

ULTIMATE SWIMMING & HINSDALE SWIM CLUB

2012 Last Fast Splash

FEBRUARY 17th, 18th & 19th, 2012

Sanctioned by USA Swimming Inc. Sanction Number ILS12-0209

MEET DIRECTOR

Claudia Karagianis

ckaragiani@aol.com

MEET ENTRY CHAIRMAN

Jim Audet

JimAudet@aol.com

MEET REFEREE

Brett Cumberland

ULTIMATE SWIM CLUB

Pierre Ruffin

Head Coach

HINSDALE SWIM CLUB

Matt Rowe

Head Coach

Location: Proviso West High School, 4701 Harrison Street, Hillside, IL 60162

Facility: The pool is six lanes and 25 yards in length. It is equipped with non-turbulent lane markers and permanent starting blocks into 10 feet of water. **In accordance with ISI/USA swimming regulations, all starts in 3½ ft water depth end shall be in-water starts.** A horn start and fully automatic timing with touch pads will be used.

The competition course has not been certified in accordance with 104.2.2C(4)

Admissions: Admission charge for Friday's session will be \$ 2.00 for adults and children under 12 free. Admission charge for spectators for all other sessions will be \$5.00 for adults and \$1.00 for children 6 and older.

Psyche sheets covering all sessions will be available for \$8.00. Heat sheets for each session are included in the purchase price of the psyche sheet.

“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.”

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Friday February 17th
Session 1: Warmups 5:00 pm
Meet Starts 6:00 pm

(Friday swimmers are limited to two events)

GIRLS AGE GROUP	EVENT	BOYS
1 10 & U	200 IM	2
3 11 – 12	200 IM	4
5 OPEN	400 IM	6
7 10 & U	200 FREE	8
9 11 – 12	200 FREE	10
11 OPEN	500 FREE	12

Saturday February 18th
Session 2: Warm-ups 7:00 am
Meet Starts 8:00 am

GIRLS	AGE GROUP	EVENT	BOYS
13	10 & U	100 FREE	14
15	11 – 12	100 FREE	16
17	10 & U	50 BREAST	18
19	11 – 12	50 BREAST	20
21	10 & U	50 BACK	22
23	11 – 12	50 BACK	24
25	10 & U	100 FLY	26
27	11 – 12	100 FLY	28
29	10 & U	200 FREE RELAY	30
31	11 - 12	200 FREE RELAY	32

Sunday February 19th
Session 4: Warm-ups 7:00 am
Meet Starts 8:00 am

GIRLS	AGE GROUP	EVENT	BOYS
53	10 & U	100 IM	54
55	11 – 12	200 IM	56
57	10 & U	100 BREAST	58
59	11 – 12	100 BREAST	60
61	10 & U	50 FREE	62
63	11 – 12	50 FREE	64
65	10 & U	50 FLY	66
67	11 – 12	50 FLY	68
69	10 & U	100 BACK	70
71	11 – 12	100 BACK	72
73	10 & U	200 MED RLY	74
75	11 - 12	200 MED RLY	76

Saturday February 18th
Session 3: Warmups 12:00 pm
Meet Starts 1:00 pm

GIRLS	AGE GROUP	EVENT	BOYS
33	8 & U	50 FREE	34
35	13-14/SENIOR	200 FREE	36
37	8 & U	25 FLY	38
39	13-14/SENIOR	50 FREE	40
41	8 & U	25 BACK	42
43	13-14/SENIOR	100 BREAST	44
45	8 & U	100 FREE RLY	46
47	13-14/SENIOR	200 FLY	48
49	13-14/SENIOR	200 BACK	50
51	13-14/SENIOR	200 FREE RLY	52

Sunday February 19th
Session 5: Warmups 12:00 pm
Meet Starts 1:00 pm

GIRLS	AGE GROUP	EVENT	BOYS
77	8 & U	25 FREE	78
79	13-14/SENIOR	200 IM	80
81	8 & U	25 BREAST	82
83	13-14/SENIOR	100 FREE	84
85	8 & U	100 IM	86
87	13-14/SENIOR	100 FLY	88
89	8 & U	100 MED RLY	90
91	13-14/SENIOR	100 BACK	92
93	13-14/SENIOR	200 BREAST	94
95	13-14/SENIOR	200 MED RLY	96

NOTE: THIS MEET WILL REQUIRE POSITIVE CHECK-IN

Positive Check-In: All swimmers must check-in prior to each session. Check-in station will be located immediately north of the admissions area. Check-in will close for each session 20 minutes after the start of warm-ups for that session. All swimmers who do not check-in for a session will be scratched for that session. **Swimmers must physically present themselves at the check-in station to be checked in.** Deck entries will not be permitted.

Eligibility: USA Swimming registered swimmers and FINA swimmers are eligible. Entries listed "Registration Applied For" will not be accepted. All swimmers must be registered prior to the entry deadline. USA Swimming registration forms can be obtained from Illinois Swimming, Inc: 1400 E. Touhy Ave., Suite 245, Des Plaines, IL 60018. Phone: (847) 824-1596. FAX: (847) 824-1726. In all events swimmers must swim in their own age group. Age for this meet shall be the swimmer's age as of February 17th, 2012. Relay swimmers must be entered in at least one individual event.

Qualifying Times: Yard times must be submitted. You may convert meter times.

Rules: 2012 USA Swimming, Inc. and ISI rules will govern the meet. All USA Swimming and ISI Swimming rules and ISI safety rules will be strictly enforced including the ISI individual scratch rule.

Coaches: Coaches must continuously display their current USA Swimming coaching membership cards at all times while on deck.

Seeding: All events will be pre-seeded after the close of positive check-in. Submit contestant's best time to ensure proper seeding. Each event will be swum in heats with swimmers seeded from slowest to fastest, except the 500's will be fastest to slowest alternating male and female heats.

Entries & Forms: We are now accepting **e-mail entries**. All entries must be submitted in yard times on the enclosed entry form or in Hy-Tek Meet Manager generated format. The enclosed Summary of Fees Statement must be completed and the Release Form signed. **These must be returned together with the entry forms and your check (within 48 hours if e-mailing entry).** Failure to do so shall be sufficient grounds for refusal of the entry.

Swimmer's USA Swimming Numbers/Age: All swimmers USA Swimming registration numbers must be included on the entry forms. ISI swimmers list only the last nine digits. If not registered in ISI, list all twelve digits. Swimmer's age must be shown in the column indicated. Failure to comply with entry requirements is sufficient cause to reject entries.

USA Swimming Membership: Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA Swimming coaching membership card at all times while on deck.

Entry Limitation: Swimmers are limited to four events per session, not counting relays. Entries will be accepted in the order received subject to the 4-hour/10 hour time limit. Entries received thereafter shall be returned immediately. Deck entries will not be accepted. Swimmers must participate in one individual event to be eligible to swim on relay teams.

Long Event Entry Limit: It may be necessary to limit entries for the following events: 400 I.M. and 500 Freestyle. Entries for these events will be determined by fastest seed times. Swimmers must provide their own back-up timer and counter for the 500s. No exceptions.

Entry Fees: Individual events are \$3.00 each. Relays are \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI for the Athlete Travel Reimbursement Fund. Make checks payable to **HINSDALE SWIM CLUB**.

Entry Deadline: Entries (including e-mails) will not be accepted before **5:00 pm, Friday, January 13th, 2012**. If you desire written verification of entries received, include a self-addressed, stamped postcard. E-mail entries will be notified via e-mail within 48 hours. No deck entries will be accepted. Entries shall not be considered received until delivered to entry chairperson. **ABSOLUTELY NO HAND DELIVERIES**.

Awards: Individual Events: Ribbons will be awarded for 1st – 6th place. There will be no individual event awards for seniors. Relays: Ribbons for 1st– 3rd place. There will be no relay awards for seniors. Coaches are to pick up awards at the end of the meet **before** receiving their final results.

Scoring: No individual scoring will be kept.

Results: Preliminary results will be posted as available. Final results will be posted on the HSC website, HinsdaleSwimming.org.

Concessions: Concessions available. Hospitality and meals provided for coaches and officials while working the meet.

Timers: All entered teams will be required to provide timers. Schedule of timers will be based on team entry size. Timer schedule will be sent out after entries are closed.

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

A. 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. Marshalling
 - 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.

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Complete all information on this form and mail with entry forms and check to:

Jim Audet

23 East Birchwood Avenue

Hinsdale, IL 60521

Make checks payable to: **HINSDALE SWIM CLUB**

8&U No. of Swimmers ____ No. of Entries ____ @ \$3.00 ea. \$ _____

9-10 No. of Swimmers ____ No. of Entries ____ @ \$3.00 ea. \$ _____

11-12 No. of Swimmers ____ No. of Entries ____ @ \$3.00 ea. \$ _____

13 & Up No. of Swimmers ____ No. of Entries ____ @ \$3.00 ea. \$ _____

Relays No. of Entries ____ @ \$7.00 ea. \$ _____

Total Swimmers ____ Surcharge _____ @ \$2.00 ea. \$ _____

Total Fees \$ _____

Name of Club _____

L.S.C. _____ Club Initial Code for Heat Sheets (Max. 5 letters) _____

Names of Coaches Attending Meet _____

Your Team's Volunteer Coordinator Name and Telephone No. _____

Person Submitting Entry _____

Complete Mailing Address _____

Home Telephone () _____ City _____ Zip _____

E-mail Address _____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages, which may accrue against the USA Swimming, Illinois Swimming, Inc., and Hinsdale Swim Club, Ultimate Swimming, Proviso West High School, District 209, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as representative of any club. I also certify that all swimmers entered in the meet and their coaches are properly registered with USA Swimming. I attest to the fact that all athletes participating in this sanctioned/approved event competing under the name of a USA Swimming chartered club, or under an "Unattached" status, are duly registered athletes.

Signature: _____ Date: _____

Coach, Club Representative or Parent

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.

ENTRIES WILL NOT BE ACCEPTED BEFORE 5:00 pm, FRIDAY, JANUARY 13, 2012

NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.