

# 7<sup>TH</sup> ANNUAL SEASON OPENER

*Hosted by CHAMPS*

**May 7-8, 2010**

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

**Sanction #ILL10-0501**

**Location:** Morton West High School 2400 S. Home Berwyn, IL 60402  
The school may be entered from Harlem Ave. just south of Cermak Rd. (22<sup>nd</sup> 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/ Meet Entries:** Colleen Borkovec  
4N358 Pine Grove, Bensenville, IL 60106  
708-421-7267  
[championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)

**Meet Referee:** Carla Murray 708-594-7679      **Safety Coordinator:** Mark Murray

**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 each warm-up session. 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.

<u>Sessions</u>	<u>Warm-up Start</u>	<u>Check-in Closes</u>	<u>Meet Start</u>
Session I	5:00 PM	5:20 PM	6:00 PM
Session II	7:00 AM	7:20 AM	8:00 AM
Session III	12:00 NOON	12:20 PM	1:00 PM

**Eligibility:** Entrants age as of May 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:** Swimmers may enter up to **4 events/session** (excluding relays). **All entries must be submitted in Short Course Yards (SCY).** Entries are to be submitted on HY-TEK Team Manager file (EMAIL IS PREFERRED). **CHAMPS reserves the right to limit the events due to time constraints.** 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 April 16, 2010, and ending when the meet is filled. Entries will be accepted via email (PREFERRED) or overnight courier only. NO HAND DELIVERED entries will be accepted. Please sign "waiver of signature". Entries received before Noon on April 16, 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. **Failure to comply may be grounds for refusal of entry.**

**Entry Fees:** \$3.00 per individual event / \$7.00 per relay / \$2.00 ISI  
*Please 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:  
(preferred)** [championshipswimmers@comcast.net](mailto:championshipswimmers@comcast.net)  
**All emailed entries must be followed by team summary & release form and payment within 72 hours.**

**Results:** One copy of the final results will be provided to each team. Those teams providing entries on disk will have results provided on disk. Additional copies of the final results may be purchased for \$10.00.

**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. Any team wishing to supply certified USA Swimming/Illinois Swimming officials is encouraged to do so. Please enclose their name, phone number, and certification level so the meet referee may contact them.

**Admission:** \$5.00 fee for adults (Children under 12 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.

**Awards:** All individual events: ribbons will be awarded for 1<sup>st</sup> thru 12<sup>th</sup> places  
All relay events: ribbons for 1<sup>st</sup> thru 3<sup>rd</sup> places

**Scoring:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**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.

**7<sup>TH</sup> ANNUAL SEASON OPENER**  
**EVENT LIST**

<b>Sessions</b>	<b>Warm-up Start</b>	<b>Check-in Closes</b>	<b>Meet Start</b>
Session I	5:00 PM	5:20 PM	6:00 PM
Session II	7:00 AM	7:20 AM	8:00 AM
Session III	12:00 NOON	12:20 PM	1:00 PM

**SESSION I / FRIDAY PM**

1	10&U	100 IM	2
3	OPEN	200 IM	4
5	OPEN	400 IM	6
7	10&U	100 Free	8
9	OPEN	200 Free	10
11	OPEN	500 Free	12

**SESSION II / SATURDAY AM**

13	10&U	100 Free	14
15	11-12	100 Free	16
17	10&U	50 Back	18
19	11-12	50 Back	20
21	10&U	100 Breast	22
23	11-12	100 Breast	24
25	10&U	50 Free	26
27	11-12	50 Free	28
29	10&U	50 Fly	30
31	11-12	50 Fly	32
33	10&U	100 Back	34
35	11-12	100 Back	36
37	10&U	50 Breast	38
39	11-12	50 Breast	40
41	10&U	100 Fly	42
43	11-12	100 Fly	44
45	10&U	200 FR Relay	46
47	11-12	200 FR Relay	48

**SESSION III / SATURDAY PM**

49	8&U	50 Free	50
51	OPEN	100 Free	52
53	8&U	25 Back	54
55	OPEN	100 Back	56
57	8&U	25 Breast	58
59	OPEN	100 Breast	60
61	8&U	25 Fly	62
63	OPEN	100 Fly	64
65	8&U	25 Free	66
67	OPEN	50 Free	68
69	8&U	50 Back	70
71	OPEN	200 Free	72
73	8&U	100 FR Relay	74
75	OPEN	200 FR Relay	76

**7<sup>TH</sup> ANNUAL SEASON OPENER**

*Hosted by CHAMPS*

**May 7-8, 2010**

**TEAM SUMMARY & RELEASE FORM**

**This form MUST accompany meet entry!**

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Club address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Coaches attending: \_\_\_\_\_

**Summary of Fees:**

Total Women's Events \_\_\_\_\_ x \$3.00 per event = \$ \_\_\_\_\_  
- Total Men's Events \_\_\_\_\_ x \$3.00 per event = \$ \_\_\_\_\_  
Total Relays Entered \_\_\_\_\_ x \$7.00 per relay = \$ \_\_\_\_\_  
Total Swimmers Entered \_\_\_\_\_ x \$2.00 Surcharge = \$ \_\_\_\_\_

Entry contact: \_\_\_\_\_ Position \_\_\_\_\_

Day phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email address \_\_\_\_\_

Timer coordinator \_\_\_\_\_ Phone \_\_\_\_\_

Club Official's Contact \_\_\_\_\_ Phone \_\_\_\_\_

**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.

Club Representative Signature: \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_ Title: \_\_\_\_\_