



**Palatine Swim Team  
27th Annual Summer  
Splash  
July 9, 10, 11, 2010**



Sanctioned by USA Swimming, Inc.  
Sanction Number ILL10-0705

**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.**

Friday P.M. Warm Ups 4:30 p.m.  
Meet Start 5:30 p.m.  
Positive check-in will close at 4:50 p.m.

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 both 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.

- 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 July 9, 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 Friday, June 4th , 2010, at 8:00 a.m. Email entries may be sent to: [PPDmeetentries@gmail.com](mailto:PPDmeetentries@gmail.com).** 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 28, 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.
- 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. Friday swimmers are limited to two (2) events. 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 | <b><u>Type of Meet</u></b> | <b><u>Individual Event</u></b> | <b><u>Relay Event</u></b> | <b><u>ISI Surcharge</u></b> |
|            | 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 due time line restrictions. Refunds for any events limited by the host team will be granted to each individual team. Affected swimmers or their coaches will be informed of limitations after the closing date and our time line is established. The Palatine Park District regulations require that the Friday session end no later than 10:00 p.m. 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 M 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.
- Eight and under swimmers will be seeded and will swim in 10 and under events but will be scored separately in the 8 and under classification, the exception being the Friday evening events.
- 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. 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 may be a secondary positive check-in (1/2 to ¾ hours) prior to distance events of 400 meters 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.
- Scratches There are no penalties for scratching.

|                                |  |
|--------------------------------|--|
| Seeding                        | Events will be seeded time finals, swum slowest to fastest, with the only exception of the 1500 M Freestyle, which will be swum fastest to slowest, alternating women and men. 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.<br><br>Swimmers and coaches are reminded to check the names and order for accuracy prior to the race!   |
| Awards                         | Customized team trophies will be presented to first through third place for overall team performances. The Host Team will not be eligible for these trophies. 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: \$3.00 per adult (15 & older) on Friday. \$5.00 per adult on Saturday & Sunday, all day. No charge for students.<br>Heat sheets: Heat sheets will be sold 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 grounds of Birchwood Pool. <b>These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.</b> |
| Vendor:                        | Swimmers 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**  
**25th ANNUAL SUMMER SPLASH**  
**July 9<sup>th</sup>, 10<sup>th</sup>, & 11<sup>th</sup>, 2010**  
**USA Swimming, Inc.--Sanction Number ILL10-0705**

**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 =      |              |
| <b>TOTAL FEES</b>                   |                          |                       |              |

Name of Club: \_\_\_\_\_

Club Code: \_\_\_\_\_ LSC \_\_\_\_\_

Complete Mailing 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 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 Friday June 4, 2010!**

**FRIDAY EVENING JULY 9, 2010 – SESSION 1**

Women's Events

Men's Events

*Warm-ups begin at 4:30 p.m.*

*Meet starts at 5:30 p.m.*

|   |                      |   |
|---|----------------------|---|
| 1 | 12&U 200 M Freestyle | 2 |
| 3 | Open 400 M Freestyle | 4 |
| 5 | 12&U 200 M IM        | 6 |
| 7 | Open 400 M IM        | 8 |

**\*\*Friday events may be limited\*\***

**SATURDAY MORNING JULY 10, 2010 – SESSION 2**

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

*Meet starts at 8:00 a.m.*

|    |                               |    |
|----|-------------------------------|----|
| *  | 12 & Under Boys 400 Freestyle | 10 |
| 11 | 10&U 50 M Breaststroke        | 12 |
| 13 | 11-12 50 M Breaststroke       | 14 |
| 15 | 10&U 100 M Freestyle          | 16 |
| 17 | 11-12 100 M Freestyle         | 18 |
| 19 | 10&U 50 M Butterfly           | 20 |
| 21 | 11-12 50 M Butterfly          | 22 |
| 23 | 10&U 100 M Backstroke         | 24 |
| 25 | 11-12 100 M Backstroke        | 26 |
| 27 | 10&U 200 M Medley Relay       | 28 |
| 29 | 11-12 400 M Medley Relay      | 30 |

**SATURDAY AFTERNOON JULY 10, 2010 – SESSION 3**

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

|    |                           |    |
|----|---------------------------|----|
| 31 | Senior 200 IM             | 33 |
| 33 | 13-14 200 IM              | 34 |
| 35 | Senior 200 M Backstroke   | 36 |
| 37 | 13-14 100 M Backstroke    | 38 |
| 39 | Senior 100 M Freestyle    | 40 |
| 41 | 13-14 100 M Freestyle     | 42 |
| 43 | Senior 200 M Breaststroke | 44 |
| 45 | 13-14 100 M Breaststroke  | 46 |
| 47 | Senior 100 M Butterfly    | 48 |
| 49 | 13-14 200 M Butterfly     | 50 |

**SATURDAY LATE AFTERNOON JULY 10, 2010 – SESSION 4**

*A 10-minute warm-up period will begin immediately at the conclusion of session 3.*

|    |                                 |   |
|----|---------------------------------|---|
| 51 | Senior 1500 M Freestyle (Women) | * |
|----|---------------------------------|---|

**SUNDAY MORNING JULY 11, 2010 – SESSION 5**

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

*Meet begins at 8:00 a.m.*

Women's Events

Men's Events

|    |                             |    |
|----|-----------------------------|----|
| 9  | 12 & U Girls 400 Freestyle  | *  |
| 53 | 10&U 100 M Breaststroke     | 54 |
| 55 | 11-12 100 M Breaststroke    | 56 |
| 57 | 10&U 50 M Freestyle         | 58 |
| 59 | 11-12 50 M Freestyle        | 60 |
| 61 | 10&U 50 M Backstroke        | 62 |
| 63 | 11-12 50 M Backstroke       | 64 |
| 65 | 10&U 100 M Butterfly        | 66 |
| 67 | 11-12 100 M Butterfly       | 68 |
| 69 | 9-10 200 M Freestyle Relay  | 70 |
| 71 | 11-12 400 M Freestyle Relay | 72 |

**SUNDAY AFTERNOON JULY 11, 2010 – SESSION 6**

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

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

**LATE SUNDAY AFTERNOON JULY 11, 2010 – SESSION 7**

*A 10-minute warm-up period will begin immediately at the conclusion of session 6.*

|                               |    |
|-------------------------------|----|
| Senior 1500 M Freestyle (Men) | 52 |
|-------------------------------|----|

**\*11-12 Girls 400 freestyle and Open men 1500 will be swum out of order on separate days.**

## 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.

# **SUNDAY AFTERNOON TIME TRIALS**

**Sanction #xxxxxxxx**

**Last chance Time Trials** will be held at the conclusion of the Sunday afternoon session of the PPD Summer Splash

Cost per event is \$10.00. Payments are due at the time of signing up.

**Signups will close promptly at 2:00 PM. No additions will be Taken after this time!**

Participants must provide their own timers (and counters if necessary).