

# Capital City Classic

## Hosted by Springfield USA

### June 6-8, 2008

Sanctioned by United States Swimming and Illinois Swimming, Inc.  
USA Swimming, Inc. Sanction Number is ILL08-0603

MEET DIRECTORS	Shelley Mueller/John Childress susa.ccclassic@hotmail.com		
ENTRY CHAIRPERSON	Bob Barrett/George Preski, 2351 Cornell Ave, Springfield, Illinois 62703 susa.ccclassic@hotmail.com		
MEET REFEREE	Andrew Schnack drewsch@adams.net		
SAFETY CHAIRPERSON	Ann Janes		
FORMAT	Timed Final, Positive Check-In Age Group & Senior		
	Friday PM	Warm Ups	2:00-3:00 PM
		Meet Start	3:15 PM
		<i>Positive check-in will close at 2:30 PM</i>	
	Saturday/Sunday AM	Warm Ups	7:00-8:00 AM
		Meet Start	8:15 AM
		<i>Positive check-in will close at 7:30 AM</i>	
	Saturday/Sunday PM	Warm Ups	Immediately following AM session, but not before 12 noon
		Meet Start	1 hour following AM session, but not before 1:15 PM
		<i>Positive check-in will close at 12:30 PM</i>	
	Saturday/Sunday Evening	following the end of the PM Sessions	
LOCATION	Nelson Recreation Center, Lincoln Park 1601 N. 5 <sup>th</sup> Street Springfield, Illinois		
FACILITY	Outdoor 8 lane, 50 meter pool, 4.5 ft. water depth at start end of pool. Colorado timing system. Fixed starting blocks at starting end. Seating available around the pool and in balcony of adjacent building. Picnic area and play ground adjacent to the pool complex.		
RULES & SAFETY	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 the Illinois Swimming Office, 3166 S. River Road Suite 30, Des Plaines, IL 60018, Phone (847) 824-1596, Fax (847) 824-1726. Swimmer's age as of June 6, 2008 will determine their age for the meet.		

USA SWIMMING, INC. MEMBERSHIP	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 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.
ENTRY DEADLINE	<p>Entries will not be accepted by the Entry Chairperson before Monday, May 5, 2008. An emailed Hy-Tek .cl2 file (zipped) is the preferred method of entry. Swimmer entry report summary, meet summary sheet / release form and check must be received within 5 business days of the emailed entries. Entries not following this requirement may be returned. Teams of 5 or more athletes not using Hy-Tek may be assessed an additional \$50 handling fee.</p> <p>Entries will be accepted on a <i>"first come, first served"</i> basis until the meet is full or entry deadline. All entries <b>MUST</b> be received by 12:00 PM, May 27, 2008.</p>
ENTRIES	<p>Individuals are limited to four (4) entry events per session, not including relays. Relay swimmers must be entered in at least one (1) individual event. Current registration number, age, first name, middle initial and last name must appear on all entry blanks.</p> <p>Hy-Tek Meet Manager for Windows XP will be used. No FAX entries will be accepted. <i>All changes and/or additions to entries should be made by electronic mail and will be confirmed by Meet Entry Chairperson.</i></p> <p>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: SUSA Booster Club</p>
<b>ENTRIES MUST BE RECEIVED BY 12:00 PM, May 27, 2008</b>	
ENTRY FEES	<p>\$3.00 per individual event    \$7.00 per relay \$2.00 per swimmer ISI Surcharge must be included with entry. \$5.00 per swimmer Facility Surcharge <u>Entry fees must accompany entries.</u></p>
EVENT LIMITATIONS	<p><b>Deck entries will not be permitted.</b></p> <p>The 400 Free will be limited to the fastest 32 swimmers. The 10 &amp; U 200 free and 200 IM, Open 400 IM and 800 Free will be limited to the fastest 24 swimmers. The 1500 Free will be limited to the fastest 16 swimmers. The host team reserves the right to swim additional heats if time allows. Swimmers in the 1500 must provide one timer and one lap counter.</p>
ENTRY VERIFICATION	All teams sending entries will receive verification of receipt via email.
EVENTS	In accordance with the USA Swimming Rules; Articles 105 and 202.2.13, 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. In accordance with the USA Swimming Rules; Article 102.1.3, the Meet Referee may sanction free events 400 meter and

longer, the 200-yard Backstroke, Breaststroke and Butterfly and the 400 meter individual medley seeded as a single event, without regard to swimmers' ages or gender, in the order of submitted entry times. Places, awards and published results for these events may be separate for each age group and gender.

POSITIVE CHECK IN	Swimmers must check in at the Clerk of Course no later than 45 minutes prior to the start of their session. Swimmers need to indicate the events they will swim by circling the individual event numbers. Swimmers checking in late will be able to swim only if there are open lanes available in the slower heats, or if a swimmer does not appear for their heat and only with the Meet Referee's approval. Bull-pen will be provided for 10 & under events only.
SCORING	Individual Events      9-7-6-5-4-3-2-1 Relay Events            18-14-12-10-8-6-4-2
SEEDING	<b>Short course yard times should be submitted for entry purposes.</b> All events will be time finals from slowest to fastest except the 1500 Free which will be seeded fastest to slowest alternating girls the boys heats.
RELAY EVENTS	Relay sheets will be provided to the coaches in their meet information packet at the meet. These sheets must be completed by listing each swimmer's name in the order in which they will swim. Completed relay sheets must be delivered to the Clerk of Course within 30 minutes of the start of each session.
AWARDS	Awards will be given for 1 <sup>st</sup> through 8 <sup>th</sup> place in individual events (8 & U, 10 & U, 11-12, 13-14 and Open) and 1 <sup>st</sup> through 3 <sup>rd</sup> place in relay events. Team trophies will be awarded for the top three teams. Individual high point awards will be given to the top 3 places. Heat winner awards will be provided.
ADMISSIONS & PSYCH SHEETS	There will be no admission fee due to the facility surcharge Psych sheets/heat sheets will be available for purchase at the meet.
CONCESSIONS	A full selection of food and drinks will be available for sale at concession stands.
MEET RESULTS	One (1) copy of printed meet results in required format will be sent to each team represented by five (5) or more swimmers. Individual copies may be ordered at the time of the meet at the Psych Sheet table at a cost of \$10.00.

# MEET WARM-UP AND SAFETY GUIDELINES

Warm-up sessions for Saturday and Sunday may be split into multiple sessions to reduce the number of swimmers in the pool at one time. It may also be necessary to have split warm-up sessions on Friday evening depending on the number of entries. Teams will be informed of specific warm-up procedures for the meet.

*The following warm-up procedures are mandatory for all meets sanctioned by USA Swimming.*

## 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. All lanes are to be used for general warm-up.
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.

# of LANES	PUSH/PACE	DIVING/SPRINT	GENERAL
8	1 & 8	2 & 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 at all practices.
2. **HOST TEAM RESPONSIBILITIES**
  - a. Marshalling
    1. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee shall be on 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/or and 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 clearly marked or removed.
3. **MISCELLANEOUS**
  - a. Backstrokers 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 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.

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### June 6-8, 2008

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USA Swimming, Inc. Sanction Number ILS

#### SUMMARY OF FEES AND RELEASE

This completed and signed Summary of Fees and Release form, Entry Forms and a **check payable to SUSA Booster Club** must be received no later than 12:00 PM, May 27, 2008.

Please send to: Springfield USA Aquatics  
2351 Cornell  
Springfield, Illinois 62703  
Attn. Bob Barrett

Name of Club: \_\_\_\_\_

USA Swimming, Inc. Affiliation (LSC): \_\_\_\_\_ Club Code: \_\_\_\_\_

Name of Coaches attending meet: \_\_\_\_\_

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

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

Telephone # (please include): Work \_\_\_\_\_ Home \_\_\_\_\_

E-Mail Address \_\_\_\_\_

	FEMALE	MALE	ENTRY FEE	TOTALS
Individual Entries	_____	_____	x \$3.00	_____
Relay Entries	_____	_____	x \$7.00	_____
Facility Surcharge	_____	_____	x \$5.00	_____
Total Swimmers	_____	_____	x \$2.00	_____
			TOTAL FEES	_____

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 United States Swimming, Inc.; Illinois Swimming, Inc.; Springfield USA Aquatics; Springfield Park District; SUSA Booster Club; or their representatives, directors, officers, employees and/or representatives 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 \_\_\_\_\_ Date \_\_\_\_\_  
(Coach, Club Representative or Parent)

**Capital City Classic**  
**June 6-8, 2008**  
**Order of Events**

**Session I - Friday**

Warm Ups - 2:00-3:00 PM

Meet Start - 3:15 PM

*Positive check-in will close at 2:30 PM*

Girls	Event	Boys
1**	Open 400 IM	2**
3**	10 & Under 200 IM	4**
5	11-12 200 IM	6
7**	10 & Under 200 Free	8**
9	11-12 200 Free	10
11**	Senior 800 Free	12**

**Session II – Saturday A.M.**

Warm Ups - 7:00-8:00 AM

Meet Start - 8:15 AM

*Positive check-in will close at 7:30 AM*

13	12 & Under 50 Free	14
15	10 & Under 50 free	16
17	12 & Under 100 Breast	18
19	10 & Under 100 Breast	20
21	12 & Under 50 Fly	22
23	10 & Under 50 Fly	24
25	12 & Under 100 Back	26
27	10 & Under 100 Back	28
29	11-12 400 Free Relay	30
31	10 & U 400 Free Relay	32

**Session III – Saturday P.M.**

Warm Ups - Immediately following AM session, but not before 12 noon

Meet Start - 1 hour following AM session, but not before 1:15 PM

*Positive check-in will close at 12:30 PM*

33	13-14 200 Free	34
35	Open 200 Free	36
37	13-14 100 Fly	38
39	Open 100 Fly	40
41	13-14 200 Back	42
43	Open 200 Back	44
45	13-14 100 Breast	46
47	Open 100 Breast	48
49	13-14 50 Free	50
51	Open 50 Free	52
53	13-14 400 Free Relay	54
55	Open 400 Free Relay	56

**Session IV – Saturday Late PM**

Meet Start – following the PM session

Positive Check-in will close at the end of event # 46

57*	Open 400 Free	58*
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**Session V – Sunday A.M.**

Warm Ups - 7:00-8:00 AM

Meet Start - 8:15 AM

*Positive check-in will close at 7:30 AM*

59	12 & Under 100 Free	60
61	10 & Under 100 free	62
63	12 & Under 50 Breast	64
65	10 & Under 50 Breast	66
67	12 & Under 100 Fly	68
69	10 & Under 100 Fly	70
71	12 & Under 50 Back	72
73	10 & Under 50 Back	74
75	11-12 400 Medley Relay	76
77	10 & U 400 Medley Relay	78

**Session VI – Sunday P.M.**

Warm Ups - Immediately following AM session, but not before 12 noon

Meet Start - 1 hour following AM session, but not before 1:00 PM

*Positive check-in will close at 12:30 PM*

79	13-14 200 IM	80
81	Open 200 IM	82
83	13-14 100 Free	84
85	Open 100 Free	86
87	13-14 200 Fly	88
89	Open 200 Fly	90
91	13-14 100 Back	92
93	Open 100 Back	94
95	13-14 200 Breast	96
97	Open 200 Breast	98
99	13-14 400 Medley Relay	100
101	Open 400 Medley Relay	102

**Session VII – Sunday Late PM**

Meet Start – following the PM session

*Positive Check-in will close at the end of event # 92*

103***	Open 1500 Free	104***
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\* Limited to fastest 32 swimmers

\*\* Limited to fastest 24 swimmers

\*\*\* Limited to fastest 16 swimmers

### Hotel Information

The host team has arranged with area hotels to have a block of rooms available for visiting teams, athletes and their families; pricing, availability and cut-off days will vary. When inquiring be sure to let them know that you are here for the CAPITAL CITY CLASSIC or the SPRINGFIELD USA SWIM MEET in order to get its listed rate. (Rates listed do not include tax)

- Crown Plaza (800-589-2769 or 217-529-7474): 3000 S. Dirksen Pkwy, Spfld, IL, 62703  
Rates: Single/Double \$109 Triple \$124 Quad \$139  
Rooms dropped: May 18, 2007
- Holiday Inn Express (888-465-4329): 3050 S. Dirksen Pkwy, Spfld, IL, 62703  
Rates: Single/Double \$85  
Rooms dropped: May 18, 2007
- Howard Johnson (217-541-8762): 1701 J. David Jones Pkwy, Spfld, IL, 62702  
Rates: Standard room \$69 Suite \$89  
Rooms dropped: June 9, 2007
- The President Abraham Lincoln Hotel (866-788-1860 or 217-544-8000): **Saturday Availability Only**  
701 E. Adams St., Spfld, IL, 62701  
Rates: Single/Double/Triple/Quad \$84  
Rooms dropped: May 27, 2007
- Days Inn (217-529-0171): 3000 Stevenson Dr., Spfld, IL, 62703  
Rates: \$62 (up to 4 persons per room)  
Rooms dropped: May 27, 2007
- Microtel Inn & Suites (217-753-2636): 2636 Sunrise Dr., Spfld, IL, 62703  
Rates: \$72 (up to 4 persons per room)  
Rooms dropped: May 27, 2007
- Hilton Garden Inn (217-529-7171): 3100 S. Dirksen Pkwy, Spfld, IL, 62703  
Rates: Single/Double/Triple/Quad \$89 (for this price use the code "USA")  
Rooms dropped: May 18, 2007
- Hilton Springfield (800-HILTONS or 217-789-1530): 700 E. Adams, Spfld, IL, 62701  
Rates: \$89 (for this price use the code "USA")  
Rooms dropped: May 18, 2007
- The State House Inn (217-528-5100): 101 E. Adams St., Spfld, IL, 62701  
Rates: \$92.99  
Rooms dropped: May 14, 2007
- The Signature Inn (800-822-5252 or 217-529-6611): 3090 Stevenson Dr., Spfld, IL, 62703  
Rates: two double beds \$69.99  
Rooms dropped: May 18, 2007