



**Father's Day Classic**  
*presented by: TOPS YMCA Swim Team*  
**June 17-19, 2011**

The Father's Day Classic is sanctioned by USA Swimming, Inc. Sanction No. [ILL11-0607](#). All USA Swimming and ISI rules apply including safety rules that will be strictly enforced.

MEET DIRECTOR	ENTRY CHAIR	HEAD REFEREE	SAFETY COORDINATOR
Huan Tran 312-286-0975 <a href="mailto:tops.htran@gmail.com">tops.htran@gmail.com</a>	George Adcock 255 S. Marion St Oak Park, IL 60304 708-434-0222 <a href="mailto:rhallman@sbcglobal.net">rhallman@sbcglobal.net</a>	Glenn Gabriel <a href="mailto:gjgabriel@comcast.net">gjgabriel@comcast.net</a>	Gunnar Schmidt <a href="mailto:gschmidt@westcookymca.org">gschmidt@westcookymca.org</a>

MEET SCHEDULE	Friday PM	Warm-up: 4:15pm	Meet starts: 5:30pm
	Sat/Sun AM	Warm-up: 7am	Meet starts: 8am
	Sat/Sun PM	Warm-up: TBA (immediately following conclusion of morning session, but not before 11am)	Meet starts: 1 hour after start of warm-up

**LOCATION** Ridgeland Common Pool, 415 Lake St, Oak Park, IL 60302

**FACILITY** Eight lane/50 meter pool with non-turbulent competitor lane lines and a fully automatic Daktronics timing system with touch pads. The competition course has not been certified in accordance with 104.2.2C(4). Fixed starting block at starting end. Ridgeland Commons contains a concession stand that will be available to the swimmers. On Saturday there will be a farmers market across the street in the church parking lot. Parking is available at the high school lot which is one block west on Lake St.

**Please no parking in the church parking lot on Sunday.**

**RULES AND SAFETY** All current USA Swimming and ISI rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced. FINA starting procedures and rules (whistle commands, no recall) will be followed.

**ELIGIBILITY** All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the 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: 847-824-1826. A swimmer's age as of the first day of the meet will determine their age for this meet.

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.

**USA SWIMMING, INC MEMBERSHIP** Insurance regulations require that all swimmers, judges, starters, and referees be current members 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.

<b>COACHES</b>	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.
<b>ENTRIES</b>	<p>Entries will be accepted starting at 8am on <b>May 16, 2011</b>. Entries must be received on or before <b>May 31, 2011</b>. Entries will be accepted by e-mail only. All entries should be sent to the Entry Chair.</p> <p>Please submit long course meter entry times. All entry times must be achieved in accordance with USA Swimming rules prior to the entry deadline. All entries must be submitted on the entry forms attached or facsimiles thereof. The attached summary form, release and hold harmless statement, and all entry fees must accompany all entries. Failure to comply with any entry requirement will be sufficient cause to refuse entry. Entries will be accepted in Hy-Tek format.</p> <p>A printed copy of the entry, all forms, waivers, and summaries, and a check for entry fees must be received within 96 hours of receipt of entry. The host club accepts no responsibility for receipt of e-mail entries. Confirmation of receipt is the sole responsibility of the sender.</p>
<b>ENTRY FEES</b>	\$3.00 per individual event; \$7.00 per relay. In addition, a swimmer surcharge of \$2.00 per swimmer is required by Illinois Swimming. A check for the full amount must accompany your entry.
<b>ENTRY LIMITATIONS</b>	<p>Athletes may enter four events per day, plus relays.</p> <p>The host club reserves the right to limit events 400 meters and longer. Swimmers in the 1500 must provide their own timer and counter.</p>
<b>EVENTS</b>	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 request.
<b>POSITIVE CHECK-IN</b>	Positive check in will close 20 minutes after warm-ups begin.
<b>BAD WEATHER POLICY</b>	A detailed policy for procedure in the event of bad weather will be forwarded to entered teams prior to the meet.
<b>SEEDING</b>	Events will be timed finals seeded slowest to fastest with the exception of the 1500 which will be seeded fastest to slowest alternating heats of girls and boys.
<b>RELAYS</b>	We will supply relay sheets in the coach's meet packet. Relay cards will be due 30 minutes before the meet begins.
<b>AWARDS</b>	We will give individual events awards for places 1-8 and relay awards for places 1-3.
<b>ADMISSIONS</b>	\$5.00 per day for adults, \$3.00 for children ages 12-18, and ages 11 and under are free.
<b>MEET PROGRAMS</b>	Psych Sheets available online. Heat sheets will be posted around the facility.

**CONCESSIONS**

Food concession and coaches hospitality will be provided by the host team. Swim gear will be available from All-American Aquatics.

**MEET RESULTS**

Final meet results will be e-mailed to the address listed on the Summary Fee / Release Form to participating teams with 5 or more swimmers. Additional copies may be ordered at the admission table for \$10.00.

<b>Friday PM</b>		
Girls	Event	Boys
1	10 & Under 200 Free	2
3	11-12 200 Free	4
5	13-14 200 IM	6
7	OPEN 200 IM	8
9	11-12 200 IM	10
11	OPEN 200 Breast	12
13	OPEN 1500 Free	14

<b>Saturday AM</b> <b>9-10, 11-12</b>		
WU: 7am; Meet Start: 8am		
Girls	Event	Boys
15	9-10 200 Med Relay	16
17	11-12 400 Med Relay	18
19	9-10 50 Free	20
21	11-12 50 Free	22
23	9-10 50 Back	24
25	11-12 50 Back	26
27	9-10 100 Fly	28
29	11-12 100 Fly	30
31	9-10 100 Breast	32
33	11-12 100 Breast	34

<b>Sunday AM</b> <b>9-10, 11-12</b>		
WU: 7am; Meet Start: 8am		
Girls	Event	Boys
63	9-10 200 Free Relay	64
65	11-12 400 Free Relay	66
67	9-10 100 Free	68
69	11-12 100 Free	70
71	9-10 50 Breast	72
73	11-12 50 Breast	74
75	9-10 50 Fly	76
77	11-12 50 Fly	78
79	9-10 100 Back	80
81	11-12 100 Back	82

<b>Saturday PM</b> <b>8 and under, Open</b>		
WU: following AM session Meet Start: 1 hour after start of WU		
Girls	Event	Boys
35	8 & U 200 Med Relay	36
37	13-14 400 Med Relay	38
39	Open 400 Med Relay	40
41	8 & U 50 Fly	42
43	13-14 100 Breast	44
45	Open 100 Breast	46
47	8 & U 50 Free	48
49	13-14 100 Free	50
51	Open 100 Free	52
53	8 & U 50 Back	54
55	13-14 100 Back	56
57	Open 100 Back	58
59	Open 200 Fly	60
61	Open 400 Free	62

<b>Session 5 - Sunday PM</b> <b>8 and under, Open</b>		
WU: following AM session Meet Start: 1 hour after start of WU		
Girls	Event	Boys
83	8 & U 200 Free Relay	84
85	13-14 400 Free Relay	86
87	Open 400 Free Relay	88
89	8 & U 100 Free	90
91	Open 200 Back	92
93	8 & U 50 Breast	94
95	13-14 50 Free	96
97	Open 50 Free	98
99	13-14 100 Fly	100
101	Open 100 Fly	102
103	13-14 200 Free	104
105	Open 200 Free	106

Complete this form and send with entry form. Make check payable to: **TOPS Swim Team**

Entry Chairperson:  
George Adcock  
255 s Marion St Oak Park II 60302  
[gadcock@westcokymca.org](mailto:gadcock@westcokymca.org)

8 & Under	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
10 & Under	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
11-12	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
13-14	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
OPEN	# of swimmers_____	# of Entries_____	X	\$3.00	\$_____
Relays		# of Entries_____	X	\$7.00	\$_____
	Total # of swimmers_____		X	\$2.00	\$_____
				Total Fees	\$_____

Name of Club\_\_\_\_\_USA Swimming Association\_\_\_\_\_

Club Initials for Heat Sheet\_\_\_\_\_

Name of person and telephone number responsible for your teams volunteers\_\_\_\_\_

Names of coaches attending meet\_\_\_\_\_

Complete mailing address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Phone

Work Phone

Email 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 USA Swimming, Illinois Swimming, Inc., TOPS YMCA Swim Team, The West Cook YMCA, and Park District of Oak Park, 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 event are duly registered as current athlete members of USA Swimming.

Signature (Coach or Club Representative)\_\_\_\_\_

The signed release must accompany each entry or entry will not be accepted. Entries must be received no sooner than May 16, 2011 , and no later than May 31, 2011.

## CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

### 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.

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

### 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.

**NOTE:** Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Effective: November 3, 2004

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TOPS YMCA Swim Team  
June 17-19, 2011**

**Meet Assistance Form**

Due to the difficulty in staffing large invitational meets, TOPS will require assistance from participating teams. The assistance will be needed with timing and officiating.

TOPS reserves the right to give priority to those teams that agree to provide Volunteer officials and timers for our meet.

Please provide the name of a contact person that will coordinate your team's volunteers in the space below and return with your entry. Someone from our meet committee will contact that person prior to the meet.

We require two timers per session in which a team has 5 or more swimmers entered. We also need officials for every session and would appreciate knowing who will be available for each session. Please submit names on the form, along with your entry, or no later than two weeks before the meet. Please mail the information to the meet director.

	Timers	Officials	Level	Phone
Saturday AM	_____	_____		
	_____	_____		
Saturday PM	_____	_____		
	_____	_____		
Sunday AM	_____	_____		
	_____	_____		
Sunday PM	_____	_____		
	_____	_____		
Team Name	_____			
Team Email	_____			
Volunteer Coordinator	_____			
Phone (Day)	_____	Evening	_____	

Thank You for your Cooperation