

**16<sup>th</sup> ANNUAL  
JULY SWIM EXPLOSION**  
HOSTED BY THE STERLING STINGRAYS SWIM CLUB  
JUNE 25-27, 2010  
NOVELTY SWIM MEET  
SANCTION # ILL10-0612

**Meet Director:** Maggie Wike and Dana Wike  
815-631-1191

**Entry Chairman:** Julie Yemm  
(Day) 815-622-6200  
sterlingstingrays@sterlingparkdistrict.org

**Meet Referee:** Jim Williams

**Safety:** Christi Latta

**Sanction:** Held under the sanction of USA Swimming, Inc. and Illinois Swimming, Inc. Sanction # ILL10-0612

**Facility:** The Pool is a six lane, 50 Meter (outdoor) course with: backstroke flags, non-turbulent lane markers and starting blocks at the 5 foot end. The shallow end is 3 feet deep, the pool is equipped with a Daktronics automatic timing system with a single line display. Seating is limited on deck and lawn chairs are encouraged for comfortable viewing.

The competition course has not been certified in accordance with 104.2.2C(4).

***A diving well is available for swimmers only. No spectators will be allowed in the diving well. Only swimmers in the session being swum will be allowed in the diving well.***

**Smoking:** No smoking is allowed on the Lawrence Park premises.

**Location:** Lawrence Park Pool  
Avenue G Island  
Sterling, IL. 61081  
815-622-6205

## **Meet Schedule**

### **Session 1**

Friday, June 25th Warm-ups: 1:00 pm  
Meet begins: 2:00 pm  
(Positive Check In Closes: 1:20 pm)

### **Session 2**

Warm-ups: Not before 4:30 pm  
(If the Session 1 does not fill, the entry chair will contact coaches  
notifying them of what time Session 2 warm-ups will begin)  
Meet Begins: Not before 5:30 pm  
Positive Check In Closes: 20 Minutes after warm-ups begin

## **Saturday, June 26th and Sunday, June 27th**

### **Session 3 & 5:**

Warm-ups: 7:00 am  
Meet begins: 8:00 am  
Positive Check In Closes: 20 Minutes after warm-ups begin

### **Session 4 & 6:**

Warm-ups: Not before 11:30 am  
(If the meet does not fill, the entry chair will contact coaches notifying them of what  
time the afternoon session will begin.)  
Meet Begins: One hour after warm-ups begin  
Positive Check-In Closes: 20 Minutes after warm-ups begin

***Doors will not open until 12:30 p.m. on Friday and 6:30 a.m. on  
Saturday and Sunday to the Lawrence Park facility.***

### **Events:**

All events will be deck seeded timed finals. Seed times should be entered in long course times on the entry sheets provided. Each event will be swum in heats with swimmers seeded slowest to fastest. Swimmers reporting late to the clerk of course will be scratched or if possible seeded in the slowest available unfilled heats. A bull pen will be used for 10 & Under swimmers behind the blocks. Swimmers who are 11 & Over can report directly to the blocks.

In accordance with USA Swimming Rules; Articles 105 and 202.1.13, 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.

**Check-In:** This meet is a “positive check-in” meet. That is, each swimmer will be asked to stop at the check in table upon entering the pool and confirm their presence. If a swimmer has not checked in at the table, he/she will be scratched from their events for that day, or seeded in open lanes of the slowest heat if available. Swimmers need to check in each day if they are entered in multiple sessions.  
**Positive check in closes 40 minutes prior to the start of the first event of each session.**

**Rules and Safety:** All USA Swimming and ISI rules apply including safety rules which will be strictly enforced.

**Relay Starts:** **The 2<sup>nd</sup> & 4<sup>th</sup> swimmers of the relay will start in the water due to water depth rules.**

**USA Swimming  
Membership**

**The 2010 USA Swimming and ISI rules will govern this meet.** Insurance regulations require that all swimmers, judges, starters and referees be current members of USA Swimming. It is each club’s responsibility to register their swimmers, coaches and officials. Coaches and officials who are not current members of USA swimming may not participate in the meet or be on deck. Current 2010 registration numbers must appear on all entry forms. Illinois registration may be obtained from:

**ISI**

**Web-site: [ilswim.org](http://ilswim.org)**

**Phone: 847-824-1596**

Applied for registrations will not be accepted.

**Qualifying Times:** Age as of June 25th, 2010 will determine the age group for the meet.

**Entry Limits:** Swimmers may enter three (3) individual events plus relays each day. However, contestants must participate in at least one individual event to be eligible to swim in those days’ relay events. **[Swimmers in the second session on Friday (Session 2) will be limited to two events for that session].** Clerk of course must be advised of the name and ISI number of each relay contestant no later than 30 minutes prior to the event.

**Limitation of Heats: The host team reserves the right to limit Friday’s events to 3 Heats.**

Please refer to the listing of Friday’s events. If the limitations must be applied, we will accept the first 18 entries in those events. Refunds will be given to those swimmers unable to compete because of the heat limitations.

**Entry Fee:** Individual Events.....\$3.00  
Relay Events.....\$7.00

A surcharge of \$2.00 per swimmer will go to Illinois Swimming, Inc.

If the meet has to be canceled due to weather conditions, the host team **will not** refund entry fees. Sterling Park District abides by Star Guard and PDRMA rules on inclement weather. With the sound of thunder the **pool deck** must be cleared of ALL spectators and their property for 30 minutes

**Awards:** First through sixth place medals will be awarded in each Individual event. 7<sup>th</sup> through 12<sup>th</sup> place ribbons will also be awarded in each individual event with the exception of Senior/ Open events. First through third place medals will be awarded to the top 3 relay teams in the relay events with the exception of senior events.

**Coaches should pick up their team's awards at the close of the meet.**

Heat award certificates will be given to heat winners. The recipient can use the certificate to choose from several heat awards at the awards table.

First, second and third place individual high point awards will be awarded with the exception of Senior events.

**Coaches:** All coaches must be coach members of USA Swimming in order to be permitted on the pool deck. Coaches must have their current 2010 cards on continuous display.

Packets for all club coaches will be available at the Clerk of Course. Meet results will be posted on our website at <http://www.sterlingparkdistrict.org>  
Click on "Programs" to get to the Sterling Stingrays web page.

**Admission:** \$2.00 per day

**Psyche  
Sheets:**

Available to purchase for \$6.00 each

**Souvenirs  
Vendors:**

Meet T-shirts may be purchased at the souvenir table. A vendor will be available at the meet.

**Concessions:**

Refreshments will be sold.

**Entries:**

Entries can be received on computer diskette using “Hytek” Software. A printout of the disk’s data must be provided along with the disk to allow a cross check on ISI number, birth dates, etc. Entry forms are enclosed for those teams who do not use “Hytek”. Entry forms must be legible and completed in full. Entries are compiled by computer. ***The ORIGINAL of the enclosed Summary of fees and Release Form signed by the coach, parent, or club representative must accompany all entries along with your check.*** Failure to comply with any of these requirements is sufficient cause to reject those entries. If you desire verification of entries received and accepted, include a stamped, self addressed postal card with your entries. **[It is the responsibility of the team or individual submitting entries to verify that their entries have been received.]**

You may e-mail your zipped Commlink II file to the entry chairperson at: [sterlingstingrays@sterlingparkdistrict.org](mailto:sterlingstingrays@sterlingparkdistrict.org) beginning at 8:00 am on Tuesday, May 25<sup>th</sup>, 2010. A completed and signed summary and release form and entry check must be received within 3 business days of receipt of the e-mail. SSSC will not be responsible for undelivered e-mail entries.

All entries express mailed and e-mailed and completed paper work for this meet must be received by the Entry Chairperson no later than 6:00 pm on Tuesday, June 15th, 2010.

Acceptance of entries will be on a first received, first entered basis until the maximum time limit is reached. Entries received thereafter will be returned immediately per ISI. No hand entries will be accepted. Section III Rule 17. Be sure to mail early!!

Make checks to **Sterling Park District**. Mail summary, and release form, entries, team volunteer list and check to:

**Julie Yemm**  
c/o Sterling Stingrays  
211 E. St. Mary's Rd.  
Sterling, IL. 61081  
815-622-6200

**Entry**

**Deadline:** Entries will not be accepted by the entry chairperson before 8:00 am Tuesday, May 25<sup>th</sup>, 2010.

**The following entries will not be accepted:**

- \*Hand Delivered
- \*Fax Entries

**Scoring:** Individual Events: 7-5-4-3-2-1  
Relays: 14-10-8-6-4-2

Scoring and awarding of the events on Friday will be broken down by exact age group as this is a Novelty Meet.  
(Example: 10 & U events broken down to 8 & Under, 9 and 10 and 11-12 events to 11 and 12, Senior events broken down to 13 and 14, 15 and Over)

**Hotel**

**Accommodations:** Country Inn & Suites (815) 625-3200  
Rt. 88  
Rock Falls, IL. 61071

Holiday Inn (815) 626-5500  
Route 88  
Rock Falls, IL. 61071

Super 8 Motel (815) 626-8800  
Route 88  
Rock Falls, IL. 61071

**Final Results:** Final results will be posted on our website at  
[www.sterlingparkdistrict.org](http://www.sterlingparkdistrict.org)  
Click on programs  
Click on Sterling Stingrays

**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

**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. Backstrokers 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.

## Order of Events

### Friday: Session 1

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	10 & Under 100 Fly	2
3	11-12 100 Fly	4
5	10 & Under 100 Back	6
7	11-12 100 Back	8
9	10 & Under 100 Breast	10
11	11-12 100 Breast	12
13	10 & Under 200 Free	14

### Friday: Session 2

15	13 & Over 400 IM	16
17	13 & Over 200 Back	18
19	13 & Over 400 Free	20

### Saturday AM: Session 3

Girls	Event Description	Boys
21	11 Year 200 Free	22
23	12 Year 200 Free	24
25	8 & Under 50 Back	26
27	9 Year 50 Back	28
29	10 Year 50 Back	30
31	11 Year 50 Back	32
33	12 Year 50 Back	34
35	8 & Under 50 Fly	36
37	9 Year 50 Fly	38
39	10 Year 50 Fly	40
41	11 Year 50 Fly	42
43	12 Year 50 Fly	44
45	9 Year 100 Free	46
47	10 Year 100 Free	48
49	11 Year 100 Free	50
51	12 Year 100 Free	52
53	8 & U 200 Medley Relay	54
55	9-10 200 Medley Relay	56
57	11-12 400 Medley Relay	58

### Saturday PM: Session 4

59	13 & Over 200 Breast	60
61	13-14 400 Medley Relay	62
63	Open 400 Medley Relay	64
65	13 Year 50 Free	66
67	14 Year 50 Free	68
69	15 & Over 50 Free	70
71	13 Year 100 Back	72
73	14 Year 100 Back	74
75	15 & Over 100 Back	76
77	13 Year 100 Fly	78
79	14 Year 100 Fly	80
81	15 & Over 100 Fly	82
83	13 Year 200 Free	84
85	14 Year 200 Free	86
87	15 & Over 200 Free	88

### Sunday AM: Session 5

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
89	9 Year 200 IM	90
91	10 Year 200 IM	92
93	11 Year 200 IM	94
95	12 Year 200 IM	96
97	8 & Under 50 Free	98
99	9 Year 50 Free	100
101	10 Year 50 Free	102
103	11 Year 50 Free	104
105	12 Year 50 Free	106
107	8 & Under 50 Breast	108
109	9 Year 50 Breast	110
111	10 Year 50 Breast	112
113	11 Year 50 Breast	114
115	12 Year 50 Breast	116
117	8 & Under 200 Free Relay	118
119	9-10 200 Free Relay	120
121	11-12 400 Free Relay	122

### Sunday PM: Session 6

123	13 & Over 200 Fly	124
125	13-14 400 Free Relay	126
127	Open 400 Relay	128
129	13 Year 100 Breast	130
131	14 Year 100 Breast	132
133	15 & Over 100 Breast	134
135	13 Year 100 Free	136
137	14 Year 100 Free	138
139	15 & Over 100 Free	140
141	13 Year 200 IM	142
143	14 Year 200 IM	144
145	15 & Over 200 IM	146

**Entry Summary Sheet  
 July Swim Explosion  
 Sterling Stingrays Swim Club  
 June 25-27, 2010**

**Complete this form and mail it along with your entry forms and check to:**

Julie Yemm  
 c/o Sterling Stingrays  
 211 E. St. Mary's Rd.  
 Sterling, IL. 61081  
 E-mail: [sterlingstingrays@sterlingparkdistrict.org](mailto:sterlingstingrays@sterlingparkdistrict.org)  
 Pool: 815-622-6200

**Make checks payable to: Sterling Park District**

Summary of Fees

Total Number of Entries	Cost of Entries
8 & Under	@ \$3.00 each =
9 Year Old	@ \$3.00 each =
10 Year Old	@ \$3.00 each =
11 Year Old	@ \$3.00 each =
12 Year Old	@ \$3.00 each =
13 Year Old	@ \$3.00 each =
14 Year Old	@ \$3.00 each =
Senior	@ \$3.00 each =
Relays	@ \$7.00 each=
<b>Total # of Swimmers</b>	
<b>(ISI Surcharge)</b>	<b>@ \$2.00 each=</b>
<b>TOTAL FEES</b>	

Name of Club: \_\_\_\_\_ Name and # of Entryperson: \_\_\_\_\_  
 Club Code: \_\_\_\_\_ LSC \_\_\_\_\_ (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_  
 Complete Mailing Address: \_\_\_\_\_  
 E-mail address: \_\_\_\_\_  
 Coaches Names: \_\_\_\_\_

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 United States Swimming, Illinois Swimming, Inc., Sterling Stingrays Swim Club, Sterling 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 representative of my club.

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.

Signed: (Coach, Club Representative or Parent) Title: \_\_\_\_\_ Date: \_\_\_\_\_

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**This signed release and your check must accompany entry or entry will not be accepted.  
 Entries must be received not later than Tuesday, June 15th, 2010.**