

Lyons Swim Club
2009 Lyons Pride
Sanction # ILS09-1015

Saturday, October 24 and Sunday, October 25

Meet Directors: Franny Naughton 708-784-1434
Kelly Mitchell 708-246-6427
E-mail: meetdirector@lyonssc.com

Entry Chairman: Kelly Mitchell 708-246-6427
e-mail: meetentries@lyonssc.com

Location: Lyons Township High School Swimming Pool
South Campus
4900 Willow Springs Road, Western Springs, IL 60558

Facility: The Lyons Township High School South Campus pool has six lanes, is 25 yards long with starting blocks, non-turbulent lane markers and a depth of 12'6" to 7'8". The facility has seating capacity for 640 spectators and a fully automatic electronic timing system with touch pads and electronic scoreboard.

Safety Coordinator: Julie Rosenberger

Meet Referee: Jim Wing

Schedule:

Saturday and Sunday
Session 1 and Session 4:
9-10, 11-12

Warm ups: 7:00 a.m.
Positive check in closes: 7:20 a.m.
Meet begins: 8:00 a.m.

Saturday and Sunday
Session 2 and Session 5:
8 & under, Senior

Warm ups: Immediately following sessions 1
and 3, not before 12:00 noon
Positive check in closes: 12:20 p.m.
Meet begins: not before 1:00 p.m.

Saturday and Sunday
Session 3 and Session 6

Meet begins: Immediately following sessions 2
and 5.

This is a positive check-in meet. All swimmers must check-in prior to each session. If a swimmer does not check-in, he/she will be scratched from his/her events for that day. Swimmers need to check-in each day if they are entered in multiple sessions. Positive check-in is according to the schedule above.

- Meet Entries: All entries shall comply with the current Illinois Swimming, Inc. rules. Current 2009 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. Age for this meet will be the swimmers age as of October 25, 2009. Entries will be accepted beginning **September 22, 2009 at 8:00 a.m. in the order that they are received.** E-mail entries are the preferred method of entering this meet. You may also use US Post Office, FedEx or any other overnight or courier service. If you use e-mail, please e-mail your zipped files beginning at 8:00 a.m. to meetentries@lyonssc.com. An entry is not completed until all necessary paperwork including entry summary sheet, Official/Timers sign up sheet and a check for entry fees made payable to Lyons Swim Club are received. **All entries must be received by October 3, 2009.** Updated seed times and additions/ deletions will be accepted until Thursday, October 17th, 2009. Deck entries will not be accepted.
- Entry Limitations: Swimmers are limited to a total of three (3) individual events and one (1) relay each day for 12 and under and four (4) events per day for seniors. Relay swimmers must be entered in at least one individual event. The host team reserves the right to limit the 500 freestyle and 400 IM. Deck entries will not be permitted.
- Seeding: Submit swimmers' best time to assure proper seeding. Swimmers will be seeded from slowest to fastest.
- Awards: 'A' Individual Events First through sixth
 'B' Individual Events First through sixth
 'C' Individual Events First through sixth
 Relay Events First through third
 Prizes will be awarded for individual heat winners.
- Meet Results: Results will be posted throughout the meet. Results will be sent via e-mail to each team within 24 hours. In addition, results will be posted on our club website, www.lyonssc.com, within 24 hours.
- Coaches: Coaches must be current USA swimming coaches to be allowed to be on deck and must continuously display their current USA coaching membership card at all times.
- Timers/Officials: There will be a need for officials and timers. Any team with six or more swimmers in a session will be required to provide timers for that session. Please list worker information on the Meet Worker Sign up Sheet. Lane timer assignments for that team will be emailed prior to the meet. Swimmers **must** provide their own timers and counters for the 500 freestyle.
- Concessions: Food and beverages will be available during all sessions. All food and drink must remain in the concession area. A hospitality room is provided for coaches and officials. There is absolutely no smoking allowed on school grounds or in the building.
- Admissions: Adults: \$4.00 Seniors: \$2.00
 Children 12 and under: free
 Heat sheets will be available at all sessions for \$2.00.

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.

Order of Events

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

Session 1

Session 2

Girls	Event	Boys
25*	Senior 200 IM	26*
27	8 & U 50 Free	28
29	Senior 100 Free	30
31	8 & U 25 Fly	32
33	Senior 200 Fly	34
35	8 & U 25 Back	36
37	Senior 100 Breast	38
39	8 & U 100 Medley Relay	40
41	Senior 200 Back	42
43	Senior 200 Medley	44

Session 3

Girls	Event	Boys
45	Senior 500 Free	46

Session 4

Girls	Event	Boys
47*	11-12 200 Free	48*
49*	9-10 200 Free	50*
51	11-12 50 Fly	52
53	9-10 50 Fly	54
55	11-12 100 Free	56
57	9-10 100 Free	58
59	11-12 50 Breast	60
61	9-10 50 Breast	62
63	11-12 100 Back	64
65	9-10 100 Back	66
67	11-12 200 Free Relay	68
69	9-10 200 Free Relay	70

Session 5

Girls	Event	Boys
71	Senior 200 Free	72
73	8 & U 25 Free	74
75	Senior 100 Fly	76
77	8 & U 25 Breast	78
79	Senior 200 Breast	80
81	8 & U 100 IM	82
83	Senior 100 Back	84
85	8 & U 100 Free Relay	86
87	Senior 50 Free	88
89	Senior 200 Free Relay	90

Session 6

Girls	Event	Boys
91	Senior 400 IM	92

* We reserve the right to limit these events to the top 3 heats

Those swimming the 500 freestyle and 400 IM will need to provide their own timers and counters.

**Lyons Township High School
4900 Willow Springs Road
Western Springs, IL. 60558**

Directions to **South Campus**:

FROM THE WEST: Take I-88 to 294 South to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

FROM THE EAST: Take I-55 South to 1st Avenue (IL-171) north to 47th St. Turn left (east) on 47th St. Continue on 47th St. to Willow Springs Rd. Turn left on Willow Springs Rd. to 49th Street. School is on the right.

OR

Take 290 West to LaGrange Rd. South. Continue on LaGrange Rd. South to Ogden Avenue. Turn right on Ogden to Gilbert/ Willow Springs Rd. Turn Left on Gilbert/ Willow Springs Rd. continue to 49th Street. The school is on the right.

FROM THE SOUTH: Take 294 North to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

FROM THE NORTH: Take 294 South to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

Summary Sheet

Lyons Pride Lyons Swim Club

Complete this form and mail with your check payable to Lyons Swim Club and a copy of your entry list.

Summary of Fees

of Entries _____ @ \$3.00 each \$ _____

of Swimmers _____ @ \$2.00 each \$ _____

of Relays _____ @ \$7.00 each \$ _____

Total Fees = \$ _____

Name of Club _____

Club Code for Heat Sheet _____

Complete Mailing Address _____

Contact Person _____ Phone _____

E-mail address _____

Names of coaches attending _____

In consideration of the acceptance of this entry I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Illinois Swimming, Inc., Lyons Swim Club, Lyons Township High School, High School District #204, their representatives, directors, officers, 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, Club Representative or Parent) Title _____ Date _____

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY YOUR ENTRY OR THE ENTRY WILL NOT BE ACCEPTED. ENTRIES MUST BE RECEIVED NO LATER THAN October 3, 2009