

2010 “GO FOR THE GLOW” PENTATHLON

Hosted by CHAMPS

October 1-2, 2010

Sanctioned by USA Swimming, Inc., and Illinois Swimming, Inc.

Sanction # ILS10-1002

- Location:** Morton West High School
2400 S. Home Berwyn, IL 60402
The school may be entered from Harlem Ave. just south of Cermak Rd. (22nd Street). Pull in car wash entrance. Go around to school. Pool entrance is in back by tennis courts.
- Facility:** Six lane 25-yard competition pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12-foot depth). A fully automated Daktronics timing system with touch pads, one backup button, and a six-lane display board will be used. Seating capacity for 400 spectators is available. The competition course has not been certified in accordance with 104.2.2C(4)
- Meet Director/Entries** championshipswimmers@comcast.net
Colleen Borkovec
N358 Pine Grove Avenue, Bensenville, IL 60106
708-421-7267
- Meet Referee:** Carla Murray 708-594-7679 / swim2soccermom@sbcglobal.net
Safety Coordinator: Mark Murray 708-594-7679
- Format:** **This is an open, short course yards, timed finals meet with positive check-in.** Check-in sheets will be posted prior to the start of warm-ups, and will be removed 20 minutes after the start of each warm-up session. Heat sheets with lane assignments will be posted in the pool area as soon as all scratched have been completed. The Meet Referee reserves the right to use Fly-over starts if time constraints make it necessary.

**START OFF THE SEASON FOR YOU SWIMMERS & ESTABLISH TIMES~
DIMMED LIGHTS & GLOW STICKS EVERYWHERE, INCLUDING HEAT PRIZES!
ONLY 2 SESSIONS**

SESSION	DAY	EVENTS	AGE GROUP	WARM-UPS	MEET START
1	FRI PM	100's EACH STROKE; 200 IM	12&U; OPEN	5:00 PM	6:00 PM
2	SAT AM	50's EACH STROKE; 100 IM	8&U; 10&U; 11-12	9:00 AM	10:00 AM

- Eligibility:** Entrants age as of October 1, 2010 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as “registration applied for” will not be accepted.
- Rules:** All USA Swimming, Inc. and Illinois Swimming, Inc. Rules and Regulation apply. All USA swimming and ISI safety rules will be strictly enforced.

- Entries:** Swimmers may enter up to 5 events per day. All entries must be submitted in Short Course Yards (SCY). Email entries submitted on HY-TEK. Team Managers are encouraged and appreciated. Seeding will be based on entry times for each event and will be swum slowest to fastest. **CHAMPS reserves the right to limit all events in order to meet the timeline constraints.** The enclosed release form must be signed and returned to CHAMPS with fee payment.
- Entry Deadline:** Entries will be accepted beginning at 10:00 AM on Sept 10, 2010. Entries will be accepted via Email or overnight courier only. **NO HAND DELIVERED** entries will be accepted. Please sign “waiver of signature”. Entries received before 10:00 AM on Sept 10, 2010 will be returned. Entry fees and all required forms must accompany entry.
- Entry Fees:** \$3.00 per individual event
\$7.00 per relay
\$2.00 ISI surcharge
Make checks payable to CHAMPIONSHIP SWIMMERS, INC.
- Email entries to:** championshipswimmers@comcast.net
All emailed entries must be followed by team summary & release form and payment within 72 hours.
- Mail entries to:** CHAMPIONSHIP SWIMMERS, INC.
c/o Colleen Borkovec
4N358 Pine Grove
Bensenville, IL 60106
championshipswimmers@comcast.net
- Results:** MM backup will be provided via email.
- Timers & Officials:** All teams are asked to submit the name and phone number of a team contact for timers. Each team may be responsible for providing two (2) timers for the duration of the meet. Volunteer officials certified USA Swimming/Illinois Swimming would be greatly appreciated. Please enclose their name, phone number, and certification level so the meet referee may contact them.
- Awards:** The top 12 finishers from each event will receive ribbons. Heat prizes will also be awarded throughout the meet.
- Admission:** \$5.00 (Children under 10 are FREE)
- Concessions:** A concession stand will be available throughout the meet.
- Hospitality:** Will be available for all coaches and meet officials throughout the meet.

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.

- 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

A. 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.

2010 “GO FOR THE GLOW” PENTATHLON

Hosted by CHAMPS

October 1-2, 2010

Sanctioned by USA Swimming, Inc., and Illinois Swimming, Inc.

Sanction #

FRIDAY ~ 5 PM Warm-up / 6 PM Start

<i>Women</i>	<i>Session 1</i>	<i>Men</i>
1	12&U 100 FLY	2
3	OPEN 100 FLY	4
5	12&U 100 BACK	6
7	OPEN 100 BACK	8
9	12&U 100 BREAST	10
11	OPEN 100 BREAST	12
13	12&U 100 FREE	14
15	OPEN 100 FREE	16
17	12&U 200 IM	18
19	OPEN 200 IM	20

SATURDAY ~ 9 AM Warm-up / 10 AM Start

<i>Women</i>	<i>Session 2</i>	<i>Men</i>
21	8&U 25 FLY	22
23	10&U 50 FLY	24
25	11-12 50 FLY	26
27	8&U 25 BACK	28
29	10&U 50 BACK	30
31	11-12 50 BACK	32
33	8&U 25 BREAST	34
35	10&U 50 BREAST	36
37	11-12 50 BREAST	38
39	8&U 25 FREE	40
41	10&U 50 FREE	42
43	11-12 50 FREE	44
45	8&U 50 FREE	46
47	10&U 100 IM	48
49	11-12 100 IM	50
51	8&U 100 Free Relay	52
53	10&U 200 Free Relay	54
55	11-12 200 Free Relay	56

2010 "GO FOR THE GLOW" PENTATHLON

Hosted by CHAMPS

October 1-2, 2010

Sanctioned by USA Swimming, Inc., and Illinois Swimming, Inc.

Sanction #

Club Name: _____ Club Code: _____

Club Address: _____

Name(s) of coach(es) attending meet: _____

Total # of Individual Entries _____ @ \$3.00 each = \$ _____

Total # of Relay Entries _____ @ \$7.00 each = \$ _____

Total # of Swimmers(ISI Surcharge) _____ @ \$2.00 each= \$ _____

TOTAL ENTRY FEES \$ _____

Entry Contact _____
Day Phone _____ Evening Phone _____
Email address _____

Officials Coordinator _____
Day Phone _____ Evening Phone _____
Email address _____

Timer Coordinator _____
Day Phone _____ Evening Phone _____
Email address _____

HOLD HARMLESS AGREEMENT

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming, Inc. 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 occur against USA Swimming, Inc., Illinois Swimming, Inc., J. Sterling Morton High School District 201, J. Sterling Morton High School District #201 Board of Trustees, Championship Swimmers, Inc., or successors for any and all injuries suffered by me and any contestant or representative in said meet, as a representative of my club.

Representative Signature: _____ Title _____ Date: _____