

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
 February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Meet Director: Natalya Filipovic & Alan Jania, 1050 Dunham Road St. Charles, IL 60174
meetdirector@stcswim.com

Entry Chair: Matt Munz, 1050 Dunham Road, IL 60174 swim@stcswim.com

Meet Referee: John Garvin, john.p.garvin@gmail.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 will be host to Friday Time Finals, Saturday and Sunday Prelims for 13 & Over and Saturday and Sunday Finals for 10 & Under, 11-12's, 13-14's 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 Saturday and Sunday Prelims for 12 & Under. 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.

Meet Schedule:	Session	Pool	Warm-Up	Meet Start
	Session 1 Timed Final	<u>Norris Center</u>	4:00-4:50 PM	5:00 PM
	Session 2 Pre-Lim	<u>Norris Center</u>	7:00- 7:50AM	8:00 AM
	Session 3 Timed Final	<u>Norris Center</u>	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 4 Pre-Lim	<u>North High School</u>	7:00- 7:50AM	8:00 AM
	Session 5 Timed Final	<u>North High School</u>	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 6 Finals	<u>Norris Center</u>	4:00-4:50 PM	5:00 PM
	Session 7 Pre-Lim	<u>Norris Center</u>	7:00- 7:50AM	8:00 AM
	Session 8 Timed Final	<u>Norris Center</u>	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 9 Pre-Lim	<u>North High School</u>	7:00- 7:50AM	8:00 AM
	Session 10 Timed Final	<u>North High School</u>	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 11 Finals	<u>Norris Center</u>	4:00-4:50 PM	5:00 PM

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Check-In: THIS IS A POSITIVE CHECK-IN MEET. Check-in will close 20 minutes after warm-up starts.

Entries: Enter swimmers at their short course yard times. All entries shall comply with current 2012 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 athlete. ISI registration forms may be obtained from Illinois Swimming Inc., www.ilschwim.org. **Unless unattached, all entries must be received from a USA Swimming Certified Coach.**

Friday Night all events are timed finals. Swimmers entered on Friday night must be able to prove times at an A National Time. Saturday and Sunday will offer Prelim/Final format for 10 & under, 11 & 12, 13 & 14 and Senior Events. There is a **MINIMUM** of a National "BB" Time Standard to be entered in the Prelim/Final portion of the meet. All Preliminary heats will be swam in the morning with the top 6 10 & under, top 12 11 & 12, 13 & 14 and senior qualifiers returning for evening Finals. All Prelim heats will be swam slowest to fastest with the last 3 heats circle seeded.

Saturday and Sunday will offer a Mid-Day Distance session. There is a **MINIMUM** of National "BB" Time Standard to be entered in the mid-day session of the meet. All Mid-Day Distance events will be swam fastest to slowest alternating girl / boy heats.

Eligibility: All USA swimming, Inc. registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as applied for will not be accepted. A swimmers age for the meet will be their age as of February 10, 2012.

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.

Seeding: Enter Swimmers at their short course yards 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

Distance events will be swum immediately after last swim of previous session. Distance events (400 IM, 500 Free and 1000 Free) will be swum fastest to slowest alternating female then male. Distance swimmers will be responsible for supplying timers and counters.

Relay events, the top 6 relays after preliminaries in the 10 & under, 11-12, 13-14, and Open age groups will swim in finals. The 200 Free Relay (Saturday) and 200 Medley Relay (Sunday); relays will be swum as the last events at the Preliminary Session and the first events at Finals.

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. Please send the following complete information to the entry chair:

- 1) Signed release form;
- 2) Payment for meet;
- 3) Officials volunteering to work meet.

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Entry Limit: Each individual may enter up to 4 events per day (3 Prelim / Final Events and 1 Timed Final Event). If the individual is entered in more than 3 Prelim / Final Events the entry will be made by the order of events starting with event #1 until the limit is satisfied.

The 10 & Under 200 Free, 10 & Under 200 IM, 11-12 200 IM, 12 & Under 500 Free, 13-14 & Open 500 Free, 13-14 & Open 400 IM's and Open 1000 Free may be limited to the top five heats. 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. 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.

Each team will be limited to 2 relay entries per event.

Check-In: **THIS IS A POSITIVE CHECK - IN MEET.** Check-In will close for **all morning sessions 20 minutes after warm-ups begin. A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event.

Entry Fees: Entry fees are \$ **4.50** for each individual swimming in a Prelim/Final event. Entry fees are **\$3.00** for the timed finals and \$7.00 for all Relay Entries. A \$2 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.**

Entry Deadline: Entries will not be accepted before **Friday, January 6, 2012.** We will accept entries until the timeline capacity. 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 in the form of medals for places 1-6; ribbons for places 7-12 only in Timed Final and Final events. No "open" events will be awarded during Timed Final or Final events. The age groups to be awarded will include 10 & under and 11-12. Relay Events 1-3 places will be awarded. **We request that coaches pick up award packets immediately following the meet; awards will NOT be mailed to participating teams.**

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.

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.

Officials: USA officials who would like to work the meet should contact the Meet Referee, John Garvin at john.p.garvin@gmail.com.

Sixth Annual St. Charles Swim Team & TYR Chicagoland Championships

February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Security: Only U.S.A. Swimming registered Coaches and tagged volunteers will be allowed on the deck. All questions 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**- **Do not park in the lot in front of the pool**. Park in any other lot where parking is permitted; be conscious of areas marked for fire lanes. Do not enter through the main entrance to the building. Entry to the meet will be at the east entrance of the building. **We must enforce this in order to continue to use this facility.** At **North High School**-Entry to the meet will be at Door 1.

Timers: Any team with more than five swimmers in a session may 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. All teams in the finals (P.M. Sessions) will be assigned a lane for volunteer timers. A sign-up form will be available in the pool area during the afternoon sessions.

Admissions: An admission fee will be charged per day. 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.

Concessions: Food and Beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.

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.

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

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

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. Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
- vii. 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.

Sixth Annual St. Charles Swim Team & TYR Chicagoland Championships

February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Order of Events

Session 1

Friday PM (Timed Finals)

Age Groups (10 & Under, 11-12, 13-14 and Open)

Pool – Norris Rec. Center

Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
1	Open 500 Free	2
3	13-14 500 Free	4
5	11-12 200 IM	6
7	10 & Under 200 IM	8
9	Open 400 IM	10
11	13-14 400 IM	12

Session 2

Saturday AM (Prelims)

Age Groups (13-14, Open)

Pool – Norris Rec. Center

Warm-Up 7:00 – 7:50 am

Start 8:00 am

W	Event Description	M
13	13-14 200 Free	14
15	Open 200 Free	16
17	13-14 100 Fly	18
19	Open 100 Fly	20
21	13-14 200 Breast	22
23	Open 200 Breast	24
25	13-14 50 Free	26
27	Open 50 Free	28
29	13-14 100 Back	30
31	Open 100 Back	32
33	13-14 200 Free Relay	34
35	Open 200 Free relay	36

Session 3

Saturday Midday (Timed Finals)

Age Groups (Open)

Pool – Norris Rec. Center

Warm-Up Immediately following completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
37	Open 1000 Free	*

Session 4

Saturday AM (Prelims)

Age Groups (10 & Under, 11-12)

Pool – St. Charles North High School

Warm-Up 8:00 – 8:50 am

Start 9:00 am

W	Event Description	M
39	11-12 200 Free	40
41	10 & Under 100 IM	42
43	11-12 100 Fly	44
45	10 & Under 50 Fly	46
47	11-12 50 Breast	48
49	10 & Under 50 Breast	50
51	11-12 50 Free	52
53	10 & Under 50 Free	54
55	11-12 100 Back	56
57	10 & Under 100 Back	58
59	200 Free Relay	60
61	10 & under 200 Free relay	62
63	11-12 200 Free relay	64

Session 5

Saturday Midday (Timed Finals)

Age Groups (12 & Under)

Pool – St. Charles North High School

Warm-Up Immediately following completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
65	12 & Under 500 Free	*

Session 6

Saturday PM (Finals)

Age Groups

(Top 6 10 & Under,

Top 12 11-12, 13-14 and Open)

Pool – Norris Rec. Center

Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
61	10 & Under 200 Free Relay	62
63	11-12 200 Free Relay	64
33	13-14 200 Free Relay	34
35	Open 200 Free Relay	36
39	11-12 200 Free	40
41	10 & Under 100 IM	42
13	13-14 200 Free	14
15	Open 200 Free	16
43	11-12 100 Fly	44
45	10 & Under 50 Fly	46
17	13-14 100 Fly	18
19	Open 100 Fly	20
47	11-12 50 Breast	48
49	10 & Under 50 Breast	50
21	13-14 200 Breast	22
23	Open 200 Breast	24
51	11-12 50 Free	52
53	10 & Under 50 Free	54
25	13-14 50 Free	26
27	Open 50 Free	28
55	11-12 100 Back	56
57	10 & Under 100 Back	58
29	13-14 100 Back	30
31	Open 100 Back	32

Sixth Annual St. Charles Swim Team & TYR Chicagoland Championships

February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Order of Events

Session 7

Sunday AM (Prelims)

Age Groups (13-14, Open)

Pool – Norris Rec. Center

Warm-Up 7:00 – 7:50 am

Start 8:00 am

W	Event Description	M
67	13-14 200 IM	68
69	Open 200 IM	70
71	13-14 100 Breast	72
73	Open 100 Breast	74
75	13-14 200 Back	76
77	Open 200 Back	78
79	13-14 100 Free	80
81	Open 100 Free	82
83	13-14 200 Fly	84
85	Open 200 Fly	86
87	13-14 200 Medley Relay	88
89	Open 200 Medley Relay	90

Session 8

Sunday 1000 Free (Timed Finals)

Age Groups (Open)

Pool – Norris Rec. Center

Warm-Up Immediately following completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
•	Open 1000 Free	92

Session 9

Sunday AM (Prelims)

Age Groups (10 & Under, 11-12)

Pool – St. Charles North High School

Warm-Up 8:00 – 8:50 am

Start 9:00 am

W	Event Description	M
93	10 & Under 200 Free	94
95	11-12 100 IM	96
97	10 & Under 100 Breast	98
99	11-12 100 Breast	100
101	10 & Under 50 Back	102
103	11-12 50 Back	104
105	10 & Under 100 Free	106
107	11-12 100 Free	108
109	10 & Under 100 Fly	110
111	11-12 50 Fly	112
113	10 & Under 200 Medley Relay	114
115	11-12 200 Medley Relay	116

Session 10

Sunday 500 Free (Timed Finals)

Age Groups (12 & Under)

Pool – St. Charles North High School

Warm-Up Immediately following completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
•	12 & Under 500 Free	118

Session 11

Sunday PM (Finals)

Age Groups

(Top 6 10 & Under,

Top 12 11-12, 13-14 and Open)

Pool – Norris Rec. Center

Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
113	10 & Under 200 Medley Relay	114
115	11-12 200 Medley Relay	116
87	13-14 200 Medley Relay	88
89	Open 200 Medley Relay	90
93	10 & Under 200 Free	94
95	11-12 100 IM	96
67	13-14 200 IM	68
69	Open 200 IM	70
97	10 & Under 100 Breast	98
99	11-12 100 Breast	100
71	13-14 100 Breast	72
73	Open 100 Breast	74
101	10 & Under 50 Back	102
103	11-12 50 Back	104
75	13-14 200 Back	76
77	Open 200 Back	78
105	10 & Under 100 Free	106
107	11-12 100 Free	108
79	13-14 100 Free	80
81	Open 100 Free	82
109	10 & Under 100 Fly	110
111	11-12 50 Fly	112
83	13-14 200 Fly	84
85	Open 200 Fly	86

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
 February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Entry Chair: Matt Munz, 1050 Dunham Road, St. Charles, IL 60174 swim@stcswim.com

Summary of Fees:

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

11-12 Prelim/Final Girls # of Entries _____ @ \$4.50 each = \$ _____
 Boys # of Entries _____ @ \$4.50 each = \$ _____

11-12 Timed Final Girls # of Entries _____ @ \$3.00 each = \$ _____
 Boys # of Entries _____ @ \$3.00 each = \$ _____

Senior Prelim/Final Girls # of Entries _____ @ \$4.50 each = \$ _____
 Boys # of Entries _____ @ \$4.50 each = \$ _____

14 & Under Timed Final Girls # of Entries _____ @ \$3.00 each = \$ _____
 Boys # of Entries _____ @ \$3.00 each = \$ _____

Relays # of Entries _____ @ \$7.00 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, 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)

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

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

Club: _____

Officials who may be interested in volunteering:

<i>Name</i>	<i>Address</i>	<i>Phone & Certification</i>
-------------	----------------	----------------------------------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

Thanks!

St. Charles Swim Team

Sixth Annual
St. Charles Swim Team & TYR Chicagoland Championships
February 10th, 11th & 12th, 2012
Sanction # ILS12-0203

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.

Please visit www.st-charles.il.us for hotel information.

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

