

# SPORTSCARE Capital City Classic

Hosted by Springfield USA

**June 19-21, 2009**

Sanctioned by United States Swimming and Illinois Swimming, Inc.  
USA Swimming, Inc. Sanction Number is ILL09-0607

**MEET DIRECTOR** Shelley Mueller  
susa.ccclassic@hotmail.com

**MEET REFEREE** Andrew Schnack  
drewsch@adams.net

**ENTRY CHAIRPERSON** Bob Barrett/George Preski, 2351 Cornell Ave, Springfield, Illinois 62703  
susa.ccclassic@hotmail.com

**SAFETY CHAIRPERSON** Ann Janes

**FORMAT** Timed Final, Positive Check-In  
Age Group & Open

**Friday PM** Warm Ups 1:00-2:10 PM  
Meet Start 2:20 PM  
*Positive check-in will close at 1:30 PM*

**Saturday/Sunday AM** Warm Ups 7:00-8:10 AM  
Meet Start 8:20 AM  
*Positive check-in will close at 7:30 AM*

**Saturday/Sunday PM** Warm Ups Immediately following AM  
session, but not before 12:15  
Meet Start 1 hour following AM session, but  
not before 1:30 PM  
*Positive check-in will close at 12:45 PM*

**Friday/Saturday Evening** following the end of the PM Sessions

**NOTE – warm-ups will be split. Detailed times will be sent to coaches one week prior to the meet.**

**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. The competition course has not been certified in accordance with 104.2.2C(4)

**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.

## 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.

## ENTRIES

12 and under swimmers are limited to four (4) events per session, not including relays. 13 and over swimmers are limited to five (5) events per session, not including relays. Relay swimmers must be entered in at least one (1) individual event.

Hy-Tek Meet Manager for Windows XP will be used.  
No FAX entries will be accepted.

## PLEASE ENTER ALL TIMES IN LONG COURSE METERS

*All changes and/or additions to entries should be made by electronic mail and will be confirmed by Meet Entry Chairperson.*

## ENTRY DEADLINE

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**

Entries will not be accepted before 12:01 AM Monday, May 18, 2009. An emailed Hy-Tek .cl2 file (zipped) is the preferred method of entry. Payment 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.

Entries will be accepted only from certified coaches, on a *"first come, first served"* basis until the meet is full or entry deadline is past. **All entries MUST be received by 12:00 PM, June 5, 2009.**

**Teams will be required to provide 2 timers per session.**

## ENTRY FEES

**\$3.00 per individual event \$7.00 per relay**  
**\$2.00 per swimmer ISI Surcharge must be included with entry.**  
**\$6.00 per swimmer Facility Surcharge, in lieu of admission charge**  
**Entry fees must accompany entries.**

## EVENT LIMITATIONS

**Deck entries will not be permitted.**

The 400 Free will be limited to the fastest 32 swimmers. The 10 & U 200 free and 200 IM, Open 400 IM and the 1500 Free will be limited to the fastest 24 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.

## 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.

<b>POSITIVE CHECK IN</b>	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.
<b>SCORING</b>	Individual Events      9-7-6-5-4-3-2-1 Relay Events            18-14-12-10-8-6-4-2
<b>SEEDING</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.
<b>RELAY EVENTS</b>	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.
<b>AWARDS</b>	Custom event awards will be given to all age groups. Team trophies will be awarded for the top three teams. Individual high point awards will be given to the top 3 places.
<b>ADMISSIONS &amp; PSYCH SHEETS</b>	<b>There will be no admission fee due to the facility surcharge</b> Psych sheets/heat sheets will be available for purchase at the meet.
<b>CONCESSIONS</b>	A full selection of food and drinks will be available for sale at concession stands.
<b>MEET RESULTS</b>	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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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, June 5, 2009.**

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 \$6.00	_____
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)

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## June 19-21, 2009

### Session I - Friday

Warm Ups - 1:00-2:10 PM

Meet Start - 2:20 PM

*Positive check-in will close at 1:30 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

### Session II – Friday PM

Meet Start – following the PM session

11**	Open 1500 Free	12**
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### Session III – Saturday A.M.

Warm Ups - 7:00-8:10 AM

Meet Start - 8:20 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 200 Free Relay	32

### Session IV– Saturday P.M.

Warm Ups - Immediately following AM session, but not before 12:15

Meet Start - 1 hour following AM session, but not before 1:30 PM

*Positive check-in will close at 12:45 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 V – 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 VI – Sunday A.M.**

Warm Ups - 7:00-8:10 AM

Meet Start - 8:20 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 200 Medley Relay	78

**Session VII – Sunday P.M.**

Warm Ups - Immediately following AM session, but not before 12:15

Meet Start - 1 hour following AM session, but not before 1:30 PM

*Positive check-in will close at 12:45 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

\* Limited to fasted 32 swimmers

\*\* Limited to fastest 24 swimmers

The Host Team reserves the right to swim additional heats if time allows

## Hotel Information

- Crown Plaza (800-589-2769 or 217-529-7474): 3000 S. Dirksen Pkwy, Spfld, IL, 62703
- Holiday Inn Express (888-465-4329): 3050 S. Dirksen Pkwy, Spfld, IL, 62703
- Howard Johnson (217-541-8762): 1701 J. David Jones Pkwy, Spfld, IL, 62702
- The President Abraham Lincoln Hotel (866-788-1860 or 217-544-8000):  
701 E. Adams St., Spfld, IL, 62701
- Hilton Garden Inn (217-529-7171): 3100 S. Dirksen Pkwy, Spfld, IL, 62703
- Hilton Springfield (800-HILTONS or 217-789-1530): 700 E. Adams, Spfld, IL, 62701
- 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