



Palatine Swim Team
 1st Annual Fall Frenzy
 October 23-24, 2010



Sanctioned by USA Swimming, Inc.
 Sanction Number ILS10-1017

Meet Director

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Entry Chairperson

Dustin Thompson
 Palatine Park District
 Swim Team
 250 E. Wood St.
 Palatine, IL 60067
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Meet Referee

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Safety Chairperson

Doug Plager
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*Officials please email if you plan
 to attend this meet*

Format Open Short Course Yards
This is a positive Check-in meet.

Session	Day	Type	Athlete	Warm-ups	Meet Start
1	Saturday	Timed Finals	10&U, 12&U	7:00 AM	8:00 AM
2	Saturday	Timed Finals	13 & 14, Open	12:00 PM	1:00 PM
3	Sunday	Timed Finals	10&U, 12&U	7:00 AM	8:00 AM
5	Sunday	Timed Finals	13 & 14, Open	12:00 PM	1:00 PM

Location Elk Grove High School
 500 W Elk Grove Blvd
 Elk Grove Village, IL 60007

Facility The Elk Grove High School pool is an eight lane, 25 yard indoor pool with starting blocks at the deep end. The start end depth is 13 ft 11 in. Turn end depth is 4 ft 0 in. The pool has non-turbulent competition lane lines and a fully automated Colorado Timing System with read-out board.

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 deadlines. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy Ave., Des Plaines, IL, 60018, Phone: 847-824-1596, Fax: 847--824-1726. A swimmer's age as of October 23, 2010 will determine their age for the meet. This meet is a swim your age 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

Email or Overnight mail carrier delivery only. No hand delivered, telephone, or fax entries will be accepted. Entries must be received by the Palatine Park District Swim Team, 250 E. Wood St., Palatine, IL 60067 (847) 202-3240 no earlier than **Monday, September 20th, 2010, at 8:00 a.m. Email entries may be sent to PPDmeetentries@gmail.com** Entries will be accepted in the order received until the 10-hour (swim meet) time limit per day is met. Thereafter, entries shall be returned promptly to the swimmer or team. An attempt will be made to achieve balance between age group classes. Entries shall not be considered received until all hard copies, waivers, and payments have been delivered to the Palatine Park District at the address shown above. Teams entering via email have 72 hours to submit hard copies, waivers, and payment or their entry is subject to non-acceptance. Any entry received earlier than 8:00 a.m. on December 14, 2009, will be placed at the end of the total entries received for that day, eliminating any need to re-submit. The entry deadline is **Monday October 11, 2010. There will be upgrade of time allowed until this date.** All changes must be submitted before the entry deadline. We will accommodate where possible.

Entries

This is a Hy-Tek software (Windows version) managed meet. Any club using Team Manager is strongly encouraged to use that package to submit the entry on diskette. The entry must be accompanied by the software generated printed form including full name, ISI number, event numbers and seed time. These must be returned together with the entry forms and your check. Failure to do so shall be sufficient grounds for refusal of the entry.

A signed Summary Fee / Release form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: **Palatine Swim Team.**

Entry Fees

\$3.00 per **Timed Final** Individual Event
\$7.00 per Relay Event
\$2.00 ISI Surcharge per swimmer

Entry Limitations

Deck entries will not be permitted.

Timed Finals Swimmers may swim a maximum of three individual (3) events and two (2) relays.

Relay swimmers must be entered in at least one individual event.

The 500 Freestyle and 400 IM events may also have the additional limitations that only the top four girls and boy's heats may be swum. The host team reserves the right to swim additional heats of any PPD swimmers if time allows. NO TIME entries will be accepted on a first come, first served basis. Affected swimmers or their coaches will be informed of limitations after the closing date and our time line is established. Refunds will be given. The host team reserves the right to limit other events as it deems necessary.

Entry Verification

If you desire verification of entries received, include a stamped, self-addressed postal card with your entries. Emailed entries will receive an email confirmation of receipt of entry, but not necessarily acceptance into the meet.

Events

The Meet Referee reserves the right to impose "fly-over" starting procedures.

In accordance with USA Swimming Rules; Articles 105 and 202.2.13, 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

There will be a positive check-in at the entrance. Check-in will be closed 20 minutes after the start of that session's warm-up period. Each swimmer must highlight their event numbers to be seeded properly. Heat and lane assignments will be prominently placed. There will be no cards issued. Swimmers missing check-in will only be placed where any openings may occur regardless of original seed time. Swimmers failing to report to the blocks after having indicated an intention to swim will be charged with deliberate delay, failure to report (DQ), not a scratch, per USA regulations 101.1.5 B. There will be a bullpen for 8 & U. There may be a secondary positive check-in (1/2 to 3/4 hours) prior to distance events of 400 yards or longer.

Scoring

Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for individual events. Relay events will be scored 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Seeding	Timed Final events will be seeded and swum slowest to fastest. If a swimmer enters more events than allowed, the Entry Chairperson will enter that swimmer to a maximum number allowed in that age group and will disregard any other entries for that swimmer for that day.
Relay Events	<p>Preprinted relay sheets will be available at the beginning of each session. Coaches are to list the swimmers' names in the order of swimming. All relay sheets must be returned to the Clerk of Course no later than 20 minutes after the beginning of that session. Relays will be swum in the following manor:</p> <p>12 & under relays must have the following swimmers; (1) 8 & U, (1) 9 & 10, (1) 11 & 12 and (1) choice swimmer. The distances will be a 25 yd swim, a 50 yd swim, a 75 yd swim, and a 100yd swim.</p> <p>13 & up, 300 yd relays must contain (2) 13 & 14 swimmers, (2) Open swimmers and will be swum in the following manor; 50 yds-100yds-100yds-50yds.</p> <p>The Crescendo Relay must contain (2) 13 & 14 swimmers, (2) Open swimmers and will be swum in the following manor; 50 yds-100yds-150yds-200yds.</p>
Awards	Awards will be given to first through sixteenth place in each age group, excluding Open events, with relay awards given to first through third place, excluding Open Events.
Admissions Heat/Psyche Sheets & Timers	\$5.00 per adult on Saturday & Sunday, all day. Heat sheets will be sold for \$3.00 each session.. Participating teams may be required to supply two (2) timers each session.
Concessions	Food and beverages will be available. However, pool rules do not allow food outside the concession area. No glass containers of any kind will be allowed inside the pool complex or the adjoining building. No smoking or consumption of alcoholic beverages is allowed anywhere on the University grounds. These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.
Vendor	The Swim Team Store will be selling swimwear and accessories for all your aquatic needs.
Meet Results	Will be available in hard copy and electronic form on our team website at www.ppdswim.org . Individual copies may be ordered at the time of the meet at a cost of \$10.00 at Admissions.

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 USA Swimming, Inc.--Sanction No. ILS10-1017

**Complete this form and mail with your check
 payable to: PALATINE SWIM TEAM**

Mail to: Palatine Swim Team
 Palatine Park District Swim Team
 250 E. Wood St.
 Palatine, IL 60067

Email entry to: PPDmeetentries@gmail.com

<u>Age Group</u>	<u>SUMMARY OF FEES</u> <u>Number of Entries</u>	<u>Cost per entry</u>	<u>Total</u>
8 & Under	_____	At \$3.00 each	_____
10 & Under	_____	At \$3.00 each	_____
11 & 12	_____	At \$3.00 each	_____
13 & 14	_____	At \$3.00 each	_____
Senior	_____	At \$3.00 each	_____
Relays	_____	At \$7.00 each	_____
Total # of swimmers (ISI Surcharge)	_____	At \$2.00 each	_____
		TOTAL FEES	_____

Name of Club: _____ Club Code: _____

Email Address: _____ LSC: _____

Mailing Address: _____

Phone (entry person): (Day) _____ (Eve) _____

Coach(es) Attending _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and 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, University of Illinois at Chicago, Illinois Swimming Inc., Palatine Tiger Shark Swim Team, Palatine Park District, their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as representatives 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: _____ Date _____
 (Coach, Club Representative, or Parent)

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received **NO EARLIER THAN Monday, September 20, 2010 at 8:00 A.M.**

Sat. AM – Timed Finals

Session 1

Girls	Events	Boys
1	7 yr old 25 Freestyle	2
3	8 yr old 25 Freestyle	4
5	9 yr old 50 Freestyle	6
7	10 yr old 50 Freestyle	8
9	11 yr old 50 Freestyle	10
11	12 yr old 50 Freestyle	12
13	12 & U 200yd IM	14
15	250 yd Backstroke Relay*	16
17	7 yr old 25 yd Breaststroke	18
19	8 yr old 25 Breaststroke	20
21	9 yr old 50 yd Breaststroke	22
23	10 yr old 50 yd Breaststroke	24
25	11 yr old 50 yd Breaststroke	26
27	12 yr old 50 yd Breaststroke	28
29	250 yd Butterfly Relay*	30
31	12 & U 200 yd Freestyle	32

Sat. PM - Timed Finals

Session 2

Girls	Events	Boys
33	13 yr old 50 yd Freestyle	34
35	14 yr old 50 yd Freestyle	36
37	Open 50 yd Freestyle	38
39	13 yr old 100 yd IM	40
41	14 yr old 100 yd IM	42
43	Open 100 yd IM	44
45	300 yd Butterfly Relay*	46
47	13 yr old 50 yd Breaststroke	48
49	14 yr old 50 yd Breaststroke	50
51	Open 50 yd Breaststroke	52
53	300 yd Backstroke Relay*	54
55	13 & 14 yr Old 400 yd IM	56
57	Open 400 yd IM	58

Sunday AM – Timed Finals

Session 3

Girls	Events	Boys
59	7 yr old 25 yd Backstroke	60
61	8 yr old 25 yd Backstroke	62
63	9 yr old 50 yd Backstroke	64
65	10 yr old 50 yd Backstroke	66
67	11 yr old 50 yd Backstroke	68
69	12 yr old 50 yd Backstroke	70
71	10 & U 100 yd IM	72
73	11 & 12 100 yd IM	74
75	250 yd Breaststroke Relay*	76
77	7 yr old 25 yd Butterfly	78
79	8 yr old 25 yd Butterfly	80
81	9 yr old 50 yd Butterfly	82
83	10 yr old 50 yd Butterfly	84
85	11 yr old 50 yd Butterfly	86
87	12 yr old 50 yd Butterfly	88
89	250 yd freestyle relay*	90
91	12&U 500 Freestyle	92

Sun. PM - Timed Finals

Session 4

Girls	Events	Boys
93	13 yr old 50 yd Backstroke	94
95	14 yr old 50 yd Backstroke	96
97	Open 50 yd Backstroke	98
99	13 yr old 100 yd Freestyle	100
101	14 yr old 100 yd Freestyle	102
103	Open 100 yd Freestyle	104
105	300 yd Breaststroke relay*	106
107	13 yr old 50 yd Butterfly	108
109	14 yr old 50 yd Butterfly	110
111	Open 50 yd Butterfly	112
113	Crescendo Relay*	114
115	13 & 14 500 yd Freestyle	116
117	500 open 500 yd Freestyle	118

* See relay rules for required swimmers and distances.

Volunteer Form

We are looking for volunteers to assist us throughout the meet. For your convenience, we have enclosed a sign-up form to be distributed to those parents interested in timing and/or officiating. Thank you for your help.

OFFICIALS

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Timer Coordinator _____

Phone _____ Email _____

Two volunteer timers from each participating team may be asked to report to a timers' meeting prior to the commencement of each session.

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

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.