

# **Delta Aquatics Swim Team**

## **Winter Washout Swim Meet**

**Friday, Saturday, and Sunday, January 15-16-17, 2016**

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

### **Meet Director**

Jessica Bogie  
630-688-2328  
CoachJessica@comcast.net

### **Entry Chairperson**

Jessica Bogie  
1525 Harvey Road  
Oswego, IL 60543  
630-688-2328  
CoachJessica@comcast.net

### **Safety Chairperson**

Deryl Leubner

### **Meet Referee**

Brent Lightfoot & Sandy  
Koehler  
sandykoehler@yahoo.com

### **FORMAT**

This is a Timed Finals, **POSITIVE CHECK-IN** meet. A listing of events offered each session is attached. All 13/14 and 15 and over events will be swum together in the 13 & Over division. However, they will be separated by age group for results and awards.

#### ***Friday P.M.***

Warm-ups: 4:30 - 5:20pm  
Positive Check-in Closes: 5:00pm  
Meet Start: 5:30pm

#### ***Saturday & Sunday A.M.***

Warm-ups: 7:00 - 7:50am  
Positive Check-in Closes: 7:20am  
Meet Start: 8:00am

#### ***Saturday & Sunday P.M.***

Warm-ups: 12:15 - 1:05pm  
Positive Check-in Closes 12:35pm  
Meet Start: 1:15pm

### **LOCATION**

Oswego East High School - 1525 Harvey Rd. Oswego, IL. 60543

### **FACILITY**

The Oswego East High School pool is a 25-yard eight lane pool with starting blocks at one end, non-turbulent lane lines, and a Daktronics timing system with an eight-lane read-out board. Additionally, there are two warm-up/cool down lanes available. The facility will accommodate 600 spectators. The competition course has not been certified in accordance with 104.2.2C(4)

### **RULES AND SAFETY**

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

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.

### **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 the Illinois Swimming Office, 3166 S River Road, Suite 30, Des Plaines, IL 60018, E-mail: [ilswimoffice@sbcglobal.net](mailto:ilswimoffice@sbcglobal.net), Phone: 847-824-1596, Fax: 847-824-1726. A swimmers' age as of January 15<sup>th</sup>, 2016 will determine their age for the meet.

<b>USA SWIMMING, INC MEMBERSHIP</b>	Insurance regulations require that all swimmers, coaches, 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.
<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>ENTRY DEADLINE</b>	<p>Entries will be accepted no earlier than 8:00 A.M. Central Standard Time on <b>Monday, December 14th, 2015</b>. Please e-mail your zipped Hy-tek Team Manager (Commlink II) files to <b><i>CoachJessica@comcast.net</i></b></p> <p>A completed and signed Summary of Fees Report, provided in this packet, a hard copy printout of the entry, showing team's name, meet name, swimmers current registration number, age, first name, middle initial and last name and payment in full must be received by the Entry Chair within 72 hours of receipt of your e-mailed entry. An entry is not complete until all necessary paperwork including Summary of Fees Report, hard copy of entry and check for entry fees made payable to Delta Aquatics are received.</p> <p><i>All updated times must be received via email to <b>CoachJessica@comcast.net</b> no later than 12:00 P.M. CST. January 11<sup>th</sup>, 2016.</i></p> <p><b>DECK ENTRIES WILL NOT BE ACCEPTED.</b></p>
<b>ENTRIES</b>	Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Entries will be accepted until the time limit, subject to the 4 hour/10 hour rule is reached and entries received thereafter will be returned immediately. No additional swimmers may be entered after original team entry has been processed.
<b>ENTRY FEES</b>	<p>The entry fee for individual events is \$4.00 per event. Additionally there is a surcharge of \$2.00 per swimmer which has been instituted by ISI and a facilities surcharge of \$2.00 per swimmer.</p> <p>A signed Summary of Fees Report provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: <i>Oswego School District #308</i>.</p>
<b>ENTRY LIMITATIONS</b>	Swimmers will be limited to 3 events per session. Any swimmer entered in more than the maximum number of events on the meet entry will be scratched from the last event(s) entered until the maximum of 3 events in each session is reached. Please note the 1000 Free is a separate session and will only swim the fastest 3 heats for boys and girls.
<b>ADDITIONAL LIMITATIONS</b>	<p>Due to time restrictions, the host team reserves the right to limit all events 200 yards or greater.</p> <p>The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session.</p> <p>The 1000 free will be offered. The top 24 qualifying times for girls and top 24 qualifying times for boys will swim (fastest to slowest).</p> <p>Should limitations be necessary, a copy of those sessions will be sent to each team so that the affected swimmers may be notified.</p>
<b>ENTRY VERIFICATION</b>	An e-mail will be sent confirming receipt of entry within 48 hours.
<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 requests.
<b>POSITIVE CHECK IN</b>	This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for each session on Saturday and Sunday. Positive check in will close 30 minutes prior to the start of the meet on Friday. A separate positive check-in for the 1000 Free will be held beginning at

2:30 pm and will close 40 minutes later (3:10 pm). Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in the slower heats. This is on a first come first served basis.

- AWARDS** All awards will be based on the final results. Awards will be given to the Top 16 finishers in each age group. 15 and Over swimmers will not receive awards.
- All awards are to be picked up by their coach or team representative at the end of the meet. Unclaimed awards will not be forwarded after the meet.
- SEEDING** Swimmers will be seeded with their short course yard times from slowest to fastest. All non-conforming times will be seeded last in rank order. The 1000 will be seeded fastest to slowest alternating girls and boys.
- ADMISSIONS & HEAT SHEETS** Admission is \$5.00 per session (\$3.00 for Friday night), no charge for children under age 10. Heat sheets will be available.
- CONCESSIONS** Food and beverages will be available for sale in the school commons/cafeteria area and in the hallway adjacent to the spectator area. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.
- OFFICIALS/MEET WORKERS** Officials are needed. Please fill out the Official Volunteer form and turn it in with your entry. **SWIMMERS IN THE 1000 MUST PROVIDE 1 TIMER AND A LAP COUNTER TO BE ABLE TO SWIM.**
- MEET RESULTS** Results will be posted as the meet progresses. Full meet results will be emailed to each team and available on our website within 24 hours.

“Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.”

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated areas is not appropriate and is prohibited.

		<b>Session #1</b>				
		<b>Warm-ups 4:30-5:20pm</b>		<b>Meet starts at 5:30pm</b>		
<b>Women's Event #</b>		<b>Event</b>			<b>Men's Event #</b>	
	1	10 and under 200 IM				2
	3	11-12 200 IM				4
	5	13 and over 400 IM				6
	7	11-12 500 free				8
	9	13 and over 500 free				10

		<b>Session #2</b>				
		<b>Warm-ups 7:00-7:50am</b>		<b>Meet starts at 8:00am</b>		
<b>Women's Event #</b>		<b>Event</b>			<b>Men's Event #</b>	
	11	11-12 200 free				12
	13	9-10 200 free				14
	15	11-12 50 back				16
	17	9-10 50 back				18
	19	11-12 100 breast				20
	21	9-10 100 breast				22
	23	11-12 100 IM				24
	25	9-10 100 IM				26
	27	11-12 50 fly				28
	29	9-10 50 fly				30

		<b>Session #3</b>				
		<b>Warm-ups: 12:15-1:05pm</b>		<b>Meet starts at 1:15pm</b>		
<b>Women's Event #</b>		<b>Event</b>			<b>Men's Event #</b>	
	31	13 and over 200 free				32
	33	8 and under 50 free				34
	35	13 and over 100 back				36
	37	8 and under 50 breast				38
	39	13 and over 100 breast				40
	41	8 and under 100 IM				42
	43	13 and over 200 fly				44
	45	13 and over 200 IM				46

**Session #4**  
**Warm-ups: 10 minutes immediately following event 46**  
 Men's 13 and over 1000 free 48

		<b>Session #5</b>				
		<b>Warm-ups 7:00-7:50am</b>		<b>Meet starts at 8:00am</b>		
<b>Women's Event #</b>		<b>Event</b>			<b>Men's Event #</b>	
	49	11-12 50 free				50
	51	9-10 50 free				52
	53	11-12 100 back				54
	55	9-10 100 back				56
	57	11-12 50 breast				58
	59	9-10 50 breast				60
	61	11-12 100 fly				62
	63	9-10 100 fly				64
	65	11-12 100 free				66
	67	9-10 100 free				68
	69	10 & under 500 free				70

		<b>Session #6</b>				
		<b>Warm-ups: 12:15-1:05pm</b>		<b>Meet starts at 1:15pm</b>		
<b>Women's Event #</b>		<b>Event</b>			<b>Men's Event #</b>	
	71	13 and over 50 free				72
	73	8 and under 100 free				74
	75	13 and over 100 fly				76
	77	8 and under 50 fly				78
	79	13 and over 200 back				80
	81	8 and under 50 back				82
	83	13 and over 100 free				84
	85	13 and over 200 breast				86

**Session #7**  
**Warm-ups: 10 minutes immediately following event 86**  
 Women's 13 and over 1000 free 47

## **ISI Safety Requirements Warm-up Procedures**

### **Warm-Up Procedures**

1. General Warm-ups (first 20-45 mins.)
  - a. No diving allowed from the blocks or edge of pool. Swimmers **MUST** enter the pool feet first, while maintaining contact with the deck 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 20-45 mins.)
  - a. Push/Pace Lanes (Lane 1 & 8)—Push off one or two lengths from starting end. Circle swim **ONLY**. **NO DIVING**.
  - b. Diving Lanes (Lanes 2 & 7)—Spring lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
  - c. General warm-up lanes (Lanes 3,4,5,6)—**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.

### **Coaches' Responsibilities**

1. Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at the meet
2. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions.

### **Marshalling**

1. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, and/or the Meet Director shall be on deck during the entire warm-up session. One (1) Marshall shall act as the safety coordinator, who should be a USA member.
  - a. Marshall's shall be current members of USA Swimming
  - b. Marshall's 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 requirements or warm-up procedures.
  - c. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from the next individual event.
2. Host teams shall provide signs for each lane of the pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be posted at locations around the pool area. Illinois Swimming, Inc. Safety Guidelines and Warm-up procedures will be in affect at this meet.
4. An announcer shall be on duty for the entire warm-up period to announce lane and time changes and to assist with the conduct of the warm-up.
5. Hazards in locker rooms, on the deck, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

### **Miscellaneous**

1. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recall start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks during competition
5. Unattached swimmers must report to the MEET REFEREE before entering the pool.

***THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.***

**“Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.”**

**Delta Aquatics Swim Team  
Winter Washout Swim Meet**

Sanctioned by USA Swimming and Illinois Swimming, Inc  
USA Swimming Sanction #

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

**Deryl Leubner**  
c/o Delta Aquatics Winter Washout  
1525 Harvey Rd.  
Oswego, IL. 60543

**Summary of Fees Report**

8&U	No. of Swimmers _____	No. of Entries _____	@ \$4.00 ea. = \$ _____
9-10	No. of Swimmers _____	No. of Entries _____	@ \$4.00 ea. = \$ _____
11-12	No. of Swimmers _____	No. of Entries _____	@ \$4.00 ea. = \$ _____
13&O	No. of Swimmers _____	No. of Entries _____	@ \$4.00 ea. = \$ _____

*ISI Surcharge* Total Swimmers \_\_\_\_\_ @ \$2.00 ea. = \$ \_\_\_\_\_

*Facility Surcharge* Total Swimmers \_\_\_\_\_ @ \$2.00 ea. = \$ \_\_\_\_\_

Make checks payable to: **Oswego School District #308** Total Fees = \$ \_\_\_\_\_

Name of Club \_\_\_\_\_ L.S.C. \_\_\_\_\_ Club Code \_\_\_\_\_

Names of Coaches Attending Meet \_\_\_\_\_

Person Submitting Entry \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Home Telephone ( ) \_\_\_\_\_

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 Delta Aquatics, Oswego East High School, District 308, 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 PRIOR TO MONDAY, DECEMBER 14th, 2015.  
NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.**

Please return this form with your entries.

**Delta Aquatics Swim Team  
Winter Washout Swim Meet**

**January 15-16-17, 2016**

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

**ISI Official Volunteer Sheet**

Name & Phone Number	Level	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____

Please return this form with your entries.

Questions, please contact Jessica Bogie, Meet Director, at [CoachJessica@comcast.net](mailto:CoachJessica@comcast.net).