

**Elgin Cyclones Swim Team  
Blizzard Blast IMX Swim Meet  
December 16<sup>th</sup> - 18<sup>th</sup>, 2011**

**Sanctioned by USA Swimming Inc.  
Sanction Number: ILS11-1218**

**Meet Director**

Greg Bruggeman  
(847) 531-7007  
[bruggeman\\_g@cityofelgin.org](mailto:bruggeman_g@cityofelgin.org)

**Entry Chairperson**

Elizabeth Skerke  
(331) 442-1067  
Coach\_Elizabeth@elgincyclones.com

**Meet Referee**

Bob Mucha  
(847)217-1920  
[americanwood@sbcglobal.net](mailto:americanwood@sbcglobal.net)

**Safety Chair**

Elizabeth Skerke

**\*\*Officials please email if planning to attend this meet\*\***

**Format: Open- Short Course Yards  
This is a Positive Check in Meet**

**Friday PM:** Warm Ups: 4:30pm-5:20pm    Positive Check-in Closes:4:50pm    Meet Starts at 5:30pm

**Saturday and Sunday AM:**            Warm Up: 7:00-7:50am  
Positive Check-in Closes: 7:10am  
Meet Starts: 8:00am

**Saturday and Sunday Mid Morning:(Will Start No Earlier)** Warm Up: 12:00pm-12:30pm  
Positive Check-in  
Closes:12:15pm  
Meet Starts: 12:45pm

**Saturday and Sunday PM: (Will Start No Earlier)**            Warm Ups: 4:45pm-5:30pm  
Positive Check in Closes: 5:00pm  
Meet Starts: 5:40

**Location:** The Centre of Elgin Natatorium  
100 Symphony Way  
Elgin, IL  
(847-531-7007)

**Facility:** An eight lane, 25 yard pool with removable starting blocks on one end of the pool. Start end is 5 feet deep while the turn end is 12 feet deep. The pool has non-turbulent competition lane lines and a fully automated Colorado Timing system with readout board. Parking is available in the Parking Garage across the street from the Centre.

**Rules and Safety:** All Current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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, 1400 E. Touhy Ave., Suite 245, Des Plaines, IL 60018; Phone: 847-824-1596, Fax: 847-824-1726. A swimmer's age as of December 16<sup>th</sup>, 2011 will determine their age for the meet

#### **USA Swimming, Inc.**

**Membership:** Insurance regulation 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 Entry Chair 181 Breckenridge Drive, Gilberts, IL 60136 (847)531-8913 starting **Friday, November 11<sup>th</sup>, 2011, 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 December 1<sup>st</sup>, 2011.** There will be upgrades of time allowed until December 12<sup>th</sup>, 2011. All changes must be submitted before December 12<sup>th</sup>, 2011. 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 two (2) entry events on Friday, not including relays, and three (3) individual events, not including relays on Saturday and Sunday. Relay swimmers must be entered in at least one (1) individual event.

**Swimmers must compete in Events that are in Bold on the Events page to be eligible for IMX award.**

Current Registration number, age, first name, middle initial, and last name must appear on all entry blanks, This is a Hy-Tek software managed meet. Any club using Team Manager is strongly encouraged to use that package to submit the entry via email. 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 Fee / Release for provided in this packet and payment in full must accompany al entries

Checks are to be made payable to : **City Of Elgin**

<b>Entry Fees:</b>	<b><u>Individual Event</u></b>	<b><u>Relay Event</u></b>	<b><u>ISI Surcharge</u></b>	<b><u>Facility Fee</u></b>
	\$3.00	\$7.00	\$2.00	\$2.00

**Entry Limitations:** **Deck Entries will be allowed at the digression of Meet Referee**

The host team reserves the right to limit any event due to time 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 limitation after the closing date and our time line is established. The host team reserves the right to swim additional heats, 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 via email.

**Events:** The Meet Referee reserve the right to impose “fly-over” starting procedures. Any additional warm-ups prior to distance events of 500 yards or longer are at the descretion 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.

**Positive Check-In:** There will be a positive check in the main lobby at the Centre, just before you enter the pool lobby. Check-in will be closed thirty (30) 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 block 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 (30 - 40 minutes) prior to distance events of 500 yards or more.

**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

**Awards:** Individual swimmers in the 8 & Under, 10 & under, 11-12, and 13-14 groups will receive awards for 1st-16th place. A Trophy Will be awarded to the Top Female and Male in the 8 and Under, 10 and Under, 11-12, 13-14, and Senior groups for High Point in IMX events. Swimmers must compete in all IMX events to be eligible for the Trophy in their Age Group.

**Scratches:** There are no penalties for scratching

**Seeding:** Events will be seeded time finals, swum slowest to fastest. If a swimmer enters more events than allowed, the Entry Chair 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. **Please check the names and order for accuracy prior to all relays!!!**

**Admissions and  
Heat/Psych Sheets:**

Admissions: \$3.00 for Friday and Individual Sessions for adults (15 and over). A \$5.00 All Day pass will also be available for Saturday and Sunday, for adults (15 and over). There will be no charge for children 14 and younger.

Heat Sheets will be sold for \$3.00 per session

**Concessions:** Food and beverages will be available for purchase in the pool lobby. All food needs to be consumed in the pool lobby or in the gymnasium where swimmers will be seated. Water and Gatorade may be taken on the deck. No glass containers are allowed anywhere in the Centre Building. No smoking is allowed in the Centre and no alcoholic beverages are allowed anywhere on Centre grounds. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.**

**Meet Results:**

Printed meet results will be available to coaches (1 per team) if requested. Results will be posted around the pool area for swimmers and spectators. The Entry Chair will email meet results for meet manager and team manager as soon as they are available.

**Elgin Cyclones Swim Team**  
**Blizzard Blast IMX Swim Meet**  
**December 16<sup>th</sup> -18<sup>th</sup>, 2011**  
**USA Swimming, Inc. - Sanction Number ILS11-1218**

Complete this form and mail with your check payable to: **CITY OF ELGIN**

**Mail To:** Elgin Cyclones Swim Team  
c/o Elizabeth Skerke  
181 Breckenridge Drive  
Gilberts, IL 60136

**Summary of Fees**

<b>Age Group</b>	<b>Number of Entries</b>	<b>Cost per entry</b>	<b>Total</b>
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 # of swimmers (Facility Surcharge)	-----	At \$2.00 each =	-----
<b>TOTAL FEES</b>			-----

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

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

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

Phone (entry person): \_\_\_\_\_ Phone: \_\_\_\_\_

Coach(es) Name(s) \_\_\_\_\_

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., Elgin Cyclones Swim Team, City Of Elgin Parks and Recreation, 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:** \_\_\_\_\_

**Elgin Cyclones Swim Team  
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December 16th-18th  
USA Swimming Inc. - Sanction # ILS11-1218  
Officials Form**

**Please List all Officials Who Are Planning To Attend This Meet**

<b>Name:</b>	<b>Cert. Level:</b>	<b>Phone:</b>	<b>Email:</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**\*\*\* Please send this form, Summary of Fees, HyTek printout, and Payment within 72 hours of receipt of entries. Thank You\*\*\***

**Events:**

**Friday Evening December 16<sup>th</sup>, 2011 (Session 1)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
1	2	<b>10 and Under 200 Yard Freestyle</b>
3	4	<b>Open 500 Yard Freestyle (IMX for 11 and Overs)</b>
5	6	<b>12 and Under 200 Yard Individual Medley</b>
7	8	<b>13 and Over 200 Yard Individual Medley</b>
9	10	Open 800 Freestyle Relay

**Saturday Morning December 17<sup>th</sup>, 2011 (Session 2)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
11	12	11-12 200 Yard Backstroke
13	14	<b>11-12 100 Yard Breaststroke</b>
15	16	11-12 50 Yard Freestyle
17	18	11-12 200 Yard Butterfly
19	20	11-12 400 Yard Freestyle Relay

**Saturday Mid Morning December 17<sup>th</sup>, 2011 (Session 3)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
21	22	<b>10 and Under Yard 100 Backstroke</b>
23	24	10 and Under Yard 50 Breaststroke
25	26	<b>10 and Under Yard 100 Butterfly</b>
27	28	10 and Under Yard 50 Freestyle
29	30	10 and Under 200 Yard Freestyle Relay

**Saturday Afternoon December 17<sup>th</sup>, 2011 (Session 4)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
31	32	13 and Over 100 Yard Backstroke
33	34	<b>13 and Over 200 Yard Breaststroke</b>
35	36	13 and Over 100 Yard Freestyle
37	38	13 and Over 100 Yard Butterfly
39	40	<b>13 and Over 400 Yard Individual Medley</b>

**Sunday Morning December 18<sup>th</sup>, 2011 (Session 5)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
41	42	<b>11-12 100 Yard Backstroke</b>
43	44	11-12 200 Yard Breaststroke
45	46	11-12 100 Yard Freestyle
47	48	<b>11-12 100 Yard Butterfly</b>
49	50	11-12 400 Yard Medley Relay

**Sunday Mid Morning December 18<sup>th</sup>, 2011 (Session 6)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
51	52	10 and Under 50 Yard Backstroke

53	54	<b>10 and Under 100 Yard Breaststroke</b>
55	56	10 and Under 50 Butterfly
57	58	10 and Under 100 Yard Freestyle
59	60	10 and Under 200 Yard Medley Relay

**Sunday Afternoon December 18<sup>th</sup>, 2011 (Session 7)**

<b><u>Girls:</u></b>	<b><u>Boys:</u></b>	<b><u>Event:</u></b>
61	62	<b>13 and Over 200 Yard Backstroke</b>
63	64	13 and Over 100 Yard Breaststroke
65	66	13 and Over 50 Yard Freestyle
67	68	<b>13 and Over 200 Yard Butterfly</b>
69	70	13 and Over 400 Yard Medley Relay

**\*\*\*BOLD EVENTS= IM XTREME CHALLENGE EVENTS. To be eligible for IMX Awards, a swimmer must compete in all of the IMX events for their age group.**

## Warm Up Procedures

### General Warm Up

- 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

- a. **Push/Pace Lanes** - Push off one or two (2) 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 a coach.

**LANE USE:**           **Push Pace: 1 & 8**  
                                  **Diving: 2 & 7**  
                                  **General Warm -up: 3,4,5,6**

### 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 Meet 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.