

SUMMER SERIES TIME TRIAL I

SUMMER SERIES I: 50's ~ 12&U / 100's ~ OPEN (July 7th)
SUMMER SERIES II: 100's ~ 12&U / 200's ~ OPEN (July 14th)
Hosted by CHAMPS

WEDNESDAY, JULY 7TH, 2010

Sanctioned by USA Swimming, Inc.
Sanction #ILL10-0701

- Location:** Morton West High School
2400 S. Home Berwyn, IL 60402
The school may be entered from Harlem Ave. just south of Cermak Rd. (22nd Street). Pull in car wash entrance. Go around to school. Pool entrance is in back by tennis courts.
- Facility:** Six lane 25-yard competition pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12-foot depth). A fully automated Daktronics timing system with touch pads, one backup button, and a six-lane display board will be used. Seating capacity for 400 spectators is available. The competition course has not been certified in accordance with 104.2.2C(4)
- Meet Director/Entries:** Colleen Borkovec
4 N 358 Pine Grove Avenue, Bensenville, IL 60106
708-421-7267 / championshipswimmers@comcast.net
- Meet Referee:** Carla Murray 708-594-7679 / swim2soccermom@sbcglobal.net
Safety Coordinator: Mark Murray 708-594-7679
- Format:** **This is a timed finals meet with positive check-in.** Check-in sheets will be posted prior to the start of warm-ups, and will be removed 20 minutes after the start of warm-ups. Athletes that do not check-in will be scratched from that session. Heat sheets with lane assignments will be posted in the pool area as soon as all scratches have been completed. There will be no penalty for missing an event. Missed events will not be made up unless the meet referee deems it his responsibility to do so.

Warm-up Start **Check-in Closes** **Meet Start**
5:00 PM **5:20 PM** **6:00 PM**

WOMEN	AGE	EVENT	MEN
1	OPEN	50 FR	2
3	12&U	50 FR	4
5	OPEN	100 FLY	6
7	12&U	50 FLY	8
9	OPEN	100 BACK	10
11	12&U	50 BACK	12
13	OPEN	100 BREAST	14
15	12&U	50 BREAST	16
17	OPEN	100 FREE	18
19	12&U	100 FREE	20
21	OPEN	200 IM	22
23	12&U	100 IM	24
25	OPEN	200 FREE	26

- Eligibility:** Entrants age as of July 7, 2010, will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as “registration applied for” will not be accepted.
- Rules:** All USA Swimming, Inc. and Illinois Swimming, Inc. Rules and Regulations apply. All USA Swimming and ISI safety rules will be strictly enforced.
- Entries:** **Please note: This is a time trial. Entries should be limited to swimmers who are close to championship cuts only! Swimmers may enter up to 4 events.** No credits will be given for scratches. All entries must be submitted in Short Course Yards (SCY). Entries submitted on HY-TEK Team Manager via email are encouraged and appreciated.
*****Updated entry times will be accepted prior to the meet.**
*****Deck entries will be accepted if time line allows.**
The enclosed release form must be signed and returned to CHAMPS with the hard copy of your entry. If entering by hand, the first and last name with complete USA Swimming identification number must be legibly written.
- Entry Deadline:** **Entries will be accepted beginning at Noon on June 9th, 2010.**
Entries will be accepted via email or overnight courier only. NO HAND DELIVERED entries will be accepted. Please sign “waiver of signature”.
Entries received before Noon on June 9th, 2010 will be returned. Entry fees and all required forms must accompany entry. Entries must be legible and complete. Properly completed entry forms include first and last name of each swimmer, age, USA Swimming, Inc. registration number and short course yard time for each event.
- Entry Fees:** **\$3.00 per individual event**
\$2.00 ISI surcharge
Make checks payable to: Championship Swimmers
- Mail entries to:** **CHAMPS**
c/o Colleen Borkovec
4N358 Pine Grove
Bensenville, IL 60106
708-421-7267
- Email entries to:** **championshipswimmers@comcast.net**
All emailed entries must be followed by team summary & release form and payment within 72 hours.
- Results:** Final results will be emailed to each team immediately following the meet.
- Timers & Officials:** All teams are asked to submit the name and phone number of a team contact for timers. Each team may be responsible for providing two (2) timers for the duration of the meet. Official willing to help would be greatly appreciated. Please enclose their name, email and certification level so the meet referee may contact them.
- Admission:** \$5.00 (Children under 10 are FREE)
- Concessions:** A concession stand will be available throughout the meet.
- Hospitality:** Will be available for all coaches and meet officials throughout the meet.

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.

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Sanction #

Club Name: _____ Club Code: _____

Club Address: _____

Name(s) of coach(es) attending meet: _____

Total # of Individual Entries _____ @ \$3.00 each = \$_____

Total # of Swimmers(ISI Surcharge) _____ @ \$2.00 each= \$_____

TOTAL ENTRY FEES \$_____

Entry Contact _____

Day Phone _____ Evening Phone _____

Email address _____

Officials Coordinator _____

Day Phone _____ Evening Phone _____

Email address _____

Timer Coordinator _____

Day Phone _____ Evening Phone _____

Email address _____

HOLD HARMLESS AGREEMENT

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming, Inc. 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 consign, waive, and release any and all rights and claims for damages which may occur against USA Swimming, Inc., Illinois Swimming, Inc., J. Sterling Morton High School District 201, J. Sterling Morton High School District #201 Board of Trustees, Championship Swimmers, Inc., or successors for any and all injuries suffered by me and any contestant or representative in said meet, as a representative of my club.

Representative Signature: _____ Title _____ Date: _____