



# 2010 SPEEDO FALL OPEN

Hosted by the Academy Bullets Swim Club

October 16-17, 2010

At Marmion Academy

1000 Butterfield Rd., Aurora, IL 60504

USA Swimming Sanction # XXXXXXXXX

<b>MEET DIRECTOR</b> Stefond Harris 831 Twin Elms Lane Batavia, Illinois 60510 <a href="mailto:thfword@comcast.net">thfword@comcast.net</a>	<b>MEET REFEREE</b> Bob Van Oost (847) 809-9278 <a href="mailto:rvanoost@ameritech.net">rvanoost@ameritech.net</a>	<b>ENTRY CHAIR</b> Todd Capen 2421 Sunrise Cir. Aurora, IL 60504 (847) 571-7644 or (630) 499-1207 <a href="mailto:todd.capen@gmail.com">todd.capen@gmail.com</a>
<b>SAFETY DIRECTOR</b> Bill Schalz <a href="mailto:billschalz@gmail.com">billschalz@gmail.com</a>	<b>HOST COACHES</b> Bill Schalz, Todd Capen, Kelly Capen, Mike Laurich Academy Bullets Office: (847) 571-7644	<b>E-mail Entries</b> <a href="mailto:todd.capen@gmail.com">todd.capen@gmail.com</a>

- TYPE OF MEET:** This is a novelty meet which will have the following non-standard age categories:  
Boys and Girls: 8&Under, 9-10, 11-12, Open
- RULES:** In accordance with the 2010 USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire meet.
- FACILITIES:** **Marmion Academy:** A 25 yard, eight lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is eight feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all eight lanes.
- ADMISSION:** Admission to the meet is \$4.00 per day. Admission for non-swimming children under 12 years of age will be free for all sessions. Psyche sheets for all Saturday and Sunday Sessions will be \$8.00. Heat sheets will be available for \$2 per session.
- RESULTS:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- CONCESSIONS:** Food and beverages will be available for sale. Food will not be allowed in any area of the building other than the concession area and the Coaches / Officials Hospitality Area.

### SCHEDULE:

<b>SATURDAY AND SUNDAY AM SESSIONS:</b> 9/10, 11/12 swimmers Warm ups: 7:00 AM Meet Starts: 8:00 AM <b>POSITIVE CHECK IN CLOSES AT 7:25 AM</b>	<b>SATURDAY AND SUNDAY PM SESSIONS:</b> 8&U, Open swimmers Warm ups: 12:00 PM Meet Starts: 1:00 PM <b>POSITIVE CHECK IN CLOSES AT 12:25 PM</b>	<b>SATURDAY &amp; SUNDAY LATE SESSIONS:</b> 500 Free and 400 IM Events will start 10 minutes after the conclusion of the previous session.
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- TIME LIMIT:** Entries will be accepted until the maximum time limit for each session is reached. Entries received thereafter will be returned immediately. Acceptance of entries will be on a first received, first entered basis.
- ENTRIES:** All entries will comply with current 2010 United States Swimming, Inc. and Illinois Swimming, Inc. rules. Current 2010 registration number, 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 registered or has been duly certified in accordance with the United States Swimming Code and Rule Book. "Applied For" entries will not be accepted. Illinois Swimming will impose a \$100 fine per event for any athlete competing in the meet who is not a USA Swimming registered member.



**HY-TEK  
FORMAT**

Academy Bullets Swim Club (the host club) will use Hytek Meet Manager 3.0 for Windows for this meet. Entries may be submitted on computer disk or via email attachment using files generated for Hytek Commlink II. Such entries must comply with the 2010 USA Swimming and Illinois Swimming, Inc. rules discussed above. Data disks must be accompanied by a "hard copy" print out of your Commlink entry data file. As with manually prepared entries, Hy-Tek disk entries must be accompanied by a signed release and check in full payment of the entry fees. Hytek disk entries are subject to the same deadlines as manually prepared entries. If you have any questions regarding Hytek entry, **contact Todd Capen at 847-571-7644.**

**ENTRY  
DEADLINES:**

- **ENTRIES WILL NOT BE ACCEPTED PRIOR TO: FRIDAY, SEPTEMBER 17, 2010 @ 8:00 AM**
- **ALL ENTRIES MUST BE RETURNED TO THE ENTRY CHAIRPERSON NO LATER THAN OCTOBER 9TH.**
- **E-MAIL ENTRIES MUST BE SENT TO THE EMAIL ADDRESS ON PAGE 1.**
- **HAND DELIVERED ENTRIES & FAX ENTRIES WILL NOT BE ACCEPTED.**
- **DECK ENTRIES WILL NOT BE PERMITTED.**

**ENTRY  
VERIFICATION:**

We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.

**ENTRY FEES:**

Entry fees are \$3.00 per individual event and \$7.00 per relay event. A surcharge of \$2.00 per swimmer will be charged and sent to ISI.

**SWIMMERS  
WITH  
DISABILITIES:**

In accordance with USA Swimming Rules; Article 105, 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 the competition, with specific requests.

**ENTRY  
LIMITATIONS:**

**Swimmers are limited to three (3) individual events per session.** Events 200 yards or longer may be limited to comply with our timelines. We will swim additional heats if time allows.

***POSITIVE CHECK IN:***

*All swimmers must check-in prior to warm-ups of each session.  
If a swimmer fails to do so, he/she will be scratched from that session.  
Coaches are asked to please remind all of their swimmers of this procedure.*

**SEEDING:**

All events will be timed finals swum slowest to fastest, with the exception of the 500 Free and 400 IM events that will be swum fastest to slowest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be treated as non-conforming times and will be seeded accordingly.

**AWARDS:**

12 & Under: 1-8 place-custom draped medals. 9-16 place-regular Ribbons.  
**No awards will be given in Open events.**

**COACHES:**

Team packets containing psyche sheets will be available Saturday morning. See the Academy Bullets coaches for your packet. Coaches must be current USA SWIMMING member coaches to be allowed on deck and must continuously display their current USA SWIMMING membership card at all times while on deck.

**OFFICIALS  
AND TIMERS:**

There will be a need for officials. Anyone willing to work should contact the entry chair by phone or email. Each team may be asked to supply timers for the meet. Your cooperation will be greatly appreciated and will help to ensure a great meet for the swimmers.

# Event Order for 2010 Speedo Fall Open

## October 16-17, 2010

### Saturday AM – October 16th

Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

1	11-12 200 IM	2
3	9-10 200 IM	4
5	11-12 50 Free	6
7	9-10 50 Free	8
9	11-12 100 Fly	10
11	9-10 100 Fly	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 Relay	24

### Saturday PM – October 16th

Warm-up @ 12:00 PM; Meet Start @ 1:00 PM

25	Open 200 IM	26
27	8&U 50 Free	28
29	Open 100 Free	30
31	8&U 25 Fly	32
33	Open 200 Fly	34
35	8&U 25 Back	36
37	Open 100 Breast	38
39	8&U 100 Medley Relay	40
41	Open 200 Back	42
43	Open 200 Medley Relay	44
45	**Open 500 Free**	46

### Sunday AM – October 17th

Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

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

### Sunday PM – October 17th

Warm-up @ 12:00 PM; Meet Start @ 1:00 PM

71	Open 200 Free	72
73	8&U 25 Free	74
75	Open 100 Fly	76
77	8&U 25 Breast	78
79	Open 200 Breast	80
81	8&U 100 IM	82
83	Open 100 Back	84
85	8&U 100 Free Relay	86
87	Open 50 Free	88
89	Open 200 Free Relay	90
91	**Open 400 IM**	92

# WARM-UP PROCEDURE

## GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3 point entry.
- No sprinting or pace work allowed during this general warm-up.
- All lanes will be used for general warm-up.

## SPECIFIC WARM-UP (LAST 15 MINUTES)

Push/pace lanes: <ul style="list-style-type: none"> <li>• Push off one or two lengths from the starting end.</li> <li>• Circle swim only.</li> <li>• NO DIVING.</li> </ul>	Diving lanes: <ul style="list-style-type: none"> <li>• Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times.</li> <li>• ONE WAY SWIMMING ONLY.</li> </ul>	General warm -up lanes <ul style="list-style-type: none"> <li>• CIRCLE SWIM ONLY.</li> <li>• NO DIVING.</li> </ul>
Push/pace Lanes are 1 and 8	Diving/sprint Lanes are 2,3,6,7	General warm-up Lanes are 4 and 5

At conclusion of the 15 minute specific warm-up period, all swimmers **MUST** clear the pool.

The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

## COACHES RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.	Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.	Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.
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## HOST TEAM RESPONSIBILITIES

### Marshaling:

- A minimum of four marshals who report to and receive instructions from the Meet Referee and or the Meet Director shall be on deck during the entire warm-up session.
- One Marshall, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- The Host Team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
- Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

## MISCELLANEOUS

- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- Swimmers are required to exit the pool upon the 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.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.



### 2010 SPEEDO FALL OPEN

Hosted by the Academy Bullets Swim Club

COMPLETE THIS FORM AND EMAIL OR MAIL ALONG WITH ENTRY FORMS TO:

**Todd Capen**  
**2421 Sunrise Circle**  
**Aurora, IL 60504**  
**(847)571-7644 or (630) 499-1207**  
[todd.capen@gmail.com](mailto:todd.capen@gmail.com)

TOTAL NUMBER OF ENTRIES \_\_\_\_\_ \$3.00 @ = \$ \_\_\_\_\_

TOTAL NUMBER OF RELAYS \_\_\_\_\_ \$7.00 @ = \$ \_\_\_\_\_

TOTAL NUMBER OF SWIMMERS (ISI SURCHARGE) \$2.00 @ = \$ \_\_\_\_\_

TOTAL FEE = \$ \_\_\_\_\_

NAME OF CLUB \_\_\_\_\_ CLUB CODE \_\_\_\_\_

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

PHONE (DAY) \_\_\_\_\_ PHONE (EVE) \_\_\_\_\_

COACHES ATTENDING: \_\_\_\_\_

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\*ALL COACHES MUST BE USA SWIMMING REGISTERED MEMBER COACHES.

In consideration of the acceptance of this entry, I, intending to 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 USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club, Marmion Academy; 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 the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

\_\_\_\_\_  
 SIGNATURE (COACH OR CLUB REPRESENTATIVE) TITLE DATE

**THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY FORMS OR THE ENTRY WILL NOT BE ACCEPTED. THE DEADLINE FOR ALL ENTRIES IS OCTOBER 9, 2010.**

**ENTRIES WILL NOT BE ACCEPTED PRIOR TO: FRIDAY, SEPTEMBER 17, 2010 at 8:00 AM**  
**MAKE CHECKS PAYABLE TO ACADEMY BULLETS SWIM CLUB**