

Highland Park Aquatics Club

Fall Kickoff

October 1-2, 2010

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

Sanction Number _____

LOCATION

433 Vine Ave., Highland Park, IL 60038

From Vine Ave. the pool is located in the back connected to the Athletics part of the building.

FACILITY

Six lane 25-yard competition pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (11-foot depth). A fully automated Colorado timing system with touch pads, one backup button, and a six-lane display board will be used. Seating capacity for 500 spectators is available. The competition course has not been certified in accordance with 104.2.2C(4).

MEET DIRECTOR

Tim Sirois
924 Saybrook Ln.
Buffalo Grove, IL
60089
847-877-2669

ENTRY CHAIRPERSON

Rob Parker
517 W. Armitage Ave.
Chicago, IL
60614
248-563-5206

SAFETY CHAIRPERSON

Tim Sirois
MEET REFEREE
Dale Kelley

FORMAT

Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes after the start of warm-ups. If you are not checked-in, you will be scratched from that session.

Session

Friday PM
Saturday AM
Saturday PM*

Warm-up Start

5:00 pm
7:00 am
12:00 pm

Check-in Closes

5:20 pm
7:20 am
12:20 pm

Meet Starts

6:00 pm
8:00 am
1:00 pm

*Estimated start times, may be later if AM session is delayed

RULES AND SAFETY

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming 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, PO Box 877, Aurora, IL 60507, Phone 630.844.0476 Fax 630.844.2289. A swimmer's age as of date of the first day of competition will determine their age for the meet.

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.
ENTRY DEADLINE	Entries will not be accepted by the Entry Chairperson before 8:00am, Friday, September 3rd . Entries will be accepted by email (coachrob@hpacswimclub.org). Entries will be accepted until the meet is filled, but not later than midnight, Friday, September 24th . No hand delivered entries will be accepted.
ENTRIES	<p>Individuals are limited to four entry events per day, not including relays. Relay swimmers must be entered in at least one individual event. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.</p> <p><i>Signed Summary Fee / Release Form, provided in this packet, and check should be received within 72 hours from receipt of the entry. Checks are to be made payable to: Highland Park Aquatics Club or HPAC</i></p> <p><i>You may e-mail your entry to coachrob@hpacswimclub.org.</i></p> <p>Meet host will accept no responsibility for transmission errors of emailed entries. It will remain up to the sender to verify receipt of entries.</p>
ENTRY FEES	<p>\$3.00 per individual entry \$7.00 per relay entry \$2.00 surcharge per swimmer entered Make all checks out to HPAC, with one check per club.</p>
ENTRY LIMITATIONS	<p>Deck Entries will not be permitted. A copy of the heat sheet will be sent to each team so that affected swimmers may be notified</p> <p>The host team reserves the right to swim additional heats if time allows.</p>
ENTRY VERIFICATION	If you desire verification of entries received, include a stamped self-addressed postal card with your entries.
EVENTS	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, prior to competition, with specific requests.
POSITIVE CHECK IN	All events will be Positive Check-in, timed finals. All swimmers are required to check-in at the tables provided outside the locker rooms by the closing times outlined above. If a swimmer fails to check-in they will be able to swim only if there are open lanes available in the slower heats. A bull pen will be provided in the holding area for the swimmers.
SCRATCHES	Scratches will be decided based up the positive check-in sheets.

SEEDING

All events will be timed finals from slowest to fastest.

Short course yard times should be submitted for entry purposes.

Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

AWARDS

All individual events: ribbons will be awarded for 1st through 12th places. All relay events: ribbons for 1st through 3rd places.

SCORING:

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-3-28-26-24-22-18-14-12-10-8-6-4-2

ADMISSIONS

\$5.00 for adults (children under 12 are free)

HOSPITALITY:

Will be available for all coaches and meet officials throughout the meet.

CONCESSIONS

There will be food available both days of the meet. The concessions stand will be located in the hallway outside of the pool. No smoking is allowed anywhere on the high school campus by state law.

MEET RESULTS

Final results will be posted on the HPAC website in HTML and PDF format. Host teams are asked to download the results themselves, to help defray postage costs. HPAC's website[<http://www.hpacswimclub.org>]. Any additional awards will be mailed to clubs.

Highland Park Aquatics Club

“Fall Kickoff”

Friday, October 1st – Saturday, October 2nd

Order of Events

Session 1 / Friday PM

1	Open	200 Free	2
3	12 & Under	200 Free	4
5	Open	400 IM	6
7	12 & Under	200 IM	8
9	Open	500 Free	10

Session 2 / Saturday AM

11	9 – 10	200 Free Relay	12
13	11 – 12	200 Free Relay	14
15	9 – 10	100 Free	16
17	11 – 12	100 Free	18
19	9 – 10	50 Back	20
21	11 – 12	50 Back	22
23	9 – 10	50 Breast	24
25	11 – 12	50 Breast	26
27	9 – 10	50 Free	28
29	11 – 12	50 Free	30
31	9 – 10	50 Fly	32
33	11 – 12	50 Fly	34
35	9 – 10	100 IM	36
37	11 – 12	100 IM	38
39	9 – 10	200 Medley Relay	40
41	11 – 12	200 Medley Relay	42

Session 3 / Saturday PM

43	8 & Under	100 Free Relay	44
45	13 & Over	200 Free Relay	46
47	8 & Under	50 Free	48
49	13 & Over	100 Free	50
51	8 & Under	25 Back	52
53	13 & Over	100 Back	54
55	8 & Under	25 Breast	56
57	13 & Over	100 Breast	58
59	8 & Under	25 Fly	60
61	13 & Over	100 Fly	62
63	8 & Under	25 Free	64
65	13 & Over	50 Free	66
67	8 & Under	100 Medley Relay	68
69	13 & Over	200 Medley Relay	70

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Highland Park High School
October 1-2, 2010

Warm-Up Procedure

A. WARM-UP PROCEDURES

1. General Warm-up

All lanes will be open for warm up.

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. Backstrokers 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.