

ELMHURST SWIM TEAM 20th ANNUAL A-B MEET

DECEMBER 10,11,12, 2010

SANCTION: Sanctioned by United States of America Swimming and Illinois Swimming, Inc.
Sanction # ILS10-1210

LOCATION: The meet will utilize the Aquatic Center at York High School, 355 W. St. Charles Road, Elmhurst, Illinois. The Aquatic Center is on the northwest corner of the building. Parking and drop-off area is located in the front of the school and there will be signs to direct you where to enter for the meet. There will be no drop-off area in the back of the school by the pool. These doors will be locked.

FACILITY: This meet will be fully computerized using the Hy-Tek CommLink system. The pool is a 52Yard, six lane facility with a stainless steel bulkhead fixed at 25 yards for each pool. There are permanent parafite starting blocks (14' water depth at the starting end and 6' water depth at the turn end of the racing course.) Keifer lane lines exist between lanes and between the outside lane and the pool edge. Timing is with a fully automatic Colorado Timing System with button backup. Warm-up pool is 3 ½' to 6' water depth.

MEET DIRECTORS: Doug Kellerstrass,

ENTRY CHAIRMAN: Dave Davis, 355 W. St. Charles, Elmhurst, IL. 60126
630-617-2481 ddavis@elmhurst205.org

MEET REFEREE: Doug Kellerstrass,

RULES, TIMES, ELIGIBILITY: All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Only USA registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmers age as of December 10, 2010. USA registration forms can be obtained from Illinois Swimming, Inc. 1400 East Touhy Avenue, DesPlaines, IL, 60018

Fax: 847-824-1596 E-Mail: ilswimoffice@ilswim.org

Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA coach member registration card at all times while on deck.

Swimmers shall be limited to THREE (3) events per day plus relays. Relay swimmers must be entered in at least one individual event. DECK ENTRIES WILL NOT BE PERMITTED.

POSITIVE CHECK-IN: This meet is a positive check-in meet. All swimmers must check-in to each session. Check-in station will be located in pool area hallway, by the locker rooms. Check-in will close for each session 30 minutes after the start of warm-ups for that session. All swimmers who do not check-in for a session will be scratched for that session. Swimmers must physically present themselves at the check-in station to be checked in.

Illinois Swimming Inc. time standards will be used. Time for "Senior" events will be the 13-14 age group standards. All events will be deck seeded times finals. A-B events will be seeded and swam together but scored and awarded separately. The host team reserves the right to limit events 111 & 112 (Senior 500 Yard Fr) to 13 & over swimmers only, and events 211 & 212 (Senior 200 Yard IM) to the fastest THREE (3) heats. Due to the order of events the 11 & 12 age groups will be limited to either the 50 or 100 Yard back, fly, and breast. This will allow ample time for swimmers to get to the bullpen between races. Please do not enter 11-12 swimmers in the same stroke at both distances.

ENTRY FEES: \$2.00 per swimmer for ISI surcharge
 \$3.00 per individual event
 \$7.00 per relay

A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to ELMHURST SWIM TEAM.

ENTRY DEADLINE AND PROCEDURES: Entries will not be accepted until Saturday, November 6, 2010 and will be accepted until the maximum time limit, subject to the 4 hour/10 hour rule is reached. Entries received thereafter will be returned immediately. If you desire verification of entries received, include a self-addressed postcard with your entries.

**ENTRIES MUST BE MAILED IN, OR EMAILED(HY-TEK FILE) - NO HAND DELIVERED
ENTRIES WILL BE ACCEPTED. OVERNIGHT, PRIORITY, REGULAR MAIL, ECT. IS
ACCEPTABLE.**

SCHEDULE: Friday warm-ups will begin at 5:00 pm. The meet will begin at 6:00 pm. Saturday and Sunday morning warm-ups will begin at 7:00 am. The meet will begin at 8:00 am. Afternoon warm-ups will begin at Noon in the West pool. The afternoon session will begin at 1:00 pm or as soon thereafter as is possible. The building will be open at 6:30 am on Saturday and Sunday. No swimmers will be allowed in the building before this time.

AWARDS: Awards will be given for the first through sixth place for "A","B","C" categories for individual events and first through third place for relay events. AWARDS WILL BE AVAILABLE TO COACHES ONLY AT THE CONCLUSION OF THE MEET.

UPGRADING PROCEDURES: Coaches will be able to update times through 12/6/2010

RESULTS: One copy of the final results will be mailed to any team represented by five (5) or more swimmers. Others may order final results at the meet for a \$7.50 fee. Sign-up will be at the admission desk following each session.

CONCESSIONS: A wide variety of food concessions will be available throughout the meet. T-shirts and other mementos and swim equipment will also be available.

TIMERS & OFFICIALS: We welcome and request all teams assistance in timing and officiating the meet. Timers & Officials may register with the Meet Director by sending the enclosed form with their team registration. Timers & Officials will receive free admission. Also, officials who work will receive lunch on each day.

GENERAL NOTES: Only swimmers, meet officials, timers, and USA registered coaches are allowed on the pool deck.

ELMHURST SWIM TEAM
20th ANNUAL A-B MEET
DECEMBER 10,11,12, 2010
SANCTION # ILS0

SCHEDULE OF EVENTS

PLEASE NOTE: Swimmers shall be limited to three (3) events per day plus relays. Swimmers must swim at least one individual event in order to be eligible for relays. Swimmers may not participate in more than one session per day.

SESSION # 1

FRIDAY EVENING, DEC. 10, 2010

WARM-UPS: 5:00 PM

STARTING: 6:00 PM

<u>GIRLS</u>	EVENT	<u>BOYS</u>
01	10 & Under 200 Y Free	02
03	11-12 200 Y Free	04
05	Senior 200 Y Free	06
07	10 & Under 200 Y IM	08
09	11-12 200 Y IM	10
11	Senior 500 Y Free**	12

** 13 & over only allowed in this event

SESSION # 2

SATURDAY MORNING, DEC. 11, 2010

BUILDING OPENS: 6:30 AM

WARM-UPS: 7:00 AM

STARTING: 8:00 AM

GIRLS	EVENT	BOYS
101	Senior 200 Y IM **	102
103	10 & Under 50 Y Fly	104
105	Senior 100 Y Back	106
107	10 & Under 50 Back	108
109	Senior 100 Free	110
111	10 & Under 50 Free	112
113	10 & Under 200 Y R-Medley	114
115	Senior 200 Y R-Medley	116

** Host team reserves the right to limit to the fastest three (3) heats.

SESSION # 3

SATURDAY AFTERNOON, DEC. 11, 2010

WARM-UPS: NOT BEFORE NOON

STARTING: NOT BEFORE 1:00 PM

GIRLS	EVENT	BOYS
201	11-12 100 Y Free	202
203	8 & Under 25 Y Free	204
205	11-12 50 Y Back**	206
207	11-12 100 Y Back**	208
209	8 & Under 25 Y Back	210
211	11-12 50 Y Fly**	212
213	11-12 100 Y Fly**	214
215	8 & Under 100 Y IM	216
217	11-12 200 Y R-Medley	218
219	8 & Under 100 Y R-Medley	220

** May only choose one, 50 or 100

SESSION # 4

SUNDAY MORNING, DEC. 12, 2010

BUILDING OPENS: 6:30 AM

WARM-UPS: 7:00 AM

STARTING: 8:00 AM

GIRLS	EVENT	BOYS
301	10 & Under 100 Y Free	302
303	Senior 100 Y Breast	304
305	10 & Under 50 Y Breast	306
307	Senior 50 Y Free	308
309	10 & Under 100 Y IM	310
311	Senior 100 Y Fly	312
313	10 & Under 200 Y R-Free	314
315	Senior 200 Y R-Free	316

SESSION # 5

SUNDAY AFTERNOON, DEC. 12, 2010

WARM-UPS: NOT BEFORE NOON

STARTING: NOT BEFORE 1:00 PM

GIRLS	EVENT	BOYS
401	8 & Under 50 Y Free	402
403	11-12 50 Y Breast	404
405	11-12 100 Y Breast	406
407	8 & Under 25 Y Breast	408
409	11-12 50 Y Free	410
411	8 & Under 25 Y Fly	412
413	11-12 100 Y IM	414
415	8 & Under 100 Y R-Free	416
417	11-12 200 Y R-Free	418

(Use this form, or create your own form containing the same information)

NOTE: Swimmers are limited to three (3) individual events per day plus relays. Swimmers must swim at least one individual event in order to be eligible for relays. Swimmers may not participate in more than one session per day.

TEAM NAME _____

INDIVIDUAL EVENTS

Swimmer information

Name _____ Age _____ Sex _____ USA# _____

(First, Middle Initial, Last) (Years) (M or F)

List events/descriptions/Seed Times

EVENT # DISTANCT (YDS)/STROKE _____ SEED TIME (SC YDS)

RELAY EVENTS

Swimmer information

Name	1	_____	age	_____	sex	_____	USA #	_____
	2	_____	age	_____	sex	_____	USA #	_____
	3	_____	age	_____	sex	_____	USA #	_____
	4	_____	age	_____	sex	_____	USA #	_____

Complete this form and mail with your age group entry forms (or Hy-Tek commlink disk) and your check payable to: Elmhurst Swim Team

Mail to: Elmhurst Swim Team c/o Dave Davis, York High School, 355 W. St. Charles, Elmhurst, IL. 60126. Phone (630) 617-2481.

SUMMARY OF FEES

8 & under	_____	# of Entries	_____	@\$3.00 each = \$	_____
10 & under	_____	# of Entries	_____	@\$3.00 each = \$	_____
11-12	_____	# of Entries	_____	@\$3.00 each = \$	_____
Senior	_____	# of Entries	_____	@\$3.00 each = \$	_____
Relays	_____	# of Entries	_____	@\$7.00 each = \$	_____
ISI surcharge	_____	# of swimmers	_____	@\$2.00 each = \$	_____

Name of club _____

Club Initial code (for heat sheet listing) _____

Club Association (LSC Le. ISI) _____

Name(s) of coaches attending meet _____

Mailing address _____

City, State, Zip _____

Contact Person _____

Home Phone _____ Business _____

RELEASE FORM

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 cosign, waive and release any and all right and claims for damages which may occur against United States Swimming Inc., Elmhurst Swim Team, inc., Unit School Dist. 205, their representatives, directors, officers, Employees or successors for any and all injuries suffered by me or any contestant or representative in said meet, as 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 _____ Title _____

Date _____

(Coach, representative or parent)

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.

We request the assistance of each team of 5 or more swimmers to provide timers and officials for the meet. We are requesting 2 timers and 1 official per session. These volunteers should report to the volunteer table at the deck at start of their session. Admission will not be charged.

Officials who work two sessions on the same day will receive lunch. Officials should indicate their current level of certification. Please indicate if you are available.

Session #1 – Friday Evening Dec. 11th

Session #2 – Saturday Morning Dec. 12th

Session #3 – Saturday Afternoon Dec. 12th

Session #4 – Sunday Morning Dec. 13th

Session #5 – Sunday Afternoon Dec. 13th

TEAM NAME _____

Volunteer Name, Job (timer, judge, starter, ect.) _____ Session #(s)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Return this form with your entry, or mail to: Dave Davis (630) 617-2481

Your assistance is greatly appreciated.

York High School
355 W. St. Charles Rd.
Elmhurst, IL 60126

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

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.

Effective: November 3, 2004

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.