

**Bee My Valentine Classic**  
**Sponsored by: The Hornet Swim Club**  
**February 12-13, 2011**  
**Sanction number: ILS11-0210**

**Meet Director**

Mardie Leader  
PO Box 1182  
Westmont, IL 60559  
630 247 7460  
info@hornetswimclub.org

**Entry Chair**

Steve Bowater  
5623 Childs Ave  
Hinsdale, IL. 60521  
630-789-0348  
entries@hornetswimclub.org

**Meet Referee**

Mike Weresch  
630 654 4020  
mjwdvr1@aol.com

**Safety Chair**

Joe Cielinski  
630 969 5514  
jjajlski@aol.com

**Format:** This will be a timed finals, positive check-in meet. A listing of events offered is attached.

**Sat/Sun Morning**

warm-ups  
check-in closes  
meet starts

7:00-7:50 AM  
7:20 AM  
8:00 AM

**Sat/Sun Afternoon**

warm-ups  
check-in closes  
meet starts

not before 11:30 AM  
11:50 AM  
not before 12:30 PM

**Sat Evening**

warm-ups  
check-in closes  
meet starts

immediately following Saturday  
afternoon session  
at start of evening session warm-ups  
30 minutes after start of warm-ups

**Location:** Hinsdale South High School  
7401 S. Clarendon Hills Rd.  
Darien, IL, 60561.

**Facility:** The Hinsdale South High School pool is a 25-yard, six lane pool with Paragon starting blocks at the deep end. The start end is 10' deep and the turn end is 4' deep with competitor brand non- turbulent lane lines and an IST Scoreboard with six-lane readout and a scrolling line. There is ample spectator seating.

**Rules/Safety:** All USA and ISI Swimming rules and ISI safety rules will be strictly enforced.

**Eligibility:** 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 E. Touhy Avenue, Suite 245, Des Plaines, IL 60018. Phone 847-824-1596. A swimmer's age as of February 12, 2011 will determine their age for the meet.

**Membership:** Insurance regulations require that all swimmers, coaches, judges, starters, and referees be current members 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.

**Entry Deadline:** Entries will not be accepted by the Entry chairperson before 8:00AM January 8, 2011. Entries will be accepted via email and via nationally known courier. DO NOT send certified or registered mail. Please indicate the package does NOT have to be signed for. No hand delivered or faxed entries will be accepted.

**Entry Limitations:** No deck entries will be permitted, except for corrections of mistakes made by the entry chairperson. A printed copy of each team's entry will be mailed back to the team before the meet and it is their responsibility to make sure the entry is correct. Swimmers may swim a maximum of 4 individual and one relay event(s) per day.

**Additional Limitations:** The host team reserves the right to limit the number of heats to conform to a four-hour time for each session (two hours for Saturday evening session). In particular, entries for 9-10/11-12 200 Free (events 55-58) and 9-10/11-12 200 IM (events 75-78) may need to be limited to the top three heats per event. Teams will be notified as soon as possible if limitations are necessary. Fees for any entries which are cut by the host team will be refunded.

**Entry Forms:** Meet entries should be submitted using Hy-Tek Team Manager on a CD-ROM, or via email. Please send the following completed information to the entry chair: (1) A paper copy of your entries (and CD-ROM, if not e-mailed); (2) Signed release form; (3) Payment for Meet. *For email entries, the paper copies and payment must arrive within 10 days of your email submission.* If not received by that time, your electronic entries will be rejected. If Hy-tek is not used, the entries must be for teams of 3 or less swimmers. Meet entries must be submitted on the Hornet Bee My Valentine entry forms.

**Entry Fees:** The entry fee for individual events is \$3.00 per event and for relays it is \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to the Hornet Swim Club.

**Entry Verification:** If you desire verification of entries received, include a self-addressed postal card with your entries or an E-mail address to your Club's entry person.

**Entry Limit/Deadline:** Friday, February 4, 2011 is the last date the entry chairperson will accept entries. Entries shall not be considered received until delivered to the entry chairperson at the address shown in the meet information. Entries will be accepted until the time limit, subject to the 4 hour / 10 hour rule is reached and entries received thereafter will be returned immediately. If a phone number is included on the Entry Summary Sheet, teams that do not get into the meet will be called immediately. No additional swimmers may be entered after the original team entry has been processed.

**Seeding:** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order. Please give a time if at all possible so we book the meet appropriately. A bullpen will be used for all events.

**Warm-ups:** The ISI controlled meet warm-up and safety guidelines, effective November 3, 2004, will be used at this meet.

**Starting:** FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. 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 and swimmers to contact the Meet Referee prior to competition with specific requests.

**Positive check-in:** This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for that session's events. Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in slower heats.

**Officials & Timers:** Officials are needed. Anyone willing to officiate should contact the Meet Referee. Teams will be expected to provide timers for all sessions. Your team's lane assignment will be in the Coaches Packet in the Hospitality Room.

**Results:** Results will be posted as the meet progresses. One copy of printed results in publication format will be mailed to all teams represented at their request. Individuals may purchase a copy of final results for \$5.00. You may request results at the Admissions table.

**Awards:** Awards will be given to all age groups participating in the meet for places 1<sup>st</sup>.- 12<sup>th</sup>. Team High Point trophies will be awarded 1<sup>st</sup>.-3<sup>rd</sup>. using the standard method of scoring. All places will be determined by final time, not seedtime.

**Admissions, Psych Books and Heat Sheets:** The cost of admission is \$5.00 per day (no charge for children under age of 12 and athletes). A psych book covering all sessions will be available at a cost of \$8.00. Heat sheets for the morning and afternoon sessions are included in the purchase price of a psych book.

**Concessions:** Food and beverages will be available for sale on Saturday and Sunday. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is no smoking on the grounds or in the building.

**Hotels:** Call the Meet Director if you need hotel information.

Hornet Bee My Valentine Classic  
February 12-13, 2011  
Sanction #: ILS11-0210

Names of Coaches attending meet

---

---

Club Mailing Address

Name:

---

Address:

---

---

City, State, Zip.

---

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

In consideration of acceptance of this entry, I, intending to be legally bound; hereby cosign, waive and release all rights and claims for damages which may occur against USA Swimming, Inc., Illinois Swimming, Inc., Hornet Swim Club, Hinsdale South High School, Hinsdale Township District 86, and any parents' associations, 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 (Coach, Parent, or Club Representative)

---

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

**Hornet Bee My Valentine Classic**  
**February 12-13, 2011**  
**Sanction #: ILS11-0210**

E-Mail Entries to: Steve Bowater at [entries@hornetswimclub.org](mailto:entries@hornetswimclub.org)  
Or regular mail : 5623 Childs Ave  
Hinsdale, IL 60521  
630-789-0348

**Summary of fees:**

8 & Under	Girl	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
9 - 10	Girls	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
11 - 12	Girls	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
13 - 14	Girls	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
Senior	Girls	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
Total Number of Relays entered in the Meet _____		@ \$7.00 each=	\$_____	
Total Number of Swimmers attending Meet _____		@ \$2.00 each=	\$_____	
			Final Total=	\$_____

Name of Club\_\_\_\_\_

Club Code\_\_\_\_\_

**Session 1: Saturday, February 12, 2011**  
**Warm-ups 7:00AM Meet starts 8:00AM**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
1	9-10	100 Breast	2
3	11-12	100 Breast	4
5	9-10	50 Fly	6
7	11-12	100 Fly	8
9	9-10	50 Back	10
11	11-12	100 Back	12
13	9-10	100 Free	14
15	11-12	100 Free	16
17	9-10	100 IM	18
19	11-12	100 IM	20
21	9-10	200 Med Relay	22
23	11-12	400 Med Relay	24

**Session 2: Saturday, February 12, 2011**  
**Warm-ups not before 11:30AM Meet starts not before 12:30PM**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
25	13-14	200 IM	26
27	Senior	200 IM	28
29	8 & Under	25 Fly	30
31	13-14	100 Back	32
33	Senior	100 Back	34
35	8 & Under	50 Free	36
37	13-14	100 Fly	38
39	Senior	100 Fly	40
41	8 & Under	100 Med Relay	42
43	13-14	50 Free	44
45	Senior	50 Free	46
47	13-14	200 Breast	48
49	Senior	200 Breast	50

**Session 3: Saturday, February 12, 2011**  
**Warm-ups immediately after Session 2 Meet starts 30 minutes after start of warm-ups**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
51	Open	400 IM	52
53	Open	500 Free	54

**Session 4: Sunday, February 13, 2011**  
**Warm-ups 7:00AM Meet starts 8:00AM**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
55	9-10	200 Free	56
57	11-12	200 Free	58
59	9-10	50 Breast	60
61	11-12	50 Breast	62
63	9-10	100 Fly	64
65	11-12	50 Fly	66
67	9-10	100 Back	68
69	11-12	50 Back	70
71	9-10	50 Free	72
73	11-12	50 Free	74
75	9-10	200 IM	76
77	11-12	200 IM	78
79	9-10	200 Free Relay	80
81	11-12	400 Free Relay	82

**Session 5: Sunday, February 13, 2011**  
**Warm-ups not before 11:30AM Meet starts not before 12:30PM**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
83	13-14	200 Free	84
85	Senior	200 Free	86
87	8 & Under	25 Breast	88
89	13-14	100 Breast	90
91	Senior	100 Breast	92
93	8 & Under	25 Free	94
95	13-14	200 Fly	96
97	Senior	200 Fly	98
99	8 & Under	25 Back	100
101	13-14	100 Free	102
103	Senior	100 Free	104
105	8 & Under	100 Free Relay	106
107	13-14	200 Back	108
109	Senior	200 Back	110

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

## 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.

**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.