

2010 BNSC OCTOBERBLAST
Hosted by BNSC
October 8 – 10, 2010

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number: IL

MEET DIRECTOR Paul Murphy 2005 Tracey Dr. #3 Bloomington, IL 61704	ENTRY CHAIRPERSON Paul Murphy 2005 Tracey Dr. #3 Bloomington, IL 61704 bnsccmeetentry@gmail.com	SAFETY CHAIRPERSON Rob Knight 1004 Ironwood Normal, IL 61761 309-454-7357, 531-1896-cell bnsclubcoachrob@gmail.com	MEET REFEREE Lyn Landon LAN65J@comcast.net
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FORMAT:

All events are Timed Final and will finish into the Touch-pads with the exception of 8 & Unders which will start from blocks and utilize plunger timers. All events will be seeded and swum together but scored and awarded separately as described in Awards section. We will utilize positive check-in. **Swimmers MUST Check-in for all events in each session they wish to swim.** Swimmers failing to check-in, but wishing to swim, will only be swum if there are open lanes available.

Friday Afternoon: Session 1:

Warm-ups are from 4:30-5:15pm. Open warm ups, no assigned lanes. **Positive check-in** closes at 4:45pm. **Meet Starts** at 5:30pm. 10 & Unders will swim first in the 500 freestyle, followed by 11-12 and 13 and over swimmers. Heats will be seeded fastest to slowest.

Saturday and Sunday Morning Sessions: (Sessions 2 & 4)

Warm-ups are from 7:00-7:50am and scheduled into two 25 minute periods. Lane assignments will be emailed to coaches and posted on the pool deck. The first warm-up will be 7:00-7:25am, and the second from 7:25-7:50am. **Meet starts** at 8:00 am. **Positive check-in** closes at 7:15am.

Sunday and Sunday Afternoon Sessions: (Sessions 3 & 5)

Warm-ups begin no sooner than 12:00PM or immediately after the last event of the morning session and will be scheduled into two (2) 25-minute periods. Lane assignments will be emailed to coaches and posted on the pool deck. First event will start one hour after the morning session, but not before 1:00pm. **Positive check-in** closes at 12:15pm.

LOCATION:

Illinois State University – Horton Pool.

Directions to Horton Pool – From I-55, take exit 165, U.S. 51-South Main St., south to College Ave. From I-39, exit at I-55 east, and the first exit is 165. From I-74, follow I-55 North to exit 165. From the airport, turn left on Empire (Rt. 9) for approximately two miles, right on Veteran's Parkway for approximately four miles, left on College Ave., for approximately six miles. Make a right on the road just past Redbird Arena. Horton Pool will be on the right side at the west end of Horton Field House, north of Redbird Arena. **Parking** is available free of charge north of the pool and to the west of the outdoor track.

FACILITY:

6-lane, 25 yard pool with Competitor non-turbulent lane markers, Colorado Timing equipment, starting blocks on one end. No warm down pool. Spectator seating is limited to approximately 400 in the bleacher section. Water depth at starting end of pool is 4 feet and 12 feet at turn end.

Free parking is provided in the parking lot northwest of Horton Pool.

NOTE: Metered parking is **not** recommended, as ISU will ticket vehicles occupying spaces with expired meters. BNSC will not be held responsible nor mitigate any such fines.

STAGING:

A gymnasium will be available for staging (team gathering area) between events on Saturday and Sunday. It is located adjacent to the pool and accessible off the balcony in the pool area.

BULL PEN: 8 & Under and 10 & Under swimmers must report to the Bull Pen prior to their races. The Bull Pen will be located in the South Gym which is accessible from the balcony above the starting end of the pool. Swimmers should report to the Bull Pen as their event is announced, and remain seated until they are escorted to the pool.

RULES & SAFETY:

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Spectators are not allowed on the pool deck. Warm up procedures are attached.

TIMES, ELIGIBILITY, ENTRY LIMITS

All USA Swimming 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 the Illinois Swimming Office, 1400 Touhy Ave, Suite 245 Des Plaines, IL 60018. Phone: (847) 824-1596 or FAX (847) 824-1726 or www.ilswim.org

Age as of Friday, October 8th will determine swimmers age for the entire meet. Swimmers are limited to four (4) individual events per day on Saturday and Sunday and two (2) on Friday.

Entries may be limited to the top 18 for boys and top 18 for girls for the 500 free, 200 IM and the 400 IM. The host team reserves the right to swim additional heats if time allows. Entry fees will be refunded for any events entered but not swum because of being bumped. Teams will be notified via email no later than Friday September 25th if swimmers have been bumped.

Swimmers participating in the 500 Free must provide their own timer and lap counter. Fly-over starts will be used for all events except the 8 & Under 25's.

USA SWIMMING, INC

MEMBERSHIP:

Insurance regulations require that all swimmers, judges, starters, and referees be a current member 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.

OFFICIALS:

BNSC will need the help of your USA Swimming officials. Please send a list of officials from your team planning to work the meet by E-mailing Lyn Landon by September 21st with their intentions or questions. There will also be an officials meeting 1 hour prior to the start of each session in the pool office located behind the scoring table.

Lyn Landon: lan65j@comcast.net

ENTRY

DEADLINE:

Entries will not be accepted before 8:00 AM, Friday September 3rd, 2010. Entries received before this date will be returned. Entry deadline is 8:00 AM, Monday, October 4th, 2010. We encourage early registration to ensure participation. No deck entries will be accepted except at the discretion of the meet referee for swimmers already entered in other events in that session, provided there is an open lane for that event.

ENTRIES:

All entries will comply with current USA Swimming and ISI Rules and Regulations. **An emailed Hv-Tek .cl2 file and zip back up is the preferred method for entry.** Swimmer entry report summary, meet summary sheet/release form and check must be received within 5 business days of the emailed entries. A Meet Manager file for your entries will be available on our web site for you to download. Entries not following this requirement will be returned.

Please mail your check and meet summary sheet/release form to:

**Paul Murphy Head Coach BNSC
2005 Tracey Dr. #3
Bloomington, IL 61704**

Entries for **Friday's distance freestyle events** will be accepted as they are received until the time line is met. Accepted entries and **Alternates** for the 500 free will be posted on the BNSC web site www.bnswimclub.org. **Alternates must be positively checked-in to be eligible to swim in the event of scratches during positive check-in.** Final seeding for the 500 free will be posted at the pool Friday PM after positive check-in is completed. Entry fees for events entered but not swum due to time-line restrictions will be refunded.

Hand entries must be written legibly and include swimmers First and Last Name with Middle Initial, date of birth, whole ISI number, team affiliation, event numbers to swim with description and seed times. Checks should be made payable to BNSC. If you desire verification of entries received, a valid email address will be required. Entries will be limited to session hour limits. The time lines will be enforced. Any entries received thereafter will be promptly returned. Team entries will not be split. Any seed time may be updated prior to the December 1^s deadline. However, no new swimmers or events may be added after the deadline.

CLERK OF COURSE:

The Clerk of Course will be open during each session. Please follow the positive check-in deadlines. **Early notification of scratches is encouraged and appreciated.** Submit foreseen scratches to: rksa.meetentry@gmail.com

ENTRY FEES:

Individual event entry fee is \$3.00. Relay entry fee is \$7.00 per relay. A surcharge of \$2.00 per swimmer has been instituted by ISI. **Entry fees must accompany entries.**

ADMISSION:

Admission for Friday night is \$3.00 per person. Saturday and Sunday is \$5.00 per person. Children 12 and under are free. Heat sheets for each session will be available for purchase.

CONCESSIONS:

Full concessions will be available Saturday and Sunday.

SCORING:

Individual Events: 7-5-4-3-2-1
Relays: 14-10-8-6-4-2

Open events will be scored according to the following ages, 13-14, and 15 & over.

SEEDING:

Swimmers will be seeded and will swim from slowest to fastest with the exception of the OPEN 500 freestyle, which will be seeded and swum alternating girls then boys, fastest to slowest beginning with the 10 and unders then 11-12 and 13 & over. All non-conforming times will be seeded last in rank order.

AWARDS:

Individual Events: Custom Medals top 6 places, and ribbons 7th through 12th place.
Relays: Custom Medals top 4 places
Individual and relay awards will be given for 8&under, 10&under, and 11-12 age groups.

Individual high point awards will be given for the top 3 swimmers in each of the following age groups: 8&under, 10&under, 11-12, 13-14, and 15&over. Swimmers may earn points in only one age group for high point award.

RELAYS:

Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table 30 minutes prior to the start of each session.

RESULTS:

One copy of the Final Results will be mailed to all teams having five (5) or more entrants. Individuals may order final results for \$10.00. Hy-Tek Meet Manager and Team manager back up files of results will be posted on our website: www.bnswimclub.com

TIMERS:

All teams with over 15 swimmers must have at least three (3) timers for each of the sessions in which they have swimmers. There will be a mandatory timers meeting 15 minutes prior to the start of each session in front of the scorers table.

WARM-UP

PROCEDURE:

The Illinois Swimming (ISI) warm-up procedure will be followed.

GENERAL WARM-UP

- a. **NO DIVING** allowed from the 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. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
- c. **Starts, Push/Pace** are to be done at the end of your general warm-up.

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. 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."
- c. 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.
- d. 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.

SCHEDULE OF EVENTS
2010 BNSC OCTOBERBLAST
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OCTOBER 8-10, 2010

Session 1: Friday Afternoon

Warm-Up 4:30pm-5:15pm

Meet Start 5:30pm

Girls Event Number	Event Description	Boys Event Number
1	Open 400IM	2
3	10 & Under 200 IM	4
5	11-12 200 IM	6
7	Open 500 Free	8

*10&Under swimmers entered in the 500 will swim in the first heat(s), followed by the 11-12, 13-14, and 15 & Over age groups seeded fastest to slowest. Freestyle distance events may be combined at the discretion of the meet Referee.

Session 2: Saturday Morning

Warm-Up 7:00 am-7:50 am

Meet Start 8:00 am

Girls Event Number	Event Description	Boys Event Number
9	8 & Under 200 Free	10
11	10 & Under 200 Free	12
13	8 & Under 50 Breast	14
15	10 & Under 100 Breast	16
17	8 & Under 25 Free	18
19	10& Under 50 Free	20
21	8& Under 25 Fly	22
23	10 & Under 100 Fly	24
25	8& Under 50 Back	26
27	10 & Under 50 Back	28
29	8 & Under 100 Free	30

Session 3: Saturday Afternoon*

Warm Up: 12:00 to 12:50PM

Meet Start: 1 PM

Girls Event Number	Event Description	Boys Event Number
31	Open 200 Fly	32
33	11-12 100 Fly	34
35	Open 50 Free	36
37	11-12 50 Free	38
39	Open 100 Back	40
41	11-12 100 Back	42
43	Open 200 Breast	44
45	11-12 50 Breast	46
47	Open 200 Free*	48
49	11-12 200 Free*	50

*Warm-ups will begin immediately after the last event of the morning session but not before 12:00 am..

Session 4: Sunday Morning

Warm-Up 7:00am-7:50am

Meet Start 8:00am

Girls Event Number	Event Description	Boys Event Number
51	8 & Under 100 IM	52
53	10 & Under 100 IM	54
55	8 & Under 25 Back	56
57	10 & Under 100 Back	58
59	8 & Under 25 Breast	60
61	10 & Under 50 Breast	62
63	8 & Under 50 fly	64
65	10 & Under 50 Fly	66
67	8 & Under 50Free	68
69	10 & Under 100 Free	70

Session 5: Sunday Afternoon*

Warm Up 12:00pm-12:50pm*

Meet Start 1:00pm*

Girls Event Number	Event Description	Boys Event Number
71	11-12 100 IM	72
73	Open 200 IM	74
75	11-12 100 Breast	76
77	Open 100 Breast	78
79	11-12 50 Fly	80
81	Open 100 Fly	82
83	11-12 50 Back	84
85	Open 200 Back	86
87	11-12 100 Free	88
89	Open 100 Free	90

Warm-ups will begin immediately after the last event of the morning session but not before 12:00 pm.

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October 8-10, 2010

Sanctioned by United States Swimming and Illinois Swimming, Inc.

USA Swimming, Inc. Sanction Number: IL

SUMMARY OF FEES AND RELEASE FORM

Please send to: Paul Murphy
 2005 Tracey Dr. #3
 Bloomington, IL 61704

Name of Club:						
USA Swimming, Inc. Affiliation (LSC):				Club Code:		
Name of Coaches attending meet:						
Name of person submitting entry:						
Mailing Address:						
Telephone # (please include) Work:				Home:		
E-mail Address:						
	Number of Swimmers		Number of Entries		Cost Per Swim	Totals
10 & Under				X	\$3.00	
11-12				X	\$3.00	
13-14				X	\$3.00	
Senior/Open				X	\$3.00	
Relays				X	\$7.00	
Total Swimmers					\$2.00	
				Total Fees		

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waiver, and release any and all rights and claims for damages which may occur against United States Swimming, Inc., Illinois Swimming, Inc., BNSC, ISU, their representatives, employees, directors, officers, 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 the meet are duly and currently registered with USA Swimming."

Signature:	Date
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(Coach, Club Representative or Parent – please indicate)

