

Elk Grove Swim Club
January 10th & 11th, 2009
Sanction #ILS09-0109
Short Course Yards

Elk Grove Swim Club ICEBERG CLASSIC

January 10-11, 2009
SANCTION # ILS09-0109
SHORT COURSE YARDS

Meet Director: Dave Toler, Phone day: 847-718-4574 eve: 847-956-1654
Email Address: dtoler@parks.elkgrove.org

Entry Chair: Dave Toler, 886 Tonne Rd., Elk Grove Village, IL 60007 Phone day: 847-718-4574 eve: 847-956-1654
Email Address: dtoler@parks.elkgrove.org
ENTRIES E-MAIL to elkgrovestingrays@yahoo.com

Meet Referee: Lisa Gregor, Phone: 630-250-9264,
Email address: LisaGregor@sbcglobal.net

LOCATION: Elk Grove High School, 500 West Elk Grove Boulevard. Elk Grove Village IL. 60007

POOL: Indoor 8 lane 25 yard pool. The pool has Kiefer Wave Eater II lane lines and Kiefer starting blocks. The pool has a Colorado timing system with 8 lane time display board. Beep horn systems with strobes will be used. The pool ranges in depth from 4 ft. deep to 13ft. 11 in. deep at the starting end.

MEET SCHEDULE:

Saturday	AM Session 1 Warm-ups 8:00 - 8:50 AM	Start 9:00 AM
Saturday	PM Session 2 Warm-ups 1:00-1:50 PM	Start 2:00 PM
Sunday	AM Session 3 Warm-ups 8:00 - 8:50 AM	Start 9:00 AM
Sunday	PM Session 4 Warm-ups 1:00-1:50 PM	Start 2:00 PM

POSITIVE CHECK-IN CLOSSES 20 MINUTES AFTER WARM-UPS START

ELIGIBILITY: All USA Swimming, Inc. 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 ISI 3166 S. River Rd Suite 30 Des Plaines, Illinois 60018, Phone (847)-824-1596, FAX (847)-824-1726. A swimmers age for the meet is his/her age as of January 10, 2009.

ENTRIES: All entries shall comply with current 2009 USA SWIMMING and ISI rules. Current 2009 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA SWIMMING athlete, ISI registration forms may be obtained from Illinois Swimming Inc., 3166 S. River Rd Suite 30 Des Plaines, Illinois 60018, (847)-824-1596.

SEEDING: Enter Swimmers at their short course yard times to assure proper seeding. Deck entries will not be permitted. Upgrading of a swimmers time will not be allowed after the entry deadline. To meet ISI time requirements there could be some cuts in the longer events. Coaches will be informed the Monday before the meet of any cuts. Elk Grove Swim Club reserves the right to swim its own swimmers in all events

ENTRY LIMITS: Swimmers will be limited to 4 Individual Events per day. If the Individual is entered in more than 4 events, the entry will be made by order of events starting with event #1 until the limit is satisfied.

CHECK - IN: **THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for all morning sessions at 8:20AM. Afternoon sessions will close at the later of 1:20pm or 20 minutes after warm up begins.

Elk Grove Swim Club
 January 10th & 11th, 2009
 Sanction #ILS09-0109
 Short Course Yards

ENTRY FORMS: All entries must be submitted on the Elk Grove Swim Club Iceberg Classic entry forms. Computerized entries from Hy-Tek's Team Manager are preferred. Please include a paper copy of your entry. The enclosed release form must be signed and accompany all entries, along with a check for all entries. Failure to comply with any of these entry requirements is sufficient cause to refuse those entries. Teams submitting entries on disk will receive final results on disk in return. **NO FAX ENTRIES & NO HAND DELIVERED ENTRIES.**

ENTRY FEES: Individual events are \$3.00 each. Relays events are \$7.00 each. A surcharge of \$2.00 per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to Elk Grove Swim Club.

ENTRY DEADLINE: Entries will not be accepted before 8:00am Saturday, December 6th, 2008 or after January 2nd, 2009. Entries will be on a first received, first entered basis. E- Mailed or Mailed Entries will only be accepted. Entries are considered entered when payment is received, and should be 48 hours after e-mailed. No Hand Delivered Entries. Entries sent before the due date will only be entered if the maximum time limit has not been reached. If you desire a verification of entries accepted, include a stamped self-addressed post card. **Complete entries include the following: Entry Fees, Signed Release, Complete Volunteer Form, Complete Officials Form, Complete and Legible Entry Form. If all forms are not completely filled out the entry will be considered incomplete.**

AWARDS: Awards for individual event will be given for places 1 thru 16.

COACHES: Information packets will be available to all club coaches with swimmers entered in the meet. You must present your USA Swimming coaches registration card to receive the packet. The meet packet will be available in the Coaches Office.

RESULTS: One copy of the meet result will be mailed to clubs with 5 or more swimmers. Results will be sent to individuals for \$10.00. Sign up at admissions table. Results are available on the internet.

SECURITY: Only USA Swimming registered Coaches will be allowed on the deck. All questions concerning the meet after the start of the meet should be directed to the meet referee.

A. WARM-UP PROCEDURES

1. General Warm-up (first 30 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 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.

Elk Grove Swim Club ICEBERG CLASSIC ORDER OF EVENTS

Saturday Morning (9 - 10 / 11 - 12) - Session 1
8:00am warm-up 8:20am check-in ends 9:00am start

Girls Event #		Boys Event #
1	9 - 10 100 Free	2
3	11 - 12 50 Free	4
5	9 - 10 50 Fly	6
7	11 - 12 100 Fly	8
9	9 - 10 100 Back	10
11	11 - 12 50 Back	12
13	9 - 10 50 Breast	14
15	11 - 12 100 Breast	16
17	9-10 200 Free	18
19	11-12 200 IM	20
21	9-10 200 Med Relay	22
23	11-12 200 Med Relay	24

Saturday Afternoon (8 & Under / Senior) - Session 2
1:00pm warm-up 1:20pm check-in ends 2:00pm start

Girls Event #		Boys Event #
25	Senior 200 Free	26
27	8 & Under 50 Free	28
29	Senior 200 Breast	30
31	8 & Under 25 Breast	32
33	Senior 200 Back	34
35	8 & Under 25 Back	36
37	Senior 100 Fly	38
39	8 & Under 50 Fly	40
41	Senior 50 Free	42
43	8 & Under 100 Free	44
45	Senior 400 IM	46
47	8 & Under 100 Medley Relay	48
49	Senior 200 Medley Relay	50

Elk Grove Swim Club ICEBERG CLASSIC ORDER OF EVENTS

Sunday Morning (9 - 10 / 11 -12) - Session 3

8:00am warm-up	8:20am check-in ends	9:00am start
Girls Event #		Boys Event #
51	9 - 10 50Free	52
53	11 - 12 100 Free	54
55	9 - 10 100 Fly	56
57	11 - 12 50 Fly	58
59	9 - 10 50 Back	60
61	11 - 12 100 Back	62
63	9 - 10 100 Breast	64
65	11 - 12 50 Breast	66
67	9-10 100 IM	68
69	11-12 200 Free	70
71	9-10 200 Free Relay	72
73	11-12 200 Free Relay	74

Sunday Afternoon (8 & Under / Senior) - Session 4

1:00pm warm-up	1:20pm check-in ends	2:00pm start
Girls Event #		Boys Event #
75	Senior 100 Free	76
77	8 & Under 25 Free	78
79	Senior 100 Breast	80
81	8 & Under 50 Breast	82
83	Senior 100 Back	84
85	8 & Under 50 Back	86
87	Senior 200 Fly	88
89	8 & Under 25 Fly	90
91	Senior 200 IM	92
93	8 & Under 100 IM	94
95	Senior 200 Free Relay	96
97	8 & Under 100 Free Relay	98

Elk Grove Swim Club ICEBERG CLASSIC ENTRY FEE & RELEASE FORM

Entry Chair: Dave Toler, 886 Tonne Rd., Elk Grove Village, IL Phone day: 847-718-4574 eve: 847-956-1654
 Email Address: elkgrovestingrays@yahoo.com

Summary of Fees:

8 & Under	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
9 & 10	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
11 & 12	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
Senior	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
Total Number of Relays Entered in the Meet _____			@ \$7.00 each =	\$ _____
Total Number of Swimmers Attending Meet _____			@ \$2.00 each =	\$ _____
Checks payable to Elk Grove Swim Club			Grand Total =	\$ _____

Name of Club _____ Club Initials _____

Names of coaches attending Meet _____

Mailing Address Name _____

Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; Elk Grove Swim Club; Elk Grove Park District; Elk Grove High School Dist. 214 and Elk Grove Swim Club Parents Association, their Representatives, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Signature (Coach, Parent, or Club Representative)

Date

 This signed release must accompany the entry or the entry will not be accepted.

Entries will not be accepted before 8:00am Saturday, December 6th, 2008 or after January 2nd, 2009. Only entries mailed overnight or Hy-tek formatted electronic entries will be accepted. Entries will be on a first received, first entered basis. Entries are considered entered when payment is received, 48 hours after emailed.

Elk Grove Swim Club ICEBERG CLASSIC

Entries Due By January 2rd, 2009 Age Group _____
 Boys / Girls Team Code _____

Name	Age	USS #	Event #	Event Name			
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
Medley Rel.			Team A	Team B	Team C	Team D	Team E
		Seed Time					
Free Rel.			Team A	Team B	Team C	Team D	Team E
		Seed Time					

TOTALS	Relay Entries	@ \$7.00	\$	Individual Entries	@ \$3.00	\$
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Total Swimmers _____ **@ \$2 each = \$** _____

Elk Grove Swim Club ICEBERG CLASSIC

Club: _____ Club Code: _____

Timer Volunteer Sheet:

Name	Sat. AM	Sun. AM
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Official Volunteer Sheet:

Name & Phone Number	Level	Sat. AM	Sun. AM
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			