

# LINCOLN-WAY SWIM ASSOCIATION SWIM YOUR OWN AGE



## 2nd ANNUAL FALL SPRINT CLASSIC OCTOBER 25, 2009

**SANCTION:** By United States Swimming and Illinois Swimming, Inc.  
Sanction Number: ILS09-1016

**LOCATION:** Lincoln-Way East High School  
201 Colorado Avenue, Frankfort, IL 60423

**FACILITY:** Six lane, 25 yd. Competition pool. Starting area 14 ft depth. 6 lane, 25 yd cool down pool will be available to swimmers. Seating capacity for 800+ spectators. Fully automatic Colorado timing system with touchpads, button backup and 6 lane electronic scoreboard.

**MEET DIRECTOR:** Mark Hoffer 708-598-6199

**ENTRY CHAIRMAN:** Mark Hoffer 708-598-6199

**MEET REFEREE:** Kevin Stratton

**SAFETY COORDINATOR:** Tom Cardoso

**MEET SCHEDULE:** Sun AM session: Warmup 7:15 am                      Meet start: 8:15 am  
Sun PM session: Warmup not before 11:30am                      Meet starts 1 hour after warmup

**RULES & SAFETY:** All current USA Swimming & ISI Rules & Regulations apply. ISI & USA Swimming safety rules will be strictly enforced.

**TIME FINALS:** All events will be deck seeded timed finals. Heats will be arranged slowest to fastest, according to seed times submitted. Swimmers reporting late for their events will be placed in the slowest heats, if possible. Once an event has left the bullpen area, swimmers not reporting will be scratched from that event.

**ELIGIBILITY:** All USA Swimming Registered Swimmers are eligible. All USA Swimming and ISI rules apply including ISI safety rules which will be strictly enforced. All swimmers must be registered prior to entry deadline. Registration applications may be obtained from Illinois Swimming, Inc., 3166 S. River Rd., Suite 30, Des Plaines, IL 60018. "Applied for" registration will not be accepted. For additional info write to above address or call (847) 824-1596. Swimmer's age as of October 25, 2009 will determine their age for the meet.

**USA SWIMMING INC. MEMBERSHIP:** Insurance regulations require that all swimmers, judges, starters & referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches & officials who are not current members of USA Swimming may not participate in the meet or be on deck.

**COACHES:** All coaches must be currently registered with USA Swimming & must continuously display their current USA Coach Member registration card at all times while on deck.

**POSITIVE CHECK IN:** This meet will be a positive check in meet. Swimmers must check in at the clerk of the course 30 minutes prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets.

**EVENTS:** FINA starting procedures & rules (whistle commands & no recall) will be in effect for this meet. In accordance with USA Swimming Rules: Articles 105 & 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.

**ENTRY LIMITATIONS:** All swimmers may enter a total of 4 individual events plus relay per day. Relay swimmers must participate in at least one individual event. Current registration number, age, first name, middle initial, & last name must appear on all entry blanks. **DECK ENTRIES WILL NOT BE PERMITTED.**

**ENTRY FEES:** \$3.00 per individual event and \$7.00 for each relay plus a \$2.00 per swimmer ISI surcharge. Make checks payable to **LINCOLN-WAY SWIM ASSOCIATION**

**ENTRY DEADLINE:** Entries will not be accepted before 8:00 am, Monday, October 5, 2009. No entries will be accepted after 5:00 pm Friday, October 16, 2009. Hand delivered, phone or faxed entries will NOT be accepted. E-mail entries are encouraged and accepted as a method of entering this meet. E-mail zipped files and all other mailed entries will be accepted beginning no earlier than 8:00am, Central Standard Time on Monday, October 5, 2009. You may use US Post Office, FedEx, or any other overnight or courier service. No entries e-mailed, expressed, or snail mailed will be accepted before that date/time. **A hard copy and back up disk must be received no later than three (3) days after your original e-mail entry.** Entries that are express mailed should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postal card with your entries.

**MAIL ENTRIES TO: Mark Hoffer**  
**8651 W. 96<sup>th</sup> St.**  
**Palos Hills, IL 60465**

**E-MAIL ENTRIES TO: coachmark@ureach.com**

**ENTRY FORMS:** This is a Hy-Tek Meet Manager II software managed meet. All clubs are encouraged to use that package to submit their entry on diskette. The entry must be accompanied by the hard copy print out of your data file. Any teams who request a disk & have not submitted their entries on disk will be charged a \$30.00 fee. All other entries must be submitted on the entry form attached or a facsimile. The enclosed Summary of Fees Statement must be completed and the release form signed. These must be returned together with the entry forms and your check. Failure to do so shall be sufficient grounds for refusal of the entry. Submit best short course yard times.

**AWARDS:** All individual events 1<sup>st</sup> - 12<sup>th</sup> place – Rosette ribbons  
Relays 1<sup>st</sup> - 3<sup>rd</sup> place

High point trophy to the top 2 scoring boys & girls in each age bracket. Team trophy for 1<sup>st</sup> & 2<sup>nd</sup> place.

Scoring will be for each age bracket plus relays. Relays – 14-10-8-5-4-2 Individual – 7-5-4-3-2-1  
All swimmers will be scored & awarded on their final times, not seed times.

**MEET RESULTS:** One copy of printed meet results will be mailed to all clubs represented with 5 or more swimmers. Additional copies may be purchased at the meet at the admissions table. Cost \$7.00.

**ADMISSION:** \$3.00

**HEAT SHEETS:** \$2.00

**CONCESSIONS:** Refreshments will be available on all days. A dining area will be set up near the entrance to the pool and bleacher area. This will be the only area that food and drink will be allowed. Coolers will be required to be checked in at this area. A complete line of swimmers apparel and accessories will be provided for sale to your swimmers.

**PARKING & ENTRANCE AREA:** Please use the athletics entrance doors in the northeast corner of the school building. Parking is available in the east parking lot area.

# 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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Complete form and check payable to: **LINCOLN-WAY SWIM ASSOCIATION**  
c/o Mark Hoffer  
8651 W. 96<sup>th</sup> St.  
Palos Hills, IL 60465  
Email: coachmark@ureach.com

### SUMMARY OF FEES

8 & U # of swimmers _____	# of entries _____ @ \$3.00 each =	\$ _____
10 & U # of swimmers _____	# of entries _____ @ \$3.00 each =	\$ _____
11-12 # of swimmers _____	# of entries _____ @ \$3.00 each =	\$ _____
13 & OVER swimmers _____	# of entries _____ @ \$3.00 each =	\$ _____
Total # of swimmers _____	(surcharge) @ \$2.00 each =	\$ _____
Relays _____	# of entries _____ @ \$7.00 each =	\$ _____
<b>TOTAL FEES =</b>		<b>\$ _____</b>

NAME OF CLUB \_\_\_\_\_

CLUB CODE FOR HEAT SHEET \_\_\_\_\_ USS AFFILIATION \_\_\_\_\_  
(Name of LSC)

COMPLETE MAILING ADDRESS:

CITY, STATE, ZIP \_\_\_\_\_ HOME PHONE (\_\_\_\_\_) \_\_\_\_\_

NAME(S) OF COACHES ATTENDING MEET

In consideration of the acceptance of this entry, I intend to be 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, Lincoln-Way Swim Association, Lincoln-Way High School District 210, their representatives, directors, officers, 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 (Coach, Club Representative or Parent)

\_\_\_\_\_  
TITLE \_\_\_\_\_ DATE \_\_\_\_\_

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.  
ENTRIES MUST BE RECEIVED NO LATER THAN FRIDAY, OCTOBER 16, 2009.



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SUNDAY AM-- WARMUP 7:15 AM MEET 8:15 AM			
GIRLS		BOYS	
1	11 yr. old	50 back	2
3	12 yr. old	50 back	4
5	9 yr. old	50 back	6
7	10 yr. old	50 back	8
9	11 yr. old	50 fly	10
11	12 yr. old	50 fly	12
13	9 yr. old	50 fly	14
15	10 yr. old	50 fly	16
17	11 yr. old	50 breast	18
19	12 yr. old	50 breast	20
21	9 yr. old	50 breast	22
23	10 yr. old	50 breast	24
25	11 yr. old	50 free	26
27	12 yr. old	50 free	28
29	9 yr. old	50 free	30
31	10 yr. old	50 free	32
33	11-12	200 free relay	34
35	9-10	200 free relay	36

SUNDAY PM – WARMUP NOT BEFORE 11:30 AM MEET NOT BEFORE 12:30 PM			
GIRLS		BOYS	
37	6 & un	25 back	38
39	7 yr. old	25 back	40
41	8 yr. old	25 back	42
43	13 & over	100 back	44
45	6 & un	25 fly	46
47	7 yr. old	25 fly	48
49	8 yr. old	25 fly	50
51	13 & over	100 fly	52
53	6 & un	25 breast	54
55	7 yr. old	25 breast	56
57	8 yr. old	25 breast	58
59	13 & over	100 breast	60
61	6 & un	25 free	62
63	7 yr. old	25 free	64
65	8 yr. old	25 free	66
67	13 & over	50 Free	68
69	8 & un	100 free relay	70
71	13 & over	200 free relay	72