

# **Bradley Bourbonnais Swim Club “Sprint to the End” 2010**

## **Hosted by the Bradley Bourbonnais Dolphins Swim Club (BBSC)**

Sunday, January 31, 2010

Sanctioned by USA Swimming, Inc.

Sanction # ILS10-0124

### **MEET DIRECTOR**

Jody Goering

3210 N. 4000 E. Road

Bourbonnais IL, 60914

815-936-9366 email: jlgoerin@daca.net

### **ENTRY CHAIR**

David Nemeth

1669 Hatteras Drive

Bourbonnais, IL 60914

815-929-1289 email: BBSCmeets@yahoo.com

### **SAFETY CHAIR**

Joseph Schroeder

### **MEET REFEREE**

John Maze

### **FORMAT**

Timed Final. Positive Check-In will be used for both sessions.

### **A.M.**

Warm-Ups 7:30 – 8:20 a.m. Positive Check-in closes at 8:00 a.m. Meet Starts 8:30 a.m.

### **P.M.**

Warm-ups will not begin before 11:30 p.m. Positive check-in closes 30 minutes before the meet begins, but not before 12:00 p.m. Meet starts one hour after warm-ups begin.

### **LOCATION**

Bradley Bourbonnais Community High School

700 W. North Street

Bradley, IL. 60915

### **FACILITY**

Eight lanes, 25 yard pool with non-turbulent lane lines, 13’ depth at start end, moveable bulkhead at 4’2” depth, warm-up/cool-down pool at opposite end (beyond bulkhead), Kiefer starting blocks, Daktronics OmniSport 2000 Timing System with Colorado touch pads, and Hy-Tek Meet Manager will be used. Seating capacity for spectators is 200.

### **RULES AND SAFETY**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

## **ELIGIBILITY**

USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadlines. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the 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 January 31, 2010 will determine their age for the meet.

## **USA SWIMMING, INC MEMBERSHIP**

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.

## **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**

The Entry Chairperson will not accept entries before December 15, 2009 at 9:00 AM. E-mail entries are strongly encouraged and should be sent to [BBSCmeets@yahoo.com](mailto:BBSCmeets@yahoo.com). Mailed entries may be sent to the Entry Chairperson (listed above). Please be sure to sign the signature waiver if using overnight mail. No hand delivered entries will be accepted. Entries must be received by 9:00 AM January 20, 2010.

## **ENTRIES**

All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Hy-Tek Meet Manager 2.0 will be used. Team entries must be submitted by e-mail. All entries must be accompanied by a hard copy print out of your zipped entry data file or your information filled out on the entry forms provided by the host club within this packet. E-mailed entries must be followed by a hard copy of entries. Entries must be submitted for short-course yards (SCY).

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 **Bradley Bourbonnais Swim Club**. The Signed Summary Fee/Release Form and entry check must be received within 72 hours of the receipt of the e-mail. Meet host will accept no responsibility for transmission errors of faxed or emailed entries. It will remain up to the sender to verify receipt of entries.

## **ENTRY FEES**

\$2.00 per swimmer; \$3.00 per event.

## **ENTRY LIMITATIONS**

Deck entries will not be permitted. Swimmers may enter up to 4 events.

## **ENTRY VERIFICATION**

Entries will be acknowledged by reply e-mail. If you desire written verification of entries received, include a self-addressed postcard with your entries.

### **ACCOMMODATIONS FOR SWIMMERS WITH DISABILITIES**

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 is mandatory. If swimmers do not check in they will be scratched from the meet. Swimmers who have been scratched may present themselves to the Administrative Table, at whose discretion the swimmer may be re-entered into available lanes. No refunds will be given.

### **BULLPEN**

A Bullpen will be run in the morning session only to clerk the 8 & under and 9-10 age groups.

### **SEEDING**

All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes.

### **AWARDS**

Trophies will be awarded to the top three high-point place winners in each age group. Ribbons will be awarded in each event to the first 16 places for each event. The 13-14 age groups will be swum together but scored separately from the 15-18 groups. No team awards will be given.

### **ADMISSION & HEAT/PSYCH SHEETS**

Admission will be \$3.00 per person for all spectators 12 years old or over. Veterans of the U.S. Armed Forces will be admitted free of charge. Psych sheets will be sold for \$5.00, which will include both sessions.

### **CONCESSIONS**

Concessions will be sold in the gym or near the pool.

### **NO SMOKING**

Smoking is not permitted anywhere on school property in accordance with state law. This includes the school's parking lot and grounds.

### **MEET RESULTS**

One copy of printed meet results in required format will be sent to each team represented by five or more swimmers. Individual copies may be ordered at the time of the meet at a cost of \$5.00. Official Meet Results will be posted on the team web site at [bbdolphins.20m.com](http://bbdolphins.20m.com)

### **TIMERS AND OFFICIALS**

All teams with a minimum of 10 swimmers in a session are asked to submit the name of a team contact for timers. Such teams will be responsible for providing at least two timers for a lane for the entire session.

Additional officials able to volunteer at this event would be greatly appreciated. Please indicate names and certification levels of persons willing to officiate on the team entry form.

## Bradley Bourbonnais Swim Club

### "Sprint to the End" 2010

Sunday, January 31, 2010

#### A.M. Session

#### 7:30 A.M. Warm-Ups; 8:30 A.M. Start

Girls	Event	Boys
1	8 and Under 25 Butterfly	2
3	9-10 50 Butterfly	4
5	8 and Under 50 Backstroke	6
7	9-10 100 Backstroke	8
9	8 and Under 25 Breaststroke	10
11	9-10 50 Breaststroke	12
13	8 and Under 50 Freestyle	14
15	9-10 100 Freestyle	16
17	8 and Under 50 Butterfly	18
19	9-10 100 Butterfly	20
21	8 and Under 25 Backstroke	22
23	9-10 50 Backstroke	24
25	8 and Under 50 Breaststroke	26
27	9-10 100 Breaststroke	28
29	8 and Under 25 Freestyle	30
31	9-10 50 Freestyle	32

#### P.M. Session

#### Warm-Ups not before 11:30 A.M.; Starts not before 12:30 P.M.

Girls	Event	Boys
33	11-12 50 Butterfly	34
35	13-18 100 Butterfly	36
37	11-12 100 Backstroke	38
39	13-18 50 Backstroke	40
41	11-12 50 Breaststroke	42
43	13-18 100 Breaststroke	44
45	11-12 100 Freestyle	46
47	13-18 50 Freestyle	48
49	11-12 100 Butterfly	50
51	13-18 50 Butterfly	52
53	11-12 50 Backstroke	54
55	13-18 100 Backstroke	56
57	11-12 100 Breaststroke	58
59	13-18 50 Breaststroke	60
61	11-12 50 Freestyle	62
63	13-18 100 Freestyle	64

## **CONTROLLED MEET WARM-UP and SAFETY GUIDELINES**

### **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.
3. POOL LANE USE (8 Lanes)
  - a. PUSH/PACE: Lanes 1 & 8
  - b. DIVING: Lanes 2 & 7
  - c. GENERAL WARM-UP, Lanes 3, 4, 5, & 6

### **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
    - i. 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.
    - ii. Marshals shall be current members of USA Swimming.
    - iii. 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.

**Bradley Bourbonnais Swim Club Sprint to the End**  
 Sunday, January 31, 2010

**TEAM SUMMARY & RELEASE FORM**

Complete this form, and mail along with your Age Group Entries and your check payable to BBSC to the Meet Entry Chair:

David Nemeth  
 1669 Hatteras Drive  
 Bourbonnais, IL 60914  
 815-929-1289 email: [BBSCmeets@yahoo.com](mailto:BBSCmeets@yahoo.com)

**Summary of Fees**

Name of Club \_\_\_\_\_

Age	M/F	Number of Entries	
<b>Session 1 (A.M.)</b>			
8 & Under	Girls	_____ x \$3.00 each =	\$
8 & Under	Boys	_____ x \$3.00 each =	\$
9 & 10	Girls	_____ x \$3.00 each =	\$
9 & 10	Boys	_____ x \$3.00 each =	\$
Number of Swimmers in Session 1:		_____	
<b>Session 2 (P.M.)</b>			
11 & 12	Girls	_____ x \$3.00 each =	\$
11 & 12	Boys	_____ x \$3.00 each =	\$
13 - 18	Girls	_____ x \$3.00 each =	\$
13 - 18	Boys	_____ x \$3.00 each =	\$
Number of Swimmers in Session 2:		_____	
Total Number of Swimmers Attending Meet:		_____ x \$2.00 each =	\$
<b>Grand TOTAL</b>			\$

### TEAM SUMMARY & RELEASE FORM (contd.)

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

Names of coaches attending Meet \_\_\_\_\_  
\_\_\_\_\_

Name(s) and Certification Level(s) of Officials \_\_\_\_\_  
\_\_\_\_\_

Team Mailing Address Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email address \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; BBSC; BBCHS District #307; BBSC board and volunteers, 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 included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative)

\_\_\_\_\_

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

Entries will not be accepted before December 15, 2009 at 9:00 a.m.

Entries must be received by 9:00 AM January 20, 2010