

**Woodstock Dolphins Swim Team (WDST)**

Last Chance Time Trail

February 18<sup>th</sup>, 2012

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.**

**Sanction Number: ILS12-0210**

**MEET DIRECTOR**

Brian Ferguson

(815) 529-5660

[bbferguso@gmail.com](mailto:bbferguso@gmail.com)

**Meet Referee**

Robert Mucha

**Entry Chairperson**

Bill Stanton

(815) 347-8372

[Bill.stanton@woodstockdolphins.com](mailto:Bill.stanton@woodstockdolphins.com)

**Safety Director**

Dave Devinger

(815) 403-3936

[ddevinger@gmail.com](mailto:ddevinger@gmail.com)

**Location**

Woodstock North High School, 3000 Raffel Road, Woodstock, IL 60098

(NOTE: None of the online mapping or GPS companies have updated their maps which will take you too far north on Raffel Road – the school is located SOUTH of Charles Road!!)

**Facility**

Woodstock North High School has an 8 lane 25 yard competition pool with starting blocks in the diving well and is 4-1/2' deep at the turn end of the pool. There is not a warm-up/warm-down pool. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager.

The seating capacity is for 250 spectators. The school gym will be open for teams and parents to sit.

**Format**

There will be a positive check-in for each session. The deadline to turn in scratches will be 30 minutes prior to the beginning of each session. Scratch sheets will be in the coaches' packet. Coaches need to draw a line through the name and events of each scratched swimmer.

**Bull pen**

There will be a bull pen area for 8 & Under swimmers.

**Session Schedule:**

**Saturday Session 1**

Warm-ups: 7:00 - 7:45 AM

Positive check in will close at 7:30 AM

Meet Starts: 8:00 AM

**Entries**

Entries will not be accepted by the Entry Chairperson before Monday, January 23<sup>rd</sup>, 2012 at 8:00 AM. All entries must be received by 5:00 PM on Monday, February 13<sup>th</sup>, 2012. E-mail entries will be accepted. Fax entries will not be accepted.

Individuals are limited to three (3) individual events per day and two (2) relay events per day. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. WDST will be using Hytek Meet Manager. Entries must be submitted to the entry Chairperson by electronic mail using the appropriate WDST order of events. A print out of the entry must accompany the submission.

A signed Summary Fee / Release From provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: WSA or Woodstock Swimming Association, and be received within 96 hrs of the original electronic mailing of submission.

**Fees**

Individual events: \$3.00 per event

Relay events: \$7.00 per relay

A surcharge of \$2.00 per swimmer has been instituted by ISI.

**Limitations**

Deck Entries will not be permitted. Woodstock reserves the right to limit entries in the interest of time.

Entries for these events will be filled based on the order of entries received. Teams will be notified in advance if their swimmers are affected by these limitations.

**Verification**

If you desire verification of received entries, include a stamped self-addressed post card with your entries.

**Rules /Safety**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

**Eligibility**

All ISI and 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 Ave., Suite 245, Des Plaines, IL 60018, Phone (847) 824- 1596, Fax (847) 824 – 1726, Email:ilswimoffice@sbcglobal.net. A swimmer's age as of the date of the first day of competition will determine their age for the meet. Insurance regulations require that all swimmers, judges, starters, and referees be a current member 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.

**Events**

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 or swimmers to contact the Meet Referee, prior to competition, with specific requests.

**Awards**

Given the nature of the time trial as a "last chance event" in order to achieve an individual personal best time, awards will not be distributed.

**Admissions**

\$3.00 per person (non-swimmer) over 12 years old

\$2.00 per psyche sheet

**Concession**

A concession area will be available throughout the meet. Vendors will be selling swim wear and accessories.

**Meet Results**

Results will be posted on the host team site: [www.WoodstockDolphins.com](http://www.WoodstockDolphins.com)

**Accommodation Suggestions:**

<b>The Lions Inn</b>	<b>Super 8 Woodstock</b>
1785 S. Eastwood Drive (Rt 47)	Routes 47 and 14 on Davis Rd
Woodstock, IL 60098	Woodstock, IL 60098
1-815-334-9600	1-815-337-8808
woodstockexpresshotel@yahoo.com	GeneralManager03999@wynhg.com
	<a href="http://www.super8.com">http://www.super8.com</a>

# ORDER OF EVENTS

Saturday, February, 18<sup>th</sup>, 2012

Girls Event #	Event Description	Boys Event #
1	Open 200 Free	2
3	10 & Under 200 Medley Relay	4
5	11-12 400 Medley Relay	6
7	Open 400 Medley Relay	8
9	10 & Under 100 Medley	10
11	11-12 100 Medley	12
13	Open 200 Medley	14
15	10 & Under 50 Free	16
17	11-12 50 Free	18
19	Open 50 Free	20
21	10 & Under 50 Fly	22
23	11-12 50 Fly	24
25	Open 100 Fly	26
27	10 & Under 100 Free	28
29	11-12 100 Free	30
31	Open 100 Free	32
33	10 & Under 50 Back	34
35	11-12 50 Back	36
37	Open 100 Back	38
39	10 & Under 50 Breast	40
41	11-12 50 Breast	42
43	Open 100 Breast	44
45	10 & Under 200 Free Relay	46
47	11-12 400 Free Relay	48
49	Open 400 Free Relay	50
51	Open 200 Back	52
53	Open 200 Breast	54
55	Open 200 Fly	56
57	Open 500 Free	58

## CONTROLLED MEET WARM-UP AND SAFETY GUIDELINES

### 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.

Lane Use		
Push/Pace	Diving	General Warm-up
1 and 8	2 and 7	3,4,5,6

### 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.

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This completed/signed summary of fees and release from, entry forms and a check payable to the **WSA** must be received no later than Monday, February 13th, 2012.

Name of Club (or unattached): \_\_\_\_\_

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

Names of Coaches attending meet: \_\_\_\_\_  
\_\_\_\_\_

Name of person submitting entry: \_\_\_\_\_

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

Telephone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

**SUMMARY OF FEES:**

	Number of entries	Cost Per Entry	Total
10 and Under		\$3.00	
11 and 12		\$3.00	
Open		\$3.00	
Total # of Relays		\$7.00	
Total # of Swimmers (ISI surcharge)		\$2.00	
<b>Total Fees</b>			

**Coach, Club Representative or Parent Initials \_\_\_\_\_**

**VOLUNTEER REQUEST**

WDST is asking each team with 5 or more swimmers in a session to provide timers.

If any officials on your team are willing to work the meet, please list their names and phone numbers along with which session(s) they can work. Please fill out the form below and return it with your entries.

**OFFICIALS**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session(s) willing to work: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session(s) willing to work: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session(s) willing to work: \_\_\_\_\_

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 occur against United States Swimming, Inc.; Illinois Swimming, Inc.; Woodstock Swimming Association (aka Woodstock Dolphins Swim Team); School District 200, or their representatives, employees, or successors, for any or 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, Club Representative, or Parent)

Date: \_\_\_\_\_