

Sterling Stingrays Swim Club

Spring Sprint Meet

May 21st, 2011

Sanctioned by USA Swimming, Inc. Sanction # ILL0531-11

Meet Director

Maggie Wike
1408 Weaver Rd.
Sterling, IL. 61081
Cell 815-631-1191

Entry Chairperson

Kyle Ruiz
211 E. St. Mary's Rd.
Sterling, IL. 61081
Fax 815-622-6209
Pool 815-622-6200

Safety Chair

Julie Yemm
Meet Referee
Jim Williams

Format Spring Sprint Meet is a deck seeded timed final meet.

Seeding Seed times must be entered as short course times on the entry sheets provided or by Hy-tek software. Hy-tek is preferred if available. Events will be swum in heats with swimmers seeded slowest to fastest.

Positive Check in will be used for all sessions.

Schedule Saturday, May 21st, 2011

12& Under, Open Events

Warm-ups: 12:00pm.

Meet Start: 1:00pm.

Positive check in will close at 12:20 pm.

Location Sterling Park District Duis Center
211 E. St. Mary's Road
Sterling, IL. 61081

Facility The pool is a six lane 25 yard course with:

Backstroke flags, non turbulent lane markers, and starting blocks at the 5 foot end.
The shallow end is 3 feet deep and has a handicapped stair with hand rail entry at

the shallow end which is removable. The pool is equipped with a Daktronics automatic timing system with a time-line to display the results. Bleachers are available at the shallow end of the pool. A 120 person viewing area is also located in the upstairs of the Duis Center. ***The Duis Center has been recently remodeled with the spectator in mind. The viewing area is now open to the pool area allowing spectators to be engaged in the meet.***

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

Eligibility All 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:
Illinois Swimming Inc.
1400 E. Touhy Avenue, Suite 245
Des Plaines, IL 60018
Phone: 847-824-1596
Fax: 847-824-1726

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.

Entry Meet packets will be on our website prior to May 1st 2011 or

Deadline you can email the office at sterlingstingrays@sterlingparks.org . **Entries will not be accepted by the Entry Chairperson before April 4th, 2011** ***Entry deadline is May 6th, 2011 by 12:00p.m.***

All entries will be accepted via suitable courier. (i.e.: US Postal Service, Fed Ex, United Parcel) or email. ***The following entries will not be accepted:***

- Hand Delivery
- Fax Entries

Entries Individuals are limited to four entry events. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.

Hy-tek Meet Manager will be used.

A signed Summary Fee/ Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: Sterling Park District.

- All entries will be accepted via suitable courier. (i.e: US Postal Service, Fed Ex, United Parcel).
- E-mail entries per Hy-tek zipped file will be accepted to: sterlingstingrays@sterlingparks.org
- All e-mail entries must have check, copy of entries and release form to the entry chair within 48 hours of entry.

All entries, Summary Fee/ Release Form and check are to be received by within 48 hours of entry and should be mailed to:

Kyle Ruiz
Sterling Park District
211 E. St. Mary's Rd.
Sterling, IL. 61081

Entry Fees *Individual Events* **\$3.00**

A Surcharge of \$2.00 per swimmer will go to Illinois Swimming, Inc. Make checks payable to **Sterling Park District**.

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

Positive Check-in Positive check in will be used for the Spring Sprint Meet. Positive check in will close 40 minutes before the first event of the session is to start. If a swimmer does not check in they will be scratched from the meet.

If swimmers report late for check in and have already been scratched, they will only be re-entered if there are available unfilled heats.

Scoring No Scoring as the focus of meet is racing for time cuts.

Awards Awards will be given.

Coaches are asked to pick up awards prior to leaving the meet on Sunday.

Admission \$2.00 for adults

Heat Sheets Heat sheets will be available to purchase for \$3.00 after the meet has been seeded.

Concessions A concession area will be available.

Conditions of Sanction

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.

Hotels

Holiday Inn
815-626-5500

Country Inn and Suites
815-625-3200

Super 8
815-626-8800

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

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.

Coaches Responsibilities

...Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

...Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and all practices.

...Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.

Entry Summary Sheet
Spring Sprint Meet
Sterling Stingrays Swim Club
May 21st, 2011

Complete this form and mail it along with your entry forms and check to:

Kyle Ruiz

211 E. St. Mary's Rd

Sterling, IL. 61081

Fax: 815-622-6209

Pool: 815-622-6200

Evenings: sterlingstingrays@sterlingparks.org

Make checks payable to: Sterling Park District
 Summary of Fees

Total	Number of Entries	Cost of Entries
12 Year Old & Under		@ \$3.00 each=
OPEN		@ \$3.00 each=
Total # of Swimmers		
(ISI Surcharge)		@ \$2.00 each=
		TOTAL FEES

Name of Club: _____ Name and # of Entry person: _____
 Club Code: _____ LSC _____ (Day) _____ (Eve) _____
 Complete Mailing Address: _____
 Coaches Names: _____
 Club Email _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club and participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may occur against United States Swimming, Illinois Swimming, Inc., Sterling Stingrays Swim Club, Sterling Park District, their representatives, directors, officers, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet, as representative of my club.

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

Signed: (Coach, Club Representative or Parent) _____ Title: _____ Date: _____

This signed release and your check must accompany entry or entry will not be accepted. Entries must be received no later than May 6th, 2011 .

Order of Events

Women	Age	Event	Men
1	OPEN	50 Free	2
3	12&Under	50 Free	4
5	OPEN	100 Fly	6
7	12&Under	50 Fly	8
9	OPEN	100 Back	10
11	12&Under	50 Back	12
13	OPEN	100 Breast	14
15	12&Under	50 Breast	16
17	OPEN	100 Free	18
19	12&Under	100 Free	20
21	OPEN	200 IM	22
23	12&Under	100 IM	24
25	OPEN	200 Free	26