

**29TH ANNUAL EAST MOLINE
AGE GROUP AND SENIOR "A-BB NO CUT"
SHORT COURSE TROPHY MEET**

JUNE 12-13, 2010

- SANCTION:** Sanctioned by USA Swimming, Inc., Sanction Number ILL10-0605.. All USA and ISI swimming and safety rules will be strictly enforced.
- MEET DIRECTOR:** Dave Busch
Work - (309) 752-1624
Home - (309) 755-0459
- ENTRY CHAIRMAN:** Please send all entries to:
Mr. David Busch
East Moline Municipal Swimming Pool
4011-Archer Drive
East Moline, IL 61244
(309) 752-1624
- LOCATION:** East Moline Municipal Swimming Pool/United Township High School
Avenue of the Cities (42nd Ave) & Archer Drive (13th St)
East Moline, IL 61244
- POOL:** The East Moline Municipal Swimming Pool has six lanes, twenty-five yards, with starting blocks and non-turbulent lane markers. The depth of the pool at the starting end is 5 1/4 feet, depth at turn end is 3 ½ feet (**8 & under 2nd and 4th swimmers in relays will start in the water**). Seating is available for approximately 300 spectators. Fully automatic Daktronics timing with touchpads at both ends and six lane readout will be used. The pool is indoors with an adjoining outside area available for picnicking and sun bathing. A separate diving well is available for warm-up during the meet.
- The competition course has not been certified in accordance with 104.2.2C (4).
- ELIGIBILITY:** Individuals - Only current USA registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of June 12, 2010. USA registration forms can be obtained from Illinois Swimming, Inc., 3166-S River Rd, Suite 30, Des Plaines, IL 60018, phone (847) 824-1596, fax (847) 824-1726.
- Relays - Each entrant must swim in at least one individual event in order to participate in relays.
- EVENTS:** All events will be deck seeded timed finals. Submit contestant's best times

to ensure proper seeding. Each event will be swum in heats with swimmers seeded from the slowest to fastest. Swimmers reporting late will be scratched. The no show and scratch rule does not apply to this meet.

- POSITIVE CHECK-IN:** There will be a positive check-in each day up to a deadline 30 minutes before the published beginning time of each session on check-in sheets in the bullpen. Swimmers need to circle their names each session to report attendance at that session and cross out all events they wish to scratch in each session. Late check-ins will be able to swim only if there are open lanes available in the slowest heats.
- ENTRY LIMITATION:** Swimmers are limited to four (4) individual events each day plus one relay each day. Relay swimmers must be entered in at least one individual event. **DECK ENTRIES WILL NOT BE PERMITTED.** If a swimmer submits an entry with more than four (4) individual events on any day, the entry chairperson will enter that swimmer in the first four events entered and disregard any other entries for that swimmer for that day.
- ENTRY FEES:** \$3.00 each individual entry - \$7.00 each relay entry
Entry fees must accompany entries.
- A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to "East Moline Swim Club".
- ENTRY DEADLINE:** Entries will not be accepted until May 18, 2010 at 12:00 pm and must be received by Wednesday, June 2, 2010. **LATE ENTRIES WILL NOT BE PERMITTED.** If you desire verification of entries received, include a self addressed postal card with your entries.
- TIME LIMIT:** Entries will be accepted until the maximum time limit, subject to the 4 hour/10 hour rule is reached and entries received thereafter will be returned immediately.
- ENTRY FORMS:** All entries must be submitted on the enclosed entry forms or a facsimile. The enclosed Summary of Fees statement must be completed and the Release Form signed. 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. Do not submit entry cards. The host club shall provide all cards.
- COMPUTER DISK ENTRY -**
- a) entries should be submitted on 3.5" diskette using Hy-Tek Commlink II software
 - b) a hard copy print out is required showing:
 - entry team's name with meet name
 - all swimmers last, first, MI with USS# and age
 - event numbers and seed times
 - c) summary of fee, release forms and check
- E-MAIL ENTRIES**
- a) send to dbusch@riroe.k12.il.us

- b) the enclosed entry form or facsimile, the summary of fees statement, a check, and the entry disk must be received within 72 hours of transmission of e-mail.
- c) please zip your entries when sending by e-mail

AWARDS:

Trophies will be awarded for first thru sixth place in individual events for swimmers who swim an "A" time. Rosette ribbons will be awarded for first thru sixth place in individual events for swimmers who swim a "BB and below" time. Trophies will be awarded for first thru third place in relay events. Team trophies will be awarded for the first, second, and third place teams based on scoring "A" time swimmers and relay events.

SCORING:

"A" times : 7 - 5 - 4 - 3 - 2 - 1
Relay events : 14 - 10 - 8 - 6 - 4 - 2

MEET SCHEDULE:

A.M. Session (8 & unders, 10 & unders, 11-12 BOYS):
Warm-ups: 7:30 am - 8:15 am
Meet : 8:30 am

P.M. Session (11-12 GIRLS, 13-14, Senior):
Warm-ups: immediately after morning session
but not before 11:00 am
Meet : 15 minutes after completion of warm-ups
but not before Noon

MEET RESULTS:

One copy of meet results will be mailed to all represented clubs with at least five (5) swimmers competing. Be sure correct mailing address is on the entry summary sheet.

INFORMATION:

Coaches identification and information packets will be issued to all club coaches upon arriving at the meet.

CONCESSIONS:

Refreshments will be available at the pool. Programs (\$5) and swimwear will be on sale.

**SAFETY
COORDINATOR:**

Ms Toni Moore

POOL DECK:

all times
allowed on

Coaches must be current USA member coaches to be allowed on deck and must continually display their current membership coaching card at while on deck. All other personnel must be USA members to be the deck.

LODGING:

For your convenience, the following accommodations are available:

Best Western Airport Inn, 2550-52nd Ave, Moline (309) 762-9191

Comfort Inn, 2600-52nd Ave, Moline (309) 762-7000

Comfort Inn & Suites, 2209-John Deere Exp, Carbon Cliff, (309) 792-4660

Exel Inn, 2501-52nd Avenue, Moline (309) 797-5580

Fairfield Inn, 2705-48th Ave, Moline (309) 762-9083

Holiday Inn Express, 6902-27th St, Moline (309) 762-8300

Holiday Inn Holidome, 6902-27th St., Moline (309) 762-8811

LaQuinta Motor Inn, Airport Corners, Moline (309) 762-9008

Quality Inn & Suites, 6920-27th St, Moline (309) 762-1711

Radisson-John Deere Commons, 1415-River Dr, Moline (309) 764-1000

Stoney Creek Inn, 101-18th St, Moline (309) 743-0101

Super 8 Motel, 2201-John Deere Exp, Carbon Cliff (309) 796-1999

**ADDITIONAL
INFORMATION:**

Meet Director: Dave Busch

Work - (309) 752-1624

Home - (309) 755-0459

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.
- 1. **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.
- 1. **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.
 - a. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
 - b. 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."
 - c. 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.
 - d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- 1. **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.

SATURDAY - JUNE 12, 2010**A.M. SESSION - 8:30 AM**

GIRLS	EVENT	BOYS
1	8-Un 100 Y Medley Relay	2
3	10-Un 200 Y Medley Relay	4
	11-12 400 Y Medley Relay	5
6	8-Un 50 Y Freestyle	7
8	10-Un 100 Y Freestyle	9
	11-12 100 Y Freestyle	10
11	8-Un 25 Y Breaststroke	12
13	10-Un 50 Y Breaststroke	14
	11-12 100 Y Breaststroke	15
16	8-Un 25 Y Butterfly	17
18	10-Un 50 Y Butterfly	19
	11-12 100 Y Butterfly	20

P.M. SESSION - NOON

21	11-12 400 Y Medley Relay	
22	13-14 400 Y Medley Relay	23
24	Senior 400 Y Medley Relay	25
26	11-12 100 Y Freestyle	
27	13-14 100 Y Freestyle	28
29	Senior 100 Y Freestyle	30
31	11-12 100 Y Breaststroke	
32	13-14 100 Y Breaststroke	33
34	Senior 100 Y Breaststroke	35
36	11-12 100 Y Butterfly	
37	13-14 100 Y Butterfly	38
39	Senior 100 Y Butterfly	40
41	13-14 500 Y Freestyle	42
43	Senior 500 Y Freestyle	44

*** Please note event numbering that odd or even numbers do NOT apply exclusively to boys or girls events.

SUNDAY - JUNE 13, 2010
A.M. SESSION - 8:30 AM

GIRLS	EVENT	BOYS
	11-12 50 Y Freestyle	45
46	8-Un 100 Y Freestyle Relay	47
48	10-Un 200 Y Freestyle Relay	49
	11-12 400 Y Freestyle Relay	50
51	8-Un 25 Y Freestyle	52
53	10-Un 50 Y Freestyle	54
	11-12 200 Y Freestyle	55
56	8-Un 25 Y Backstroke	57
58	10-Un 50 Y Backstroke	59
	11-12 100 Y Backstroke	60
61	8-Un 100 Y IM	62
63	10-Un 100 Y IM	64
	11-12 200 Y IM	65

P.M. SESSION - NOON

66	11-12 400 Y Freestyle Relay	
67	13-14 400 Y Freestyle Relay	68
69	Senior 400 Y Freestyle Relay	70
71	11-12 50 Y Freestyle	
72	13-14 50 Y Freestyle	73
74	Senior 50 Y Freestyle	75
76	11-12 200 Y Freestyle	
77	13-14 200 Y Freestyle	78
79	Senior 200 Y Freestyle	80
81	11-12 100 Y Backstroke	
82	13-14 100 Y Backstroke	83
84	Senior 100 Y Backstroke	85
86	11-12 200 Y IM	
87	13-14 200 Y IM	88
89	Senior 200 Y IM	90

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Complete this form and mail with your check payable to: "East Moline Swim Club" not before 12:00 pm on Saturday, May 8, 2010 and no later than Wednesday, June 2, 2010 to:

East Moline Municipal Swimming Pool
4011-Archer Drive
East Moline, IL 61244
dbusch@riroe.k12.il.us

SUMMARY OF FEES:

8 & Under	# of entries _____ @ \$3.00 ea	\$ _____
10 & Under	# of entries _____ @ \$3.00 ea	\$ _____
11-12	# of entries _____ @ \$3.00 ea	\$ _____
13-14	# of entries _____ @ \$3.00 ea	\$ _____
Senior	# of entries _____ @ \$3.00 ea	\$ _____
Relays	# of entries _____ @ \$7.00 ea	\$ _____
Surcharge	# of swimmers _____ @ \$2.00 ea	\$ _____

TOTAL FEES \$ _____

NAME OF CLUB _____

ADDRESS _____

LSC ASSOCIATION _____

CLUB INITIAL CODE FOR HEAT SHEET _____

NAMES OF COACHES ATTENDING MEET _____

PERSON FILLING OUT ENTRIES _____

HOME PHONE _____

In consideration of the acceptance of this entry, I intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., East Moline Swim Club, United Township High School, City of East Moline, and the East Moline Municipal Swimming Pool, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes entered in this meet are duly and currently registered with USA swimming.

Signature (Coach, Club rep., or parent) _____

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The East Moline Swim Club would greatly appreciate any parent who would like to volunteer to help officiate or time at the "Trophy Meet".

Team Name _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____

Name _____ Phone # _____ Saturday AM _____ PM _____
Position _____ Sunday AM _____ PM _____