



**Palatine Swim Team
4th Annual Shark Frenzy
June 19-20, 2010**



Sanctioned by USA Swimming, Inc.
Sanction Number ILL10-0610

Meet Directors

Curt Freund
847-452-5867
ctjafreund@sbcglobal.net

Kevin Mikolajewski
847-648-0125
lakekev@att.net

Entry Chairperson

Glen Brown
Palatine Park District Swim Team
250 E. Wood St.
Palatine, IL 60067
PPDmeetentries@gmail.com
847-202-3240

Meet Referee

Dave Champa
847-658-2238
Dchampa@cnetdr.com
*Officials please email if you plan
to attend this meet*

Safety Chair

Doug Plager

Format: Open – Long Course Meters
This is a positive Check-in meet.

Saturday & Sunday A.M. Warm Ups 7:00 a.m.
Meet Start 8:00 a.m.
Positive check-in will close at 7:20 a.m.

Saturday & Sunday P.M. Warm Ups No earlier than 12:00 p.m.
Meet Start No earlier than 1:00 p.m.
Positive check-in will close at 12:20 p.m.

Location Birchwood Pool (Palatine Park District)
435 West Illinois Avenue, Palatine, IL 60067
847-991-1960

Facility An eight lane, 50 meter outdoor pool with permanent starting blocks at both ends (depth at ends is 5 feet). The pool has non-turbulent competition lane lines and a fully automated Colorado Timing System with read-out board. A separate diving well area will be available for supervised warm downs. The competition course has been certified in accordance with 104.2.2C(4) and the copy of such certification is on file with USA swimming.

- 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, 3166 S. River Road, Suite 30, Des Plaines, IL 60018; Phone: 847-824-1596, Fax: 847-824-1726. A swimmer’s age as of **June 19, 2010**, 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 **Email entries are preferred.** Regular and express mail entries will also be accepted. Entries must be received by the Palatine Park District, 250 E. Wood Street, Palatine, IL 60067 (847)-202-3240 **starting Monday, May 17, 2010, at 8:00 a.m.** Teams entering via email have 72 hours to submit hard copies, waivers, and payment or their entry is subject to non-acceptance. **The entry deadline is June 7, 2010.** There will be upgrades of time allowed until this date. All changes must be submitted before the entry deadline. We will accommodate where possible. Please be prompt in submitting your meet entry, forms and payment to ensure successful operation of the meet. Non-compliance may result in non-admittance to the meet.
- Entries Individuals are limited to three (3) entry events per day, not including relays, on Saturday and Sunday. 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. 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. In addition, a summary sheet is required. 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
- | <u>Type of Meet</u> | <u>Individual Event</u> | <u>Relay Event</u> | <u>ISI Surcharge</u> |
|---------------------|-------------------------|--------------------|----------------------|
| Timed Finals Meet | \$3.00 | \$7.00 | \$2.00 |

- Entry Limitations** Deck entries will be permitted if time and space allow. Deck entry fee will be \$3.00 per individual event and \$7.00 per relay event. The host team reserves the right to limit any event. Refunds for any events limited by the host team will be granted upon request from each individual team. Affected swimmers or their coaches will be informed of limitations after the closing date and our time line is established. The host team reserves the right to swim additional heats of any PPD swimmers if time allows.
- Entry Verification** If you desire verification of entries received; include a stamped, self-addressed postal card with your entries. A confirmation email of receipt will be sent to those entering via email.
- Events** The Meet Referee reserves the right to impose "fly-over" starting procedures. Any additional warm-ups prior to distance events of 400 IM or longer are at the discretion of the Meet Referee.
- 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 forty minutes prior to the start of each session. 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.
- 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.
- Scratches** There are no penalties for scratching.
- Seeding** Events will be seeded time finals, swum slowest to fastest, with the only exception of the 800 M Freestyle, which will be swum fastest to slowest, with women and men alternating heats. 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** All relay sheets must be returned to the Clerk of Course no later than 30 minutes after the start of warm-ups for that particular session.
- Swimmers and coaches are reminded to check the names and order for accuracy prior to the race!

- Awards Awards will be given to first through eighth place in each age group, excluding Seniors, with relay awards given to first through third place, excluding Seniors.
- Admissions & Heat/Psych Sheets Admissions: \$5.00 per adult on Saturday & Sunday, all day.
No charge for students.
Psyche/Heat sheets: Heat sheets will be sold for \$4.00 per 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 grounds of Birchwood Pool. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.**
- Vendor: Swimmer's Edge and other vendors will be selling swimwear and accessories for all your aquatic needs.
- Meet Results One copy of printed meet results in required format will be sent to each team represented by five (5) or more swimmers. Individual copies may be ordered at the time of the meet at a cost of \$10.00 at Admissions.

**Palatine Swim Team
5th Annual Shark Frenzy
June 19-20, 2010
USA Swimming, Inc.--Sanction Number ILL10-0610**

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

Mail to: Palatine Swim Team
c/o Head Coach
Palatine Park District
250 E. Wood Street
Palatine, IL 60067
(847) 202-3240

Email entries to:
PPDmeetentries@gmail.com

SUMMARY OF FEES

| <u>Age Group</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: _____ LSC _____
 Complete Mailing Address: _____
 Email Address: _____
 Phone (entry person): (Day) _____ (Eve) _____
 Coach(es) Name(s) _____ tel. # _____

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, Illinois Swimming Inc., Palatine 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, MAY 17, 2010.**

Women's Events

Men's Events

SATURDAY MORNING JUNE 19, 2010 – SESSION 1
Warm-ups begin at 7:00 a.m. Meet starts at 8:00 a.m.

| | | |
|----|--------------------------|----|
| 1* | 12&U 200 M Freestyle | 2* |
| 3 | 10&U 100 M Backstroke | 4 |
| 5 | 11-12 100 M Backstroke | 6 |
| 7 | 10&U 100 M Breaststroke | 8 |
| 9 | 11-12 100 M Breaststroke | 10 |
| 11 | 10&U 50 M Butterfly | 12 |
| 13 | 11-12 50 M Butterfly | 14 |
| 15 | 10&U 50 M Freestyle | 16 |
| 17 | 11-12 50 M Freestyle | 18 |
| 19 | 10&U 200 M Medley Relay | 20 |
| 21 | 11-12 400 M Medley Relay | 22 |

**Event may be limited.*

SATURDAY AFTERNOON JUNE 19, 2010 – SESSION 2
Warm-ups begin no earlier than 12:00 p.m.

| | | |
|-----|---------------------------|-----|
| 23* | Senior 400 M IM | 24* |
| 25 | 13-14 200 M Freestyle | 26 |
| 27 | Senior 200 M Freestyle | 28 |
| 29 | 13-14 100 M Backstroke | 30 |
| 31 | Senior 200 M Backstroke | 32 |
| 33 | 13-14 200 M Breaststroke | 34 |
| 35 | Senior 100 M Breaststroke | 36 |
| 37 | 13-14 200 M Butterfly | 38 |
| 39 | Senior 200 M Butterfly | 40 |
| 41 | Senior 400 M Medley Relay | 42 |

**Event may be limited.*

SATURDAY LATE AFTERNOON JUNE 19, 2010 – SESSION 3
A 10-minute warm-up period will begin immediately at the conclusion of Session 2.

| | | |
|----|----------------------|----|
| 43 | Senior 800 Freestyle | 44 |
|----|----------------------|----|

Will be limited to the fastest 3- seeded women's heats and fastest 3- seeded men's heats.

SUNDAY MORNING JUNE 20, 2010 – SESSION 4

Warm-ups begin at 7:00 a.m.

Meet begins at 8:00 a.m.

Women's Events

Men's Events

| | | |
|-----|-----------------------------|-----|
| 45* | 12&U 200 M IM | 46* |
| 47 | 10&U 100 M Freestyle | 48 |
| 49 | 11-12 100 M Freestyle | 50 |
| 51 | 10&U 50 M Breaststroke | 52 |
| 53 | 11-12 50 M Breaststroke | 54 |
| 55 | 10&U 50 M Backstroke | 56 |
| 57 | 11-12 50 M Backstroke | 58 |
| 59 | 10&U 100 M Butterfly | 60 |
| 61 | 11-12 100 M Butterfly | 62 |
| 63* | 12&U 400 M Freestyle | 64* |
| 65 | 10&U 200 M Freestyle Relay | 66 |
| 67 | 11-12 400 M Freestyle Relay | 68 |

**Event may be limited.*

SUNDAY AFTERNOON JUNE 20, 2010 – SESSION 5

Warm-ups begin no earlier than 12:00 p.m.

| | | |
|-----|------------------------------|-----|
| 69 | Senior 100 M Freestyle | 70 |
| 71 | 13-14 100 M Freestyle | 72 |
| 73 | Senior 100 M Backstroke | 74 |
| 75 | 13-14 200 M Backstroke | 76 |
| 77 | Senior 100 M Butterfly | 78 |
| 79 | 13-14 100 M Butterfly | 80 |
| 81 | Senior 50 M Freestyle | 82 |
| 83 | 13-14 50 M Freestyle | 84 |
| 85 | Senior 200 M Breaststroke | 86 |
| 87 | 13-14 100 M Breaststroke | 88 |
| 89* | Senior 400 M Freestyle | 90* |
| 91 | Senior 400 M Freestyle Relay | 92 |

**Event may be limited.*

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.
- 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.