

COHO SWIM CLUB  
BERNIE SOYA MEMORIAL FALL CLASSIC  
AGE GROUP OPEN SWIM MEET - MEET INFORMATION  
SUNDAY, NOVEMBER 15, 2009  
USA SWIMMING SANCTION #ILS09-1113

MEET DIRECTORS: Tom & Laura Gilbert  
455 Lake Cook Road  
Deerfield, IL 60015  
847-405-9951  
tjgilby@gmail.com

ENTRY CHAIR: Nancy Reese  
455 Lake Cook Road  
Deerfield, IL 60015  
(847) 572-2622  
nancy@teamcoho.org

SANCTION: Sanctioned by United States Swimming, Inc. and Illinois Swimming Inc. USA SWIMMING Sanction #ILS09-1113. All USA SWIMMING and ISI rules apply, including ISI safety rules, and will be strictly enforced.

LOCATION: Deerfield High School Pool, 1959 Waukegan Road, Deerfield, IL 60015

POOL: The Deerfield High School pool has 6 lanes, 25 yards, starting blocks at the deep end, and Keifer non-turbulent lane markers. The pool is 4' deep at the shallow end, and 11.5' at the deep end. Fully automatic timing equipment (Datronics) & touch pads at both ends of the pool will be used. Seating capacity is 400.

MEET SCHEDULE:

Session 1 7:00AM-8:00AM WARM-UPS  
9 & 10, 11-12 **SESSION STARTS 8:15AM**  
POSITIVE CHECK-IN CLOSES – 7:15AM

Session 2 WARM-UPS WILL BEGIN IMMEDIATELY AFTER THE CONCLUSION OF  
8&Under, 13&Over THE MORNING SESSION BUT NOT BEFORE NOON. WARM-UPS WILL LAST  
FOR 60 MINUTES, AND THE MEET WILL START 15 MINUTES THEREAFTER BUT  
**NOT BEFORE 1:15PM**. POSITIVE CHECK-IN WILL CLOSE 15 MINUTES AFTER  
WARM-UPS START BUT NOT BEFORE 12:15PM.

ENTRY LIMITATIONS:

**Swimmers may enter up to four (4) individual events.** If any swimmer's entry is submitted with more than four individual events, the entry chair will take the first four events and disregard the rest of the events for that swimmer. No entries will be accepted prior to **10:00AM WEDNESDAY, OCTOBER 14, 2009.**

EVENTS:

There are no minimum time standards. Events will be deck seeded timed finals. **DECK ENTRIES WILL NOT BE ACCEPTED.** Heat and lane assignments will be distributed to the coaches, and posted on the pool deck and in the gym. Each event will be swum in heats from slowest to fastest. **SWIMMERS REPORTING LATE TO THE BLOCKS WILL BE SCRATCHED FROM THAT EVENT.**

ELIGIBILITY:

Only USA SWIMMING registered swimmers are eligible. All swimmers must be USA SWIMMING registered prior to the entry deadline. Entrant's age as of **SUNDAY, NOVEMBER 15, 2009** will determine the age for the entire meet. Ages and first and last names of all swimmers must appear on all entry sheets, including relays. Swimmers must swim in their own age group.

UPDATED TIMES:

You may submit a Hy-Tek file of updated times only (no new entries) to the entry chair by **5:00PM MONDAY, NOVEMBER 2, 2009.**

ENTRY PROCEDURE AND DEADLINE:

Please submit short course "YARD" times only. Please submit Hy-Tek zipped entry files to [nancy@teamcoho.org](mailto:nancy@teamcoho.org). A printed copy of the entry, all forms, waivers, summaries, and a check for entry fees must be received within 48 hours of receipt of the e-mail entry. Please include a printed copy of the entry, team waiver, and a signed check. The host club accepts no responsibility for receipt of e-mail entries. Confirmation is the sole responsibility of the sender. Please make sure your entry is completed in full and is LEGIBLE. The attached entry, summary sheet and release, signed by the coach, parent or club representative must also accompany all entries. Please mail your entry, signed waiver, and check for full amount of fees to the entry chair listed on the front page. Entries will not be accepted before **10:00AM WEDNESDAY, OCTOBER 14, 2009**. Only entries received via e-mail or delivered by the U.S. Postal Service or a nationally recognized courier service will be accepted. **NO FAX OR HAND DELIVERED ENTRIES WILL BE ACCEPTED!** Entries will be accepted until the meet has filled but entries must be received by **5:00PM FRIDAY, OCTOBER 30, 2009**. If you desire verification of entries received and accepted, please include self-addressed stamped envelope or post card. Failure to comply with any of these entry requirements is sufficient cause to refuse all entries.

POSITIVE CHECK-IN:

This meet will be a positive check-in meet. All swimmers MUST check-in prior to each session they are entered in. Swimmers failing to check-in will be scratched from that session.

<u>SCORING:</u>	1st	2nd	3rd	4th	5th	6th
Individual Events	7	5	4	3	2	1

AWARDS:

Ribbons will be awarded from 1st to 12th place for 8&U, 9-10, 11-12, and 13&O individual events.

MEET RESULTS:

One copy of the final meet results will be mailed to all represented clubs entering 5 or more swimmers.

CONCESSIONS:

Food and beverages will be available throughout the meet. Also, a complete line of swimming apparel and accessories from Swimmer's Edge will be for sale.

ADMISSION:

All spectators will be charged an admission fee, and psyche sheets will be available for purchase. Ample parking is free.

ENTRY FEES:

Individuals will be charged \$2.00 for entering the meet to satisfy the I.S.I. surcharge. Individual events are \$3.00 each. Please make checks payable to **COHO SWIM CLUB**.

COACHES RESPONSIBILITIES:

Coaches shall instruct their swimmers regarding safety and warm-up procedures as they apply to conduct at the meet. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions. All coaches must be current USA member coaches to be allowed on deck and must display their current USA coaching membership cards continuously while on deck. Coaches' information packets will be issued to all clubs represented by at least 5 swimmers, available in the hospitality room. All teams are expected to furnish a monitor to supervise their team in the pool and gymnasium areas.

CONDITIONS OF SANCTION:

The competition course has not been certified in accordance with 104.2.2C(4).

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 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

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. 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.

COHO SWIM CLUB  
BERNIE SOYA MEMORIAL FALL CLASSIC  
AGE GROUP OPEN SWIM MEET - ORDER OF EVENTS  
SUNDAY, NOVEMBER 15, 2009  
USA SWIMMING SANCTION # #ILS09-1113

In the fall of 2006 we lost one of our beloved teammates, Bernie Soya.  
Bernie will always be remembered for his warm smile, infectious laugh, and blazing speed!  
We at COHO dedicate our Fall Classic Meet to the memory of Bernie Soya:  
*Some souls only know one speed, faster than angels fly!*

**SUNDAY AM SESSION**  
**7:00-8:00AM WARM-UPS / 8:15AM START**

GIRLS		BOYS
1	9-10 100Y IM	2
3	11-12 100Y IM	4
5	9-10 50Y FREE	6
7	11-12 50Y FREE	8
9	9-10 50Y BACK	10
11	11-12 50Y BACK	12
13	9-10 100Y FREE	14
15	11-12 100Y FREE	16
17	9-10 50Y FLY	18
19	11-12 50Y FLY	20
21	9-10 50Y BREAST	22
23	11-12 50Y BREAST	24

**SUNDAY PM SESSION**  
**\*12:00-1:00PM WARM-UPS / \*1:15PM START**  
\*approximate - refer to meet schedule on page one

GIRLS		BOYS
25	8&U 100Y IM	26
27	13&O 200Y IM	28
29	8&U 25Y FREE	30
31	13&O 50Y FREE	32
33	8&U 25Y BACK	34
35	13&O 100Y BACK	36
37	8&U 50Y FREE	38
39	13&O 100Y FREE	40
41	8&U 25Y FLY	42
43	13&O 100Y FLY	44
45	8&U 25Y BREAST	46
47	13&O 100Y BREAST	48

COHO SWIM CLUB  
BERNIE SOYA MEMORIAL FALL CLASSIC  
AGE GROUP OPEN SWIM MEET – TEAM SUMMARY AND RELEASE  
SUNDAY, NOVEMBER 15, 2009  
USA SWIMMING SANCTION ##ILS09-1113

COMPLETE THIS FORM, MAIL WITH ENTRY FORMS AND CHECK PAYABLE TO: **COHO SWIM CLUB**

MAIL TO: NANCY REESE  
COHO SWIM CLUB  
455 LAKE COOK ROAD  
DEERFIELD, IL 60015  
[nancy@teamcoho.org](mailto:nancy@teamcoho.org)

SUMMARY OF FEES:

8 & UNDER # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_

9 & 10 # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_

11 & 12 # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_

13 & OVER # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_

ISI SURCHARGE:

TOTAL NUMBER OF SWIMMERS \_\_\_\_\_ AT \$2.00 EACH = \$ \_\_\_\_\_

TOTAL FEES = \$ \_\_\_\_\_

NAME OF CLUB OR UNATTACHED \_\_\_\_\_

CLUB CODE FOR HEAT SHEET \_\_\_\_\_ USA AFFILIATION \_\_\_\_\_

COMPLETE MAILING ADDRESS: \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

NAME(S) OF USA SWIMMING COACHES ATTENDING MEET \_\_\_\_\_

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 United States Swimming, Inc., Illinois swimming, Inc., the COHO Swim Club, the Deerfield High School, School District 113, and the Deerfield Park District, 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 coach. I attest that all athletes are duly and currently registered.

SIGNATURE (USA SWIMMING COACH, CLUB REPRESENTATIVE, OR PARENT):

NAME \_\_\_\_\_ TITLE \_\_\_\_\_

E-MAIL \_\_\_\_\_ DATE \_\_\_\_\_

This signed release and your check for the full and amount must accompany your entry or the entry will not be accepted. Entries will not be accepted before **10:00AM WEDNESDAY, OCTOBER 14, 2009**. Entries must be received by **5:00PM FRIDAY, OCTOBER 30, 2009**.

ATTENTION ALL CLUBS, PARENTS, AND COACHES:

WE NEED PEOPLE TO HELP TIME AND OFFICIATE TO MAKE THIS MEET RUN SMOOTHLY AND QUICKLY. PLEASE LIST BELOW THE NAMES AND PHONE NUMBERS OF PEOPLE THAT CAN HELP TO MAKE THIS MEET A TOTAL SUCCESS. THANK YOU FOR YOUR HELP AND SUPPORT!

THE FOLLOWING PEOPLE CAN BE CONTACTED FOR TIMING:

NAME:	PHONE NUMBER:	SESSION AVAILABLE:
1.		
2.		
3.		
4.		
5.		
6.		

THE FOLLOWING PEOPLE ARE CERTIFIED OFFICIALS WHO MAY BE AVAILABLE:

NAME:	PH. NUMBER:	CERT.LEVEL:	SESSION AVAILABLE:
1.			
2.			
3.			
4.			
5.			
6.			