



2016 Speedo Capital City Classic

Hosted by the Academy Bullets Swim Club

June 3-5, 2016

USA Swimming Sanction: ILL16-0601



Co -Meet Directors	Meet Referee	Entry Chair
Travis Kindel (217) 725-3076 tkindel190@gmail.com	Sarah Gwaltney (217) 836-4174 kilevg23@casscomm.com	John Nepomuceno (309) 287-6376 John.Nepomuceno.ISI@gmail.com
Jeff Skeels j.skeels@academybullets.com	Todd Capen, Jeff Skeels, Bill Schalz www.academybullets.com	Jeff Kuchar jsaikuchar@sbcglobal.net 217-971-2083

- Location:** Nelson Recreation Center - 1601 N. 5th Street, Springfield, Illinois, 62702
- Facility:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Outdoor eight (8) lane 50-meter competition pool with non-turbulent lane lines and starting blocks at one end of the pool. The start end of the pool is 4' 5" deep. The timing system is a Colorado timing system. Seating is available around the pool and in the balcony of the adjacent building. Picnic area and playground adjacent to the pool complex.
- Meet Schedule:**
- | | | |
|---|-------------------|--------------------|
| Friday 1500 Session 1 (Open) | Warm-ups: 12:00pm | Meet Start: 1:00pm |
| Friday PM Session 2 (10&U, 11-12, Open) | Warm-ups: 4:00pm | Meet Start: 5:15pm |
| Saturday AM Session 3 (10&U, 11-12) | Warm-ups: 7:00am | Meet Start: 8:20am |
| Saturday PM Session 4 (Open) | Warm-ups: 12:15pm | Meet Start: 1:30pm |
| Sunday AM Session 5 (10&U, 11-12) | Warm-ups: 7:00am | Meet Start: 8:20am |
| Sunday PM Session 6 (Open) | Warm-ups: 12:15pm | Meet Start: 1:30pm |
- Eligibility:** In accordance with the current USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire 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.
- Seeding:** All entries should be submitted in Long Course Meters (LCM) to ensure proper seeding. All events except the 1500 Free will be swum slowest to fastest. The 1500 Free will be swum fastest to slowest alternating women's and men's heats.
- Entry Forms:** We will use Hytek Meet Manager 5.0 for Windows for this meet. Entries must be submitted via email attachment using a Commlink or SDIF file. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. Entries must be accompanied by a signed release and check in full payment of the entry fees. Email entries to the Entry Chair Jeff Kuchar at jsaikuchar@sbcglobal.net. Questions regarding entries should be directed to the Entry Chair.
- Entry Limits:** All swimmers are limited to **five (5) individual events per day**. The 10&U 200 Free, 10&U 200 IM, 12&U 400 Free, Open 400 Free, Open 400 IM, and Open 1500 Free may be limited to the Top 32 swimmers after positive check-in closes. The host team reserves the right to swim additional heats if time allows. Swimmers in the 1500 Free must provide their own timer and counter.
- Entry Fees:** **\$4.00** per individual event. A surcharge of **\$2.00** per swimmer has been instituted by Illinois Swimming, Inc. There will also be a facility charge of **\$12.00** per swimmer in lieu of an admissions charge. Make checks payable to **Academy Bullets Swim Club**.
- Entry Deadline:** Entries will not be accepted before **8:00AM, Friday May 6, 2016**. We will accept entries until the timeline capacity but not after May 24, 2016. Only entries received by e-mail will be accepted; no hand deliveries. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email. Deck entries may be accepted at the discretion of the Meet Referee.



2016 Speedo Capital City Classic

Hosted by the Academy Bullets Swim Club

June 3-5, 2016

USA Swimming Sanction: ILL16-0601



- Entry Verification:** We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.
- Check-in:** **THIS IS A POSITIVE CHECK-IN MEET.** We will close check-in for all sessions **20 minutes** after the start of warm-ups. There will be a mandatory bullpen for all 10&U events.
- Awards:** Individual swimmers in the 8 & Under, 10 & under and 11-12 age groups will receive awards for 1st - 16th place.
- Admission:** There will be no admissions charged due to the facility charge for each athlete.
- Coaches:** Team packets containing psych sheets will be available Saturday morning. See the Academy Bullets coaches for your packet. Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA swimming membership card at all times while on deck.
- Results:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- Concessions:** Food and beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.
- Officials:** There will be a need for Officials at this event. Officials who would like to work the meet should contact the Meet Referee Ed Gershburg at ste30g@gmail.com to be assigned positions. There will be an officials meeting 1 hour prior to the start of each session in the hospitality room.
- Timers:** Any team with more than five swimmers in a session will have an assigned lane to time for that session. Coaches will be notified of lane assignments prior to the meet. There will be a timers meeting 15 minutes prior to the start of each session.
- Audio Visual:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck Changing** Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or designated areas is not appropriate and is prohibited.
- Warm-Up Procedure** We will be following USA Swimming guidelines with regards to warm-ups as outlined on Page 4 of the packet. Warm-up sessions for the meet may be split into multiple sessions to reduce the number of swimmers in the pool at one time. Teams will be informed of specific warm-up procedures for the meet no later than one week prior to the meet start.

Event Order for 2016 Speedo Capital City Classic

June 3-5, 2016

Friday 1500 Free – June 3rd
Warm-up @ 12:00 PM; Meet Start @ 1:00 PM

1	<i>** Open 1500 Free **</i>	2
---	-----------------------------	---

Friday PM – June 3rd
Warm-up @ 4:00pm; Meet Start @ 5:15pm

3	<i>** 10&U 200 IM **</i>	4
5	<i>11-12 200 IM</i>	6
7	<i>** Open 400 IM **</i>	8
9	<i>** 10&U 200 Free **</i>	10
11	<i>11-12 200 Free</i>	12

Saturday AM – June 4th
Warm-up @ 7:00 AM; Meet Start @ 8:20 AM

13	<i>11-12 50 Free</i>	14
15	<i>10&U 50 Free</i>	16
17	<i>11-12 100 Breast</i>	18
19	<i>10&U 100 Breast</i>	20
21	<i>11-12 50 Fly</i>	22
23	<i>10&U 50 Fly</i>	24
25	<i>11-12 100 Back</i>	26
27	<i>10&U 100 Back</i>	28
**	<i>** 12&U 400 Free **</i>	30

Saturday PM – June 4th
Warm-up @ 12:15pm; Meet Start @ 1:30pm

31	<i>Open 200 Free</i>	32
33	<i>Open 100 Fly</i>	34
35	<i>Open 200 Back</i>	36
37	<i>Open 100 Breast</i>	38
39	<i>Open 50 Free</i>	40
**	<i>** Open 400 Free **</i>	42

Sunday AM – June 5th
Warm-up @ 7:00 AM; Meet Start @ 8:20 AM

43	<i>11-12 100 Free</i>	44
45	<i>10&U 100 Free</i>	46
47	<i>11-12 50 Breast</i>	48
49	<i>10&U 50 Breast</i>	50
51	<i>11-12 100 Fly</i>	52
53	<i>10&U 100 Fly</i>	54
55	<i>11-12 50 Back</i>	56
57	<i>10&U 50 Back</i>	58
59	<i>** 12&U 400 Free **</i>	**

Sunday PM – June 5th
Warm-up @ 12:15pm; Meet Start @ 1:30pm

61	<i>Open 200 IM</i>	62
63	<i>Open 100 Free</i>	64
65	<i>Open 200 Fly</i>	66
67	<i>Open 100 Back</i>	68
69	<i>Open 200 Breast</i>	70
71	<i>** Open 400 Free **</i>	**

**** Events may be limited to Top 32 entries ****
The host team reserves the right to swim additional heats if time allows

WARM-UP PROCEDURE

GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3 point entry.
- No sprinting or pace work allowed during this general warm-up. Starts and pace work will begin at the conclusion of the general warm-up.
- All lanes will be used for general warm-up.

SPECIFIC WARM-UP (LAST 15 MINUTES)

Push/pace lanes: <ul style="list-style-type: none"> • Push off one or two lengths from the starting end. • Circle swim only. • NO DIVING. 	Diving lanes: <ul style="list-style-type: none"> • Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. • ONE WAY SWIMMING ONLY. • Additional lanes may be opened from general warm-up if needed 	General warm -up lanes <ul style="list-style-type: none"> • CIRCLE SWIM ONLY. • NO DIVING.
Push/pace Lanes are 1 and 8	Diving/sprint Lanes are 2,7	General warm-up Lanes are 3, 4, 5, 6

At conclusion of the 15 minute specific warm-up period, all swimmers **MUST** clear the pool.

The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

COACHES RESPONSIBILITIES

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

HOST TEAM RESPONSIBILITIES

Marshaling:

- A minimum of four 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 Marshall, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- The Host Team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
- Warm-up times and lane assignments shall be communicated to the attending clubs and posted at several locations around the pool area.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

MISCELLANEOUS

- 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.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- Swimmers are required to exit the pool upon the 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.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.



2016 Speedo Capital City Classic

Hosted by the Academy Bullets Swim Club

Complete this form and email/mail with all entry forms to:

Entry Chair: Jeff Kuchar
2305 Lindbergh Blvd
Springfield, Il. 62704
jsaikuchar@sbcglobal.net
217-971-2083

Summary of Fees:

Individual Entries	Girls	Number of Entries _____	x \$4.00 each =	_____
	Boys	Number of Entries _____	x \$4.00 each =	_____
Total Number of Swimmers for Illinois Swimming Surcharge		_____	x \$2.00 each =	_____
Total Number of Swimmers for Facility Surcharge		_____	x \$12.00 each =	_____
Total:				_____

****Please make checks payable to Academy Bullets Swim Club****

Name of Club _____ Club Code _____

Complete Mailing Address: _____

Phone _____ Email _____

Coaches Attending: _____

All coaches must be USA Swimming registered member coaches

In consideration of the acceptance of this entry, I, intending to legally bound on behalf of myself, my club and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club, the Springfield Park District; or their representatives, employees, or successors, for any and 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 the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: _____

Date: _____