

# HICKORY WILLOW'S

## Go the Distance

### January 29<sup>th</sup> 2012



**SANCTION:** By United States Swimming and Illinois Swimming Inc.  
Sanction # ILS12-0114

**LOCATION:** A. A. Stagg High School  
111th Street & Roberts Road (8000 W.) Palos Hills, IL 60465

**Meet information including complete meet packet, team manager import file, results, meet backup and directions can be found at the Hickory Willow Meet info site: <HTTP://HOME.COMCAST.NET/~HWSAINFO/>**

**FACILITY:** Six lane, 25 yard competition pool. Starting area has a 14-foot depth. Seating capacity for 550+ spectators. Fully automatic IST timing system with touch pads, button back-up and 6 line electronic scoreboard. The meet will be computerized using the latest version of Hi-Tech Meet Manager.

**MEET DIRECTOR:** Glenn Gabriel

**ENTRY CHAIRMAN:** Glenn Gabriel (708) 598-3964 or e-mail – GJGABRIEL@COMCAST.NET

**SAFETY COORDINATOR:** Pat McGovern

**REFEREE:** Glenn Gabriel (708) 598-3964 or e-mail GJGABRIEL@COMCAST.NET

**TYPE OF MEET:** This is a long distance event meet. It was designed so swimmers can get qualifying times for the regional, senior and AG Championship meets in events that are not offered very often at other open meets.

**MEET SCHEDULE:**

Doors Open 6:45 A.M.

Sunday A.M. session

Sunday P.M. session:

Warm-up 7:00 A.M.

Warm-up 12:00 PM

Meet starts 8:00 A.M.

Meet Starts 1:00 P.M.

**ELIGIBILITY:** All USA Swimming Registered Swimmers are eligible. All USA Swimming and I.S.I. Rules apply including I.S.I. safety rules, which 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.”

All swimmers must be registered prior to entry deadline. Registration applications may be obtained from Illinois Swimming, Inc., 1400 E Toughy Ave Ste 245, Des Plaines, IL, 60018. “Applied for registration will not be accepted”. For additional info write to above address or call (630) 844-0476. Swimmers age as of January 29<sup>th</sup>, 2012 will determine a swimmer’s age for this meet.

**USA SWIMMING, INC. MEMBERSHIP:** Insurance regulations require that all swimmers, coaches & officials be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, & officials who are not current members of USA Swimming may not participate in the meet or be on deck. All coaches and officials must display their current USA member registration card at all times while on deck.

**ENTRY LIMITATIONS:** All swimmers will be limited to **three** individual events. Deck entries will be permitted. The 12 & under 1650 free, 500 free and 400 IM will be limited to the top 2 heats if time is needed.

**ENTRY FEES:** \$3.00 per individual event, plus a \$2.00 per swimmer ISI surcharge. Make check payable to: **HICKORY WILLOW SWIM ASSOC. or (HWSA)**

**E-MAIL ENTRIES:** The following guidelines must be followed for e-mail entries.

1. Official entry forms (see entry forms section below), and all entry fees are due within **72 hours** of our receiving the entry.
2. E-mail entries must be in the form of a Commlink or SDIF file. The file must be zipped so that it arrives to the entry chair intact.
3. The clubs entire entry should be sent in one e-mail.

**ENTRY DEADLINE:** Entries will not be accepted before **8:00 am, CST Friday, December 30<sup>th</sup>, 2011**. No entries will be accepted after 5:00pm, Monday, January 23<sup>rd</sup>, 2012. Please use E-Mail, U. S. Post Office, FEDEX, or any other overnight courier service. Sign release for drop-off with no signature required.

**E-MAIL ENTRIES TO:** **GJGABRIEL@COMCAST.NET**

**MAIL ENTRIES AND FORMS TO:** **Glenn Gabriel**  
**9241 S Kean Ave**  
**Hickory Hills IL 60457**

**For questions contact Glenn Gabriel at :(708) 598-3964 or e-mail:**

**[GJGABRIEL@COMCAST.NET](mailto:GJGABRIEL@COMCAST.NET)**

**ENTRY FORMS:** This is a Hy-Tek Meet Manager meet using the latest version software. All clubs are encouraged to use that software to submit their entry via e-mail or other electronic media. Submit best short course yard times. Your mailing should include:

- Hy-Tek meet entry diskette if this is not an e-mail or manual entry.
- Manual entry form if this is not a Hy-Tek entry.
- Summary of Fees Statement completed and signed.
- Check made payable to Hickory Willow Swim Assoc or 'HWSA'.

Failure to submit completed entry documentation will be sufficient grounds for refusal of the entry.

**ENTRY FILE FOR TEAM MANAGER:** The 'HYV' file for team manager event set-up can be found at: <http://home.comcast.net/~hwsainfo/>

**POSITIVE CHECK-IN:** This will be a positive check-in meet. Swimmers must check in at the clerk of course 30 minutes prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets.

**BULLPEN: No Bull Pen** Heat sheets will be posted at both ends of the pool. All events and heats will be announced.

**No- RELAYS:**

**SCRATCHES:** Swimmers will be allowed to scratch an event with the clerk of course at positive check-in or with the head referee prior to the start of the scratched event.

**CHANGES:** Swimmers wanting to change seed times may do so prior to the start of each session. Swimmer must present appropriate proof of time.

**SPECIAL CONSIDERATIONS:** FINA starting procedures & rules (whistle commands & no recall) will be in effect for this meet. **Fly over starts** may be used depending on the **time line**. Swimmers will be instructed on proper procedure in the bullpen area. In accordance with USA Swimming Rules; Articles **105 & 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.

**RULES & SAFETY:** All current USA Swimming & ISI Rules & Regulations apply. ISI & USA Swimming safety rules will be strictly enforced. The four hour time limit for 12 and under events will be adhered to.

**AWARDS and SCORING:**

This is a time trial meet. There will be no scoring

**MEET RESULTS:** . Results will be posted on the Hickory Willow info site:  
<HTTP://HOME.COMCAST.NET/~HWSAINFO/>

**ADMISSION:** \$2.00 per day. **HEAT SHEETS:** \$2.00

**CONCESSIONS:** Refreshments will be available on all days. A dining area will be set up down the hallway from the pool and bleacher area. **This will be the only area that food and drink will be allowed.** Coolers will be required to be checked in at this area. A complete line of swimmer apparel and accessories will be provided for sale.

**PARKING AND ENTRANCE AREA:** Please use the doors on the WEST side of the building, located behind the main building (South side). Parking is available on the EAST & WEST & SOUTH side of the building.

**OFFICIALS:** If anyone with a current official's card and USS Membership would like to help out on deck please contact: Glenn Gabriel (708) 598-3964 or e-mail – [GJGABRIEL@COMCAST.NET](mailto:GJGABRIEL@COMCAST.NET)

**TIMERS:** Hickory Willow parents generally volunteer to work as timers for all sessions, but if anyone would like to enjoy the up-close, on-deck experience, please come to our timer's meeting.

#### **HOTEL INFORMATION:**

**Hickory Willow has reserved rooms for the meet at:**

#### **Doubletree Hotel Chicago/Alsip**

**5000 West 127th Street, Alsip, Illinois, 60803  
Tel: 1-708-371-7300 Fax: 1-708-371-9949**

# HICKORY WILLOW'S GO THE DISTANCE

## January 29<sup>th</sup> 2012

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc. **Sanction # ILS12-0114**

### 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.

# HICKORY WILLOW'S GO THE DISTANCE MEET SCHEDULE

**Session 1 Warm up 7:00 am**

**Meet starts at 8:00 am**

**Session 2 Warm up 12:00 pm**

**Meet starts at 1:00 pm**

**Event # Event Name**

- 1 Girls 12 & Under 200 Freestyle
- 2 Boys 12 & Under 200 Freestyle
- 3 Girls 12 & Under 200 IM
- 4 Boys 12 & Under 200 IM
- 5 Girls 12 & Under 400 IM
- 6 Boys 12 & Under 400 IM
- 7 Girls 12 & Under 500 Freestyle
- 8 Boys 12 & Under 500 Freestyle
- 9 Girls 12 & Under 200 Breaststroke
- 10 Boys 12 & Under 200 Breaststroke
- 11 Girls 12 & Under 200 Butterfly
- 12 Boys 12 & Under 200 Butterfly
- 13 Girls 12 & Under 200 Backstroke
- 14 Boys 12 & Under 200 Backstroke
- 15 Mixed 12 & Under 1650 Freestyle

**Event # Event Name**

- 16 Girls 200 Freestyle
- 17 Boys 200 Freestyle
- 18 Girls 200 IM
- 19 Boys 200 IM
- 20 Girls 400 IM
- 21 Boys 400 IM
- 22 Girls 500 Freestyle
- 23 Boys 500 Freestyle
- 24 Girls 200 Breaststroke
- 25 Boys 200 Breaststroke
- 26 Girls 200 Butterfly
- 27 Boys 200 Butterfly
- 28 Girls 200 Backstroke
- 29 Boys 200 Backstroke
- 30 Mixed 1650 Freestyle



**HICKORY WILLOW'S GO THE DISTANCE**  
**SANCTION #ILS12-0114**  
**January 29<sup>th</sup> 2012**

Complete this form and mail it with your check to:

**Glenn Gabriel**  
**9241 S Kean Ave**  
**Hickory Hills IL 60457**

Make check payable to: **HICKORY WILLOW SWIM ASSOC. or (HWSA)**

Total # of Individual entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_ (ISI surcharge) @ \$2.00 each = \$ \_\_\_\_\_

TOTAL FEES = \$ \_\_\_\_\_

NAME OF CLUB \_\_\_\_\_

CLUB CONTACT \_\_\_\_\_

CLUB CODE FOR HEAT SHEET \_\_\_\_\_ USA SWIMMING LSC IL ILLINOIS, OTHER LSC \_\_\_\_\_

COMPLETE MAILING ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

NAME(S) OF COACHES ATTENDING MEET \_\_\_\_\_

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In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages, which may accrue against United States Swimming Inc., Hickory Willow Swim Association, Consolidated District 230, A.A. Stagg H.S., their representatives, directors, officers, employees, or successors, for any and all injuries 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 meet are duly registered as current athlete members of USA Swimming.

SIGNATURE (Coach, Club Representative, or Parent)

\_\_\_\_\_ TITLE \_\_\_\_\_ DATE \_\_\_\_\_

**THE ENTRY WILL NOT BE ACCEPTED UNLESS THIS FORM IS SIGNED AND A CHECK ACCOMPANIES THE ENTRY. ENTRIES MUST BE RECEIVED NO EARLIER THAN 8:00 A.M., FRIDAY, DECEMBER 30<sup>TH</sup> AND NO LATER THAN MONDAY, JANUARY 23<sup>RD</sup>.**

**LOCATION:** A. A. Stagg High School  
**111th Street & Roberts Road (8000 W.) Palos Hills, IL 60465**  
Entrance to pool is on the South side of the school

