

**St. Charles Fall Classic**  
**November 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>, 2011**  
Sanction #ILS11-1103

**MEET DIRECTOR:** Natalya Filipovic & Alan Jania, 1050 Dunham Road St. Charles, IL 60174  
[meetdirector@stcswim.com](mailto:meetdirector@stcswim.com)

**ENTRY CHAIR:** Matt Munz, 1050 Dunham Road, IL 60174 [swim@stcswim.com](mailto:swim@stcswim.com)

**MEET REFEREE:** Pat Steele, [Patrick.Steele@Pentair.com](mailto:Patrick.Steele@Pentair.com)

**LOCATION:** **John B Norris Recreation Center**, 1050 Dunham Road, St. Charles, Illinois 60174  
**St. Charles North High School**, 255 Red Gate Road, St. Charles, Illinois 60175

**POOL:** **John B. Norris Rec. Center will be host to Saturday and Sunday AM for 8 & under, 13 -14 and Open Events**  
Indoor 6 lane 50 meter pool will be divided into two 25 yard pools. The competition pool ranges in depth from 12 ft. deep at the start end to 5 ft. deep at the turn end. The shallow pool will be used for continuous warm-up and warm-down throughout the meet, ranges in depth from 3.5 to 4.5 feet in depth. The pools have Kiefer lane lines, Paragon starting blocks, and a Daktronics timing system with 6 lane time LCD display board. Beep horn systems with strobes will be used.

**St. Charles North High School will be host to Friday PM for all swimmers, Saturday and Sunday AM for 9-10 & 11-12 Events**

Indoor 8 lane 25 yard pool ranging in depth 12 ft. deep at the start end to 4 ft. deep at the turn end. The pool has Kiefer lane lines, a Daktronics timing system with 8-lane time display board. Beep horn systems with strobes will be used.

<b>MEET SCHEDULE:</b>	<u>Session</u>	<u>Pool</u>	<u>Warm-Up</u>	<u>Meet Starts</u>
	Session 1	<a href="#">North High School</a>	4:00-4:50 PM	5:00 PM
	Session 2	<a href="#">Norris Center</a>	7:00- 7:50AM	8:00 AM
	Session 3	<a href="#">North High School</a>	7:00- 7:50AM	8:00 AM
	Session 4	<a href="#">Norris Center</a>	<b>Warm-up</b> immediately following end of Session 2 <b>Start</b> 30 minutes after warm-up	
	Session 5	<a href="#">Norris Center</a>	7:00- 7:50AM	8:00 AM
	Session 6	<a href="#">North High School</a>	7:00- 7:50AM	8:00 AM
	Session 7	<a href="#">Norris Center</a>	<b>Warm-up</b> immediately following end of Session 2 <b>Start</b> 30 minutes after warm-up	

**CHECK-IN:** **THIS IS A POSITIVE CHECK-IN MEET. Check-in will close 20 minutes after Warm-up starts.** All events are timed finals. Heats will be seeded slowest to fastest. Distance events will be swum fastest to slowest alternating female then male. Distance swimmers will be responsible for supplying timers and counters. **A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event for that day or carried over to the following day.

**ENTRY FORMS:** All entries must be submitted on the St. Charles Invitational entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You may e-mail entries to Matt Munz at [swim@stcswim.com](mailto:swim@stcswim.com). Please send the following complete information to the entry chair:  
1) Signed release form;  
3) Payment for meet;  
4) Officials volunteering to work meet.

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- ELIGIBILITY:** All USA Swimming, Inc. 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 ISI: [www.ilswim.org](http://www.ilswim.org). A swimmers age for the meet is his/her age as of November 4<sup>th</sup>, 2011.
- 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.
- ENTRIES:** All entries shall comply with current 2011 USA and ISI rules. Current 2011-2012 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA SWIMMING athlete; ISI registration forms may be obtained from Illinois Swimming Inc. [www.ilswim.org](http://www.ilswim.org). **All entries must be submitted from a USA Swimming certified coach.**
- SEEDING:** Enter Swimmers at their short course yard times to assure proper seeding. Upgrading of a swimmer's time will not be allowed after the entry deadline. To meet ISI time requirements there may be some cuts in the distance events. St. Charles reserves the right to swim its own swimmers in all events.
- ENTRY LIMITS:** Swimmers will be limited to 4 Individual Events per day. If the Individual is entered in more than 4 events, the entry will be made by order of events starting with event #1 until the limit is satisfied. The 400 IM's & 500 Free's may be limited to the top three heats depending on the time line. **St. Charles reserves the right to swim their swimmers. St. Charles reserves the right to limit participation in any event to achieve a reasonable time line or any time restrictions issued by the facilities. Refunds will be issued in limited events.** Every effort will be made to accommodate all swimmers. Deck Entries may be allowed at the Meet Referee's discretion.
- ENTRY FEES:** Entry fees are \$ **3.00** for each individual event. A \$**2.00** surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Swim Team Parent's Association**. Deck Entries will be permitted only if space is available. No additional heats will be added. A fee of \$**6.00** per individual event must be paid in full that day.
- ENTRY DEADLINE:** Entries will not be accepted before **Friday, October 7<sup>th</sup>, 2011 at 8:00 a.m.** We will accept entries until the timeline capacity. Entries added after October 21<sup>st</sup> may not be included in the psych sheet. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self- addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.
- AWARDS:** Awards for individual events will be given for places 1 thru 6 for the age group of 6, 7 and 8 year olds, 1 thru 6 at the A, B and C levels, by USA Swimming time standards for the 9-10, and 11-12 age groups. No awards for senior age groups. ***We request that coaches pick up award packets immediately after the meet.***
- COACHES:** A Coach's packet will be available to all club coaches with swimmers entered in the meet. You must present your USA coaches registration card to receive the packet. The Coach's packet will be available from the Meet Directors on the pool deck. Please have credentials available at all times on deck.

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- RESULTS:** Results will be posted as the meet progresses. Results will be emailed following the meet. A hard copy will be mailed upon request. Live Results will be posted on the St Charles Swim Team Website at [www.stcswim.com/liveresults](http://www.stcswim.com/liveresults)
- OFFICIALS:** USA officials who would like to work the meet should contact the Meet Referee, Pat Steele at [Patrick.Steele@Pentair.com](mailto:Patrick.Steele@Pentair.com)
- TIMERS:** Any team with more than five swimmers in a session will have an assigned lane to time for that session. Timers will receive a free heat sheet for that session. Coaches will be notified of lane assignments prior to the meet.
- SECURITY:** Only U.S.A. Swimming registered Coaches will be allowed on the deck. All questions concerning the meet after the start of the meet should be directed to the meet referee.
- PARKING:** Outside SCST Parking Signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. At Norris Rec. Center- **PLEASE DO NOT PARK IN THE FRONT PARKING LOT.** Park in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building. **We must enforce these rules in order to continue to use this facility.** At North High School- **Enter through Door 1.** Parking is in the lot Adjacent to this.

Thank you in advance for your cooperation.

- CONCESSIONS:** Food and Beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.
- ADMISSIONS:** An admission fee will be charged per session. A psych sheet will be available online in the week prior to the meet, covering all sessions. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet. Heat Sheets will be available for sale after the start of the meet.
- CODE of CONDUCT:** The SCST will strictly adhere to the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

**SAFETY REQUIREMENTS:**

1. **WARM UP PROCEDURES**
  - a. **General Warm-up** (first 30-45 minutes)
  - b. **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.
  - c. No sprinting or pace work allowed during this general warm-up session.
  - d. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
1. **Specific Warm-up** (last 30-45 minutes)
  - e. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
  - f. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
  - g. **General Warm-up Lanes - NO DIVING.** Circle swim only.
  - h. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

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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

**2. SAFETY GUIDELINES:**

**a. Coaches Responsibilities**

- b. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply.
- c. Coaches shall actively supervise their swimmers throughout the warm-up session.

**3. HOST TEAM RESPONSIBILITIES**

**a. Marshaling**

- i. 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.
- ii. Marshals shall be current members of USA Swimming.
- iii. 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.
- iv. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- v. 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."
- vi. 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.
- viii. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

**4. 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.
- f. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

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**ORDER OF EVENTS**

**Session 1      Friday PM North**

Women Event #		Men Event #
1	Open 500 Free	2
3	9-10 200 Free	4
5	11-12 200 Free	6
7	Open 400 IM	8
9	9-10 200 IM	10
11	11-12 200 IM	12

**Session 2      Saturday AM Norris**

Women Event #		Men's Event #
13	Open 200 Free	14
15	8 under 25 Free	16
17	Open 100 Fly	18
19	8 under 25 Fly	20
21	Open 200 Breast	22
23	8 under 100 IM	24
25	Open 100 Back	26
27	Open 50 Free	28

**Session 5 Sunday AM Norris**

Women Event #		Men's Event #
49	Open 200 IM	50
51	8 under 25 Back	52
53	Open 100 Breast	54
55	8 under 25 Breast	56
57	Open 200 Fly	58
59	8 under 50 Free	60
61	Open 100 Free	62
63	Open 200 Back	64

**Session 3      Saturday Mid-day Norris**  
 Open Men's 1650 Free 30

**Session 6      Sunday Mid-Day Norris**  
 Open Women's 1650 Free

**Session 4      Saturday AM North**

Women Event #		Men's Event #
31	9-10 100 IM	32
33	11-12 100 Free	34
35	9-10 100 Back	36
37	11-12 50 Back	38
39	9-10 50 Breast	40
41	11-12 100 Breast	42
43	9-10 100 Fly	44
45	11-12 50 Fly	46
47	9-10 50 Free	48

**Session 7      Sunday AM North**

Women Event #		Men's Event #
67	11-12 100 IM	68
69	9-10 100 Free	70
71	11-12 100 Back	72
73	9-10 50 Back	74
75	11-12 50 Breast	76
77	9-10 100 Breast	78
79	11-12 100 Fly	80
81	9-10 50 Fly	82
83	11-12 50 Free	84

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**Entry Chair:** Matt Munz, 1050 Dunham Road, St. Charles, IL 60174  
[swim@stcswim.com](mailto:swim@stcswim.com)

**Summary of Fees:**

8 & Under    Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
                  Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

10 & Under    Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
                  Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

11-12            Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
                  Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Senior            Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
(13 & Over)    Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Total # of Swimmers Attending: \_\_\_\_\_ @ \$2.00 each = \$ \_\_\_\_\_

**Grand total= \$ \_\_\_\_\_**

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

Names of coaches attending meet:

\_\_\_\_\_

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

City, State, Zip \_\_\_\_\_

Home \_\_\_\_\_ Work \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., St. Charles Swim Team, John B. Norris Recreation Center, and St. Charles Swim Team Parents Association, 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 entered in this meet are duly and currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

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

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**Club:** \_\_\_\_\_

**Officials** who may be interested in volunteering:

<b>Name</b>	<b>Address</b>	<b>Phone &amp; Certification</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Thanks!

St. Charles Swim Team

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**Norris Recreation Center / St. Charles East High School**  
**1050 Dunham Rd. St. Charles, IL, 60174**

**Route 64**

Route 64 to Dunham Road. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

**East - West Toll way**

1-88 East - West Toll way to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Dunham Rd. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

**1-90 Northwest Toll way**

1-90 Northwest Toll way to Route 25. South on Rt. 25 to Dunham Rd. Norris Rec. Center, which is on the North side of St. Charles East High School

**North High School**

**255 Red Gate Road, St. Charles, IL, 60175**

**Route 64**

Route 64 Route 31. North on Rt. 31 to Red Gate Road. West on Red Gate to St. Charles North Entrance.

**East - West Tollway**

1-88 East - West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Rt. 31. North on Rt. 31 to Red Gate Road. West on red Gate to St. Charles North Entrance.

**1-90 Northwest Tollway**

1-90 Northwest Tollway to Route 31. South on Rt. 31 to Red Gate Road

Please visit [www.st-charles.il.us](http://www.st-charles.il.us) for hotel information.



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