

8<sup>th</sup> Annual Swim Your Age ISI  
Sponsored by: The Hornet Swim Club  
October 29, 2011  
Sanction number: ILS11-1017

<b>Meet Director</b>	<b>Entry Chair</b>	<b>Meet Referee</b>	<b>Safety Chair</b>
Mardie Leader PO Box 1182 Westmont, IL 60559 630 247 7460 info@hornetswimclub.org	Steve Bowater 5623 Childs Ave Hinsdale, IL. 60521 630 789 0348 entries@hornetswimclub.org	Lily Kunz 630 985 8652 lilykunz@comcast.net	Jill Quinones 630 325 2908 jillkq@comcast.net

**Format:** This will be a timed finals, positive check-in meet. A listing of events offered is attached.

<b>Saturday AM</b>	warm-ups check-in closes meet starts	7:00-7:50 AM 7:20 AM 8:00 AM
<b>Saturday PM</b>	warm-ups check-in closes meet starts	not before 11:30 AM 11:50 AM not before 12:30 PM

**Location:** Hinsdale South High School  
7401 S. Clarendon Hills Rd.  
Darien, IL, 60561.

**Facility:** The Hinsdale South High School pool is a 25-yard, six lane pool with Paragon starting blocks at the deep end. The start end is 10' deep and the turn end is 4' deep with competitor brand non-turbulent lane lines and an IST Scoreboard with six-lane readout and a scrolling line. There is ample spectator seating.

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

**Eligibility:** All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed, as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy Avenue, Suite 245, Des Plaines, IL 60018. Phone 847-824-1596. A swimmer's age as of October 29, 2011 will determine their age for the meet.

**Membership:** Insurance regulations require that all swimmers, coaches, judges, starters, and referees be current members 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:** Entries will not be accepted by the entry chairperson before 8:00am Friday, September 30, 2011. Entries will be accepted via email and via nationally known courier. DO NOT send certified or registered mail. Please indicate the package does NOT have to be signed for. No hand delivered or faxed entries will be accepted.

**Seeding:** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order. Please give a time if at all possible so we book the meet appropriately. A bullpen will be used for all events.

**Entry Limitations:** No deck entries will be permitted, except for corrections of mistakes made by the entry chairperson. A copy of each team's entry will be e-mailed back to the team before the meet and it is their responsibility to make sure the entry is correct. Swimmers may swim a maximum of 4 individual events.

**Additional Limitations:** The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session. Should limitations be necessary, a copy of those sessions will be sent to each team so that affected swimmers may be notified.

**Entry Forms:** Meet entries should be submitted using Hy-Tek Team Manager on CD-ROM, or via email. Please send the following completed information to the entry chair: (1) A paper copy of your entries (and CD-ROM, if not e-mailed); (2) Signed release form; (3) Payment for Meet. *For e-mail entries, the paper copies and payment must arrive within 10 days of your e-mail submission.* If Hy-tek is not used, the entries must be for teams of 3 or fewer swimmers. Meet entries must be submitted on the Hornet Swim Your Age entry forms.

**Entry Fees:** The entry fee for individual events is \$3.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to the Hornet Swim Club.

**Entry Verification:** If you desire verification of entries received, include a self-addressed postal card with your entries or an e-mail address for your club's entry person.

**Entry Limit/Deadline:** Friday, October 21, 2011 is the last date the entry chairperson will accept entries. Entries shall not be considered received until delivered to the entry chairperson at the address shown in the meet information. Entries will be accepted until the time limit, subject to the 4 hour / 10 hour rule is reached and entries received thereafter will be returned immediately. If a phone number is included on the Entry Summary Sheet, teams that do not get into the meet will be called immediately. No additional swimmers may be entered after the original team entry has been processed.

**Warm-ups:** The ISI controlled meet warm-up and safety guidelines, effective November 3, 2004, will be used at this meet.

**Starting:** FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. 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. 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 and swimmers to contact the Meet Referee prior to competition with specific requests.

**Positive check-in:** This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for that session's events. Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in slower heats.

**Officials & Timers:** Officials are needed. Anyone willing to officiate should contact the Meet Referee. Teams will be expected to provide timers for all sessions. Your team's lane assignment will be in the Coaches Packet in the pool office.

**Results:** Results will be posted in an area near the pool as the meet progresses. One copy of printed results in publication format will be mailed to all teams represented at their request. Individuals may purchase a copy of final results for \$5.00. You may request results at the Admissions table.

**Awards:** Awards will be given in each event for 7&U, 8, 9, 10, 11, 12, 13 and 14 year olds for places 1<sup>st</sup> - 12<sup>th</sup>. High point trophies for 1<sup>st</sup> – 3<sup>rd</sup> place will be given for these same age groups. 13 and 14 year olds will swim in the same events but will be scored separately. High point will be determined by the standard scoring method. All places and high points will be determined by final time not seed time.

**Admissions and Heat sheets:** The cost of admission for the day is \$5.00 (no charge for children under age of 12 and athletes). Heat sheets will be available for purchase at a cost of \$4.00 per session.

**Concessions:** Food and beverages will be available for sale. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is no smoking on the grounds or in the building.

**Hotels:** Call the Meet Director if you need hotel information.

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Names of Coaches attending meet

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Club Mailing Address

Name:

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Address:

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City, State, Zip.

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Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

In consideration of acceptance of this entry, I, intending to be legally bound; hereby cosign, waive and release all rights and claims for damages which may occur against USA Swimming, Inc., Illinois Swimming, Inc., Hornet Swim Club, Hinsdale South High School, Hinsdale Township District 86, and any parents' associations, their Representatives, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet as a representative 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 (Coach, Parent, or Club Representative)

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

# Hornet Swim Your Age ISI

## October 29, 2011

### Sanction #: ILS11-1017

E-Mail Entries to: Steve Bowater at [entries@hornetswimclub.org](mailto:entries@hornetswimclub.org)  
 Or regular mail: 5623 Childs Ave  
 Hinsdale, IL. 60521  
 630-789-0348

#### Summary of fees:

7 & Under	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
8 Year Olds	Girl	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
9 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
10 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
11 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
12 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
13 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
14 Year Olds	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
Senior	Girls	Number of Entries_____	@ \$3.00 each=	\$ _____
	Boys	Number of Entries_____	@ \$3.00 each=	\$ _____
Total Number of Relays entered in the Meet		_____	@ \$7.00 each=	\$ _____
Total Number of Swimmers attending Meet		_____	@ \$2.00 each=	\$ _____
Final Total=				\$ _____

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

Club Code\_\_\_\_\_

**Hornet Swim Your Age ISI  
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**Session 1: Saturday, October 29, 2011  
Warm-ups 7-7:50AM. Meet starts 8:00.**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
1	7 & Under	50 Free	2
3	8	50 Free	4
5	9	100 IM	6
7	10	100 IM	8
9	7 & Under	25 Back	10
11	8	25 Back	12
13	9	50 Back	14
15	10	50 Back	16
17	7 & Under	25 Breast	18
19	8	25 Breast	20
21	9	50 Breast	22
23	10	50 Breast	24
25	7 & Under	25 Fly	26
27	8	25 Fly	28
29	9	50 Fly	30
31	10	50 Fly	32
33	7 & Under	25 Free	34
35	8	25 Free	36
37	9	50 Free	38
39	10	50 Free	40

**Session 2: Saturday, October 29, 2011  
Warm-ups not before 11:30AM. Meet starts not before 12:30PM.**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
41	13-14	50 Free	42
43	Senior	50 Free	44
45	11	100 IM	46
47	12	100 IM	48
49	13-14	200 IM	50
51	Senior	200 IM	52
53	11	50 Back	54
55	12	50 Back	56
57	13-14	100 Back	58
59	Senior	100 Back	60
61	11	50 Breast	62
63	12	50 Breast	64
65	13-14	100 Breast	66
67	Senior	100 Breast	68
69	11	50 Fly	70
71	12	50 Fly	72
73	13-14	100 Fly	74
75	Senior	100 Fly	76
77	11	50 Free	78
79	12	50 Free	80
81	13-14	100 Free	82
83	Senior	100 Free	84

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

## A. 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

## B. 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.

**NOTE:** Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.