing and officiating.

The Oak Park Swimmers reserves the right to give priority to those teams that agree to provide Volunteer officials and timers for our meet.

Please provide the name of a contact person that will coordinate your team's volunteers in the space below and return with your entry. Someone from our meet committee will contact that person prior to the meet.

We require two timers per session in which a team has 5 or more swimmers entered. We also need officials for every session and would appreciate knowing who will be available for each session. Please submit names on the form, along with your entry, or no later than two weeks before the meet. Please mail the information to the meet director.

	Timers	Officials	Level	Phone
Saturday AM	_____	_____		
	_____	_____		
Saturday PM	_____	_____		
	_____	_____		
Sunday AM	_____	_____		
	_____	_____		
Sunday PM	_____	_____		
	_____	_____		
Team Name	_____			
Team Email	_____			
Volunteer Coordinator	_____			
Phone (Day)	_____	Evening	_____	

Thank You for your Cooperation