

**Sullivan Blue Dolphins  
Lakeside Swim Classic "2010"**

**One Day Only – May 22<sup>nd</sup>, 2010  
Short Course Meter**

**Sanctioned by USA Swimming Inc.  
Sanction Number: ILL10-0505**

**Meet Director  
Kim Drury**

**PO Box 503  
Sullivan, IL 61951  
217-728-2280 (Kim)  
headcoach@sullivanbluedolphins.com**

**Entry Chairperson**

**Kim Drury  
PO Box 503  
Sullivan, IL 61951  
217-728-4013  
headcoach@sullivanbluedolphins.com**

**Safety Chairperson**

**Michelle Hanson**

**Meet Referee**

**John Schulte/Susan Vimr**

FORMAT: All events are timed final and will utilize watch times for all events. All events will be seeded and swum together but scored and awarded separately as described in the Awards Section. We will utilize the positive check in. **Swimmers must be checked in before the start of the session. Check in will close one hour before the start of each session.**

Saturday May 22, 2010

AM SESSION

Warm Ups are from 7:00 – 8:00 am and scheduled into two (2) 30 minute periods. Lane Assignments (TBA) will be posted and available in the coaches' packet Saturday morning. **Meet Starts at 8:15 am.**  
**Positive Check in closes at 7:15 am.**

PM SESSION

Warm-ups begin immediately after the last event of the morning and are scheduled into two (2) 30 minute periods. Lane assignments (TBA) will be posted and available in the coaches' packet Saturday morning. **The first event will start one hour after the AM session, but not before 1:00 pm.**  
**Positive Check in closes at 12:00 pm.**

SPONSORED BY:

Sullivan Blue Dolphin Swim Team

LOCATION:

Sullivan Civic Center, 600 N. Washington,  
Sullivan, IL 61951  
217-728-4541

**FACILITY:**

Sullivan Civic Center pool is a 25 meter, 6 lane pool with a separate diving well. The competition pool has a starting depth end of ranging from 4' 2" to 4' 8", with a turn end ranging from 4' 2" to 4' 8". The events will be timed with dual timers using cards.

Seating will be available on two clearly marked sides of the pool area. Please encourage all spectators to bring lawn chairs. There is also a gym on the facility for siblings and spectators to stretch. Sullivan Civic Center is handicap accessible. Swimmers with special needs are encouraged to include special meet requirements with the meet entries.

**RULES AND SAFETY:**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Warm up procedures are attached.

**TIMES AND ELIGIBILITY & ENTRY LIMITS**

All USA swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. 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. PH 847-824-1596. Fax 847-824-1726. Email: [ilswimoffice@sbcglobal.net](mailto:ilswimoffice@sbcglobal.net)

No qualifying times apply. Coaches are encouraged to be sensitive when assessing swimmers ability when entering certain events. No changes in entry times will be accepted the day of the meet.

Age as of May 22nd, 2010 will determine the age for the entire meet. Swimmers are limited to five events; not including two relay events.

**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.

**CONCESSIONS**

Sullivan Blue Dolphin parent volunteers will have a concession stand open during the entire meet. Drinks, snacks and lunch options will be available for purchase.

**ENTRY DEADLINE**

Entries will not be accepted before April 19<sup>th</sup>, 2010. Entries received before this date will be returned. Entry deadline is until the meet is full. We encourage early registration to ensure participation. NO deck entries will be accepted.

Mail Entries to: Sullivan Blue Dolphins  
Attn Kim Drury  
P.O. Box 503  
Sullivan, IL 61951

**ENTRIES:**

All entries will comply with current USA Swimming and ISI Rules and Regulations.

**An emailed Hy-Tek.cl2 file and zip back up is the preferred method for entry. Swimmer entry report summary, meet summary sheet/release form and check must be received within 5 business days of the emailed entries.**

**Entries not following this requirement will be returned.**

Hand entries must be written legibly and include swimmers First and Last name with a Middle initial, date of birth, whole USA number, team affiliation, event numbers to swim with description and seed times.

Checks should be made payable to the Sullivan Blue Dolphins. If you desire verification of entries received, please enclose a self addressed stamped postcard/envelope.

Entries will be accepted until the 10-hour per day limit is met. Any entries received thereafter will be promptly returned.

**FEES:**

Individual event entry fee is \$3.00. A surcharge of \$2.00 per swimmer has been instituted by ISI.

**Entry fees must accompany entries.**

Spectator's admittance fee \$3.00 for the day; per adult.

Psyche sheets will be available free after paid admission.

**AWARDS:**

|            |  |
|------------|--|
| Individual | Ribbons will be awarded for 1 <sup>st</sup> – 10 <sup>th</sup> |
| Relays     | Ribbons will be awarded for 1 <sup>st</sup> -4 <sup>th</sup>   |

Individual High Points: 1<sup>st</sup>-3<sup>rd</sup> awards for boys and girls in age group 6 & under, 8 & under, 9-10, 11-12 year olds and 13-14 division.

No awards or ribbons will be given for the open/15 & over division.

**SCORING:**

For all individual events is 13-11-9-7-6-5-4-3-2-1

For all relay events is 18-14-12-10-8-6-4-2

**RESULTS:**

One copy of the final results will be e-mailed using the Hy-Tek Meet Manger Program to all teams. Individuals may order final results for \$10.00.

**EVENTS:**

Individual events, excluding Open division, will swim together but the 6 and under, 8 and under, 9-10, 11-12 and 13-14 year olds will be awarded and scored separately. Swimmers competing in the Open division will only be awarded points for this division not each separate age group.

**POOL CERTIFICATION STATEMENT:**

The competition course has not been certified in accordance with 104.2.2C.

*Release Form and Summary Sheet  
Lakeside Swim Classic 2010  
May 22nd, 2010*

Complete this form and mail with entry forms and check payable to: Sullivan Blue Dolphins

Summary of Fees

# Girl Swimmers \_\_\_\_\_ # of Entries \_\_\_\_\_ @ 3.00 ea.      \$ \_\_\_\_\_

# Boy Swimmers \_\_\_\_\_ # of Entries \_\_\_\_\_ @ 3.00 ea.      \$ \_\_\_\_\_

# of Relays \_\_\_\_\_ @ \$7.00 ea.      \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_ @ \$2.00 each ISI Surcharge      \$ \_\_\_\_\_

|                   |                 |
|-------------------|-----------------|
| <b>TOTAL FEES</b> | <b>\$ _____</b> |
|-------------------|-----------------|

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

Name of Coaches Attending Meet: \_\_\_\_\_

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Mailing Address: \_\_\_\_\_

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Phone number \_\_\_\_\_ E-Mail \_\_\_\_\_

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 United States Swimming, Inc., Illinois Swimming, Inc., Sullivan Civic Center, Sullivan Blue Dolphin Swim Team and the meet officials, for any and/or all injuries suffered by me or any contestant or representative of my club. I attest all athletes included in these entries fro this sanction or approved event are dually registered as current members of USA Swimming Inc.

SIGNATURE (Coach, Club rep or Parent) \_\_\_\_\_

This signed release must accompany the entry or the entry will not be accepted.

## Warm up Procedure

### General Warm Up 30 scheduled minutes

- Swimmers must enter the pool feet first in a cautious manner, except off the blocks
- No sprinting or pace work allowed during this general warm up
- All lanes will be used for general warm up
- Diving allowed from the blocks only under the supervision of the team coach
- Circle swimming is allowed
- Swimmers shall not be on the blocks if a backstroker is waiting to start
- The pool is not for visiting or playing during the warm up
- Warm up procedures shall be enforced for any breaks scheduled during the competition
- Swimmers are required to exit the pool at the end of the warm up period
  
- The first event will not start until 15 minutes after the conclusion of the specific warm up period.

### Coaches' responsibilities

- Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and practice.
  
- Coaches shall be on deck during the warm ups and shall actively supervise their swimmers through out the entire warm up session.
  
- Any coaches meeting will be conducted at times other then the warm up period.

### Host Team Responsibilities

#### Marshaling

- A minimum of four marshals, who report to and receive instructions from the Meet referee, and or the Meet Director, shall be on deck during the entire warm up session.
- One Marshall, who is an ISI Official, shall act as Safety Coordinator
- Marshals shall be current members of United States Swimming
- Marshals shall remove from the pool deck for the remainder of the warm up session any swimmer or coach who is in violation of safety requirements or warm up procedures
- Flagrant violations of safety requirements of warm up procedures by a swimmer could result in the swimmer being barred from their next individual meet.
  
- ❖ The host team shall provide signs for each lane at both end s of the pool, which indicate the designated use during warm up.
  
- ❖ Warm up times and lane assignments shall be published in the coaches' packet and posted at several locations around the pool deck.
  
- ❖ An announcer shall be on duty for the entire warm up session to announce lane and time changes and to assist with the conduct of the warm up
  
- ❖ Hazards in the locker room, on the pool deck area, or in areas used by coaches, swimmer, spectators, or officials shall be removed or clearly marked.

LAKESIDE SWIM CLASSIC "2010"  
EVENT LIST

AM SESSION

| GIRLS |              |                  | BOYS |  |  |
|-------|--------------|------------------|------|--|--|
| 1     | 12 and under | 200 MEDLEY RELAY | 2    |  |  |
| 3     | 12 and under | 400 MEDLEY RELAY | 4    |  |  |
| 5     | 9/10/2009    | 50 FREE          | 6    |  |  |
| 7     | 11/12/2009   | 50 FREE          | 8    |  |  |
| 9     | 9/10/2009    | 50 BREAST        | 10   |  |  |
| 11    | 11/12/2009   | 100 BREAST       | 12   |  |  |
| 13    | 9/10/2009    | 50 FLY           | 14   |  |  |
| 15    | 11/12/2009   | 100 FLY          | 16   |  |  |
| 17    | 9/10/2009    | 50 BACK          | 18   |  |  |
| 19    | 11/12/2009   | 100 BACK         | 20   |  |  |
| 21    | 9/10/2009    | 100 I.M.         | 22   |  |  |
| 23    | 11/12/2009   | 200 I.M.         | 24   |  |  |
| 25    | 12 and under | 200 FREE RELAY   | 26   |  |  |
| 27    | 12 and under | 400 FREE RELAY   | 28   |  |  |

PM SESSION

| GIRLS |           |                  | BOYS |  |  |
|-------|-----------|------------------|------|--|--|
| 29    | 8 & UNDER | 100 MEDLEY RELAY | 30   |  |  |
| 31    | OPEN      | 400 MEDLEY RELAY | 32   |  |  |
| 33    | 8 & UNDER | 25 BACK          | 34   |  |  |
| 35    | OPEN      | 200 BACK         | 36   |  |  |
| 37    | 8 & UNDER | 25 BREAST        | 38   |  |  |
| 39    | OPEN      | 200 BREAST       | 40   |  |  |
| 41    | 8 & UNDER | 25 FREE          | 42   |  |  |
| 43    | OPEN      | 50 FREE          | 44   |  |  |
| 45    | 8 & UNDER | 25 FLY           | 46   |  |  |
| 47    | OPEN      | 100 FLY          | 48   |  |  |
| 49    | 8 & UNDER | 100 I.M          | 50   |  |  |
| 51    | OPEN      | 400 I.M          | 52   |  |  |
| 53    | 8 & UNDER | 100 FREE RELAY   | 54   |  |  |
| 55    | OPEN      | 400 FREE RELAY   | 56   |  |  |
| 57    | OPEN      | 800 FREE RELAY   | 58   |  |  |