

Bernie Soya Memorial Fall Classic

Hosted by COHO Swim Club

Sunday, November 14, 2010

USA Swimming Sanction #ILS10-1112

*****NEW ORDER OF EVENTS FOR 2010*****

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.

LOCATION Deerfield High School - 1959 Waukegan Road, Deerfield, IL 60015

FACILITY Competition Pool: Six (6) 25 yard lanes with non-slip starting blocks, non-turbulent lane markers, and a digital 6-lane display scoreboard. The competition pool is 11.5' at the start end and 4.0' at the turn end. Daktronics automatic timing system will be used. Seating is available for approximately 400 people.

MEET DIRECTORS
Tom & Laura Gilbert
tjgilby@gmail.com

ENTRY CHAIR
Nancy Reese
nancy@teamcoho.org

REFEREE
Mark Brottman
mark@shschi.com

SAFETY CHAIR
Noreen Kreda
noreen.a.kreda@accenture.com

FORMAT Timed finals with positive check-in. Check-in sheets will be posted before of warm-ups, and will be removed 30 minutes after the start of each warm-up session. Swimmers, who are not checked-in, will be scratched from that session.

SESSIONS

<u>Session</u>	<u>Warm-ups</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
I (8&U, 9-10)	7:00-8:00AM	7:30AM	8:15AM

Session II (11-12, 13&O): Warm-ups will begin immediately after the conclusion of the AM session but not before 11:00AM. Warm-ups will last for 60 minutes, and the meet will start 15 minutes after warm-ups have ended. Positive check-in will close 30 minutes after warm-ups have started. The Session II warm-up time will be posted on our website by Wednesday, November 10th, 2010 at www.teamcoho.org. Coaches will also be notified via e-mail.

Session III (1650 Free): A warm-up period for Session III will be determined by the Meet Referee and coaches with swimmers entered in the 1650 Free.

ELIGIBILITY Swimmer's age as of **November 14, 2010** will determine his or her age for the entire meet. Only USA Swimming athletes who are registered with the competing teams are eligible. All swimmers must be registered prior to competing. Entries listed, as "Registration applied for" will not be accepted.

EVENTS There are no minimum time standards. Events will be deck seeded timed finals. 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 fastest to slowest. Swimmers reporting late to the blocks will be scratched from that event.

ENTRY FEES	There is a \$3.00 entry fee per event and a \$2.00 athlete surcharge per swimmer. Please make checks payable to "COHO Swim Club"												
TIMING	Visiting clubs may be asked to supply timers.												
ENTRIES	Swimmers may enter up to four (4) individual events per session. If any swimmer's entry is submitted with more than 4 individual events per session, the entry chair will take the first 4 events and disregard the rest of the events for that swimmer. Please send Hy-Tek zipped entry files and short course yard times to nancy@teamcoho.org . The enclosed summary and release form, signed by the coach, parent or club representative, and a check for all entry fees must be received within 48 hours of receipt of the e-mail entry. The host club accepts no responsibility for receipt of e-mail entries; confirmation is the sole responsibility of the sender. <u>Entries may be submitted beginning 8:00am October 10, 2010 and will be accepted until the meet fills, but must be received no later than 5:00pm on Friday, November 5th, 2010.</u> Only entries received via e-mail or delivered by the U.S. Postal Service or a nationally recognized courier service will be accepted. Failure to comply with these entry requirements is sufficient cause to refuse all entries.												
USA SWIMMING MEMBERSHIP	Insurance regulations require that all swimmers, coaches, judges, starters, and referees are current members of USA Swimming, Inc. 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, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.												
SWIMMERS WITH DISABILITIES	In accordance with USA Swimming Rules, Articles 105 and 202.1.13, 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 with specific requests.												
SEEDING	All events will be seeded slowest to fastest. Please enter your times in Short Course Yards (SCY) to ensure that you are properly seeded. There is no bullpen. Coaches are responsible for ensuring that their swimmers compete in the proper heat and lane.												
POSITIVE CHECK-IN	This meet is a positive check-in meet. All swimmers must check-in prior to each session in which they are entered. Swimmers failing to check-in will be scratched from that session.												
CONDITIONS OF SANCTION	The competition course has not been certified in accordance with 104.2.2C(4).												
AWARDS	Ribbons will be given to the top 6 finishers in each event.												
SCORING	Events will be scored as follows: <table style="display: inline-table; vertical-align: middle;"> <tr> <td style="padding: 0 10px;">1st</td> <td style="padding: 0 10px;">2nd</td> <td style="padding: 0 10px;">3rd</td> <td style="padding: 0 10px;">4th</td> <td style="padding: 0 10px;">5th</td> <td style="padding: 0 10px;">6th</td> </tr> <tr> <td style="padding: 0 10px;">7</td> <td style="padding: 0 10px;">5</td> <td style="padding: 0 10px;">4</td> <td style="padding: 0 10px;">3</td> <td style="padding: 0 10px;">2</td> <td style="padding: 0 10px;">1</td> </tr> </table>	1 st	2 nd	3 rd	4 th	5 th	6 th	7	5	4	3	2	1
1 st	2 nd	3 rd	4 th	5 th	6 th								
7	5	4	3	2	1								
ADMISSIONS	All spectators will be charged an admission fee, and psyche sheets will be available for purchase.												

PARKING AND ENTRANCE

Ample parking is free. All coaches, swimmers, and spectators must enter the building via the circle drive entrance at the front of the school.
Smoking is not allowed anywhere in or around Deerfield High School.

CONCESSIONS

Food and Beverages will be sold during the meet by parent volunteers.
Food will not be allowed on the pool deck.

OFFICIALS

Please have any certified officials who would like to work contact the Meet Referee, Mark Brottman at mark@shschi.com.

RESULTS

Final results will be e-mailed to all participating clubs.

STARTS

At the meet referee's discretion, fly-over starts may be implemented in order to ensure that each session is completed in a timely manner. Breaks may also be added as needed depending on the timeline.

RULES & SAFETY

All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.

WARM-UP PROCEDURES

Each team will be assigned lanes for warm-ups to be used at their discretion. Teams may be required to share lanes based on team size. When conducting starts, each team will ensure their swimmers are swimming one way only.

ORDER OF EVENTS

NEW ORDER OF EVENTS FOR 2010! All events are short course yards.

Session I				Session II				Session III	
<i>Girls</i>	<i>Event</i>	<i>Boys</i>	<i>Girls</i>	<i>Event</i>	<i>Boys</i>	<i>Girls</i>	<i>Event</i>	<i>Boys</i>	
1	10&U 200 Free	2	35	M-Open 500 Free	35	68	M-Open 1650 Free	68	
3	8&U 100 IM	4	36	11-12 50 Fly	37				
5	10&U 50 Fly	6	38	Open 100 Back	39				
7	8&U 25 Back	8	40	M-Open 200 Breast	40				
9	10&U 100 Breast	10	41	11-12 100 Free	42				
11	10&U 50 Back	12	43	13&O 50 Free	44				
13	8&U 25 Fly	14	45	M-Open 200 Fly	45				
15	9-10 100 IM	16	46	11-12 50 Breast	47				
17	10&U 100 Free	18	48	13&O 100 Free	49				
19	8&U 25 Free	20	50	M-Open 400 IM	50				
21	10&U 50 Breast	22	51	11-12 50 Free	52				
23	10&U 100 Fly	24	53	M-Open 200 Back	53				
25	8&U 50 Free	26	54	Open 100 Fly	55				
27	9-10 50 Free	28	56	11-12 50 Back	57				
29	10&U 100 Back	30	58	13&O 200 Free	59				
31	8&U 25 Breast	32	60	Open 100 Breast	61				
33	10&U 200 IM	34	62	11-12 100 IM	63				
			64	Open 200 IM	65				
			66	11-12 200 Free	67				

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

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 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.

6 LANE POOL USE: PUSH/PACE (1&6) DIVING (2&5) GENERAL WARM-UP (3&4)

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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

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Girls - Number of Entries _____ @ \$3.00 each = \$ _____

Boys - Number of Entries _____ @ \$3.00 each = \$ _____

Total Number of Swimmers _____ @ \$2.00 each = \$ _____

Grand Total = \$ _____

Please make all checks payable to: **COHO Swim Club**

Name of Club _____ Club Code _____ LSC _____

Names of USA Swimming registered coaches attending meet _____

Mailing Address _____

City, State, Zip _____

Home Phone _____ Cell/Work Phone _____

E-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; COHO Swim Club; Deerfield Park District; Deerfield High School and School District 113, 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 this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature

Title

This signed release must accompany the entry or the entry will not be accepted.