

Seth Dunscomb DSC New Year Opener

Hosted by The Decatur Swim Club

January 6-8, 2012

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number : ILS12-0101

MEET
DIRECTORS

Wendy and Mark Morthland
Michael Sexton

ENTRY CHAIRPERSON

Robert Johnson
Coachjohnson@decaturswimclub.org

MEET REFEREE

Joe Lang
Email: joe.a.lang@comcast.net
h) 309-966-2192 c) 309-265-7934

SAFETY CHAIRPERSON

Cindy Staudenmaier

FORMAT

Timed Final, Positive Check-In, Age Group & Senior

Friday PM

Warm Ups 4:00-5:00 PM
Meet Start 5:15 PM

Saturday & Sunday AM

Warm Ups 7:15-8:15 AM
Meet Start 8:30 AM

Saturday & Sunday PM

Warm Ups Immediately following AM sessions but not before 12:00 PM
Meet Start 1 hour & 15 minutes following AM session, but not before 1:15 PM

1650 Session Saturday PM

30 minute Warm up Immediately following Sat. PM Session
Meet Start 45 minutes following Sat. PM session but not before 4:00 PM. **Must provide own timer and counter.**

LOCATION	Millikin University Griswold Physical Education Center 1184 West Main Street Decatur, IL 62522
FACILITY	6 lane, 25 yard course, 12 ft. water depth at start end of pool. 4 ft. at turn ends. Colorado 5000 timing system with six read out boards. Balcony seating for approximately 300 spectators. A large gymnasium is available for swimmers and families when not swimming.
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, 1400 E. Touhy Ave., Suite 245, Des Plaines, IL 60018, Phone (847) 824-1596, Fax (847) 824-1726. A swimmer's age as of January 6, 2012 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 participate in the meet or 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	Entries will not be accepted by the Entry Chairperson before Monday, December 12, 2011. An emailed Hy-Tek .cl2 file (zipped) is the preferred method of entry delivery. Swimmer entry report summary, Summary of Fees and Release form and check must be received within five (5) business days of the emailed entries. Teams of five (5) or more athletes not using Hy-Tek may be assessed an additional \$50 handling fee.

Entries will be accepted on a *"first come, first served"* basis. All entries MUST be received by 8:00 PM, Monday, December 26, 2011.

ENTRIES

Individuals may be limited to five (5) entry events per day, not including relays depending on number of swimmers in meet. 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.

Hy-Tek Meet Manager for Windows (version 2.0) will be used. No FAX entries will be accepted. *All changes and/or additions to entries may only be made by electronic mail and will be confirmed by Meet Entry Chairperson.*

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: DECATUR SWIM CLUB.

ENTRIES MUST BE RECEIVED BY 8:00 PM, DECEMBER 26, 2011.

ENTRY FEES

\$3.00 per individual event, \$7.00 per relay; a swimmer surcharge of \$2.00 per swimmer must be included with entry. A facility fee of \$15.00 shall be charged per team. All fees, including entry fees must accompany entries.

ENTRY LIMITATIONS

Deck entries will not be permitted.

The 8 & under Individual Medley may be limited to the 24 fastest entries (4 heats), following the close of positive check-in. The 9-10 and 11-12 200 Freestyle may be limited to the 30 fastest entries (5 heats) each following the close of positive check-in.

The host team reserves the right to limit the number of heats for Friday night events and the 1650 event depending on the pre-scratch timeline.

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 freestyle events 500 yards and longer, 200-yard backstroke, breaststroke and butterfly and the 400 yard 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.

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.

POSITIVE CHECK IN

Swimmers must check in through their coaches who shall, in turn, notify the Administrative Official no later than 30 minutes prior to the start of their session. Swimmers checked in late by their coaches 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.

SCORING

Individual events 9-7-6-5-4-3-2-1

SEEDING

All events will be time finals from slowest to fastest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

RELAY EVENTS

Relay sheets will be provided to the coaches. 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 Administrative Official within an hour of the start of each session.

AWARDS

* All awards and scoring will be based on final times.
* Individual events (top 6 places) will be awarded ribbons for 11-12, 9-10 and 8 & unders.

- * Relay events (top 3 places) will be awarded ribbons for 11-12, 9-10 and 8 & unders.
- * 13 & Over event awards will not be given.
- * Heat winner awards will be provided for 12 & under events.
- * Individual high point awards will be given to the top 3 places for 8 & under, 9-10, 11-12, 13-14 and 15 & over.
- * Ribbons will only be given to swimmers competing in their age group events.
- * Individual high point awards will award points for only those events in the swimmer's individual age group.

**ADMISSIONS &
PSYCH SHEETS**

A \$3.00 admission fee per session will be charged spectators. Psych sheets will be available for purchase at a cost of \$8.00 which includes all heat sheets. Heat sheets will be available for \$3.00 per session.

CONCESSIONS

A full selection of breakfast and lunch items will be available for sale by the Decatur Swim Club.

MEET RESULTS

An electronic back up of the meet and results will be sent to each coach by email. Results will be posted on the Decatur Swim Club page: www.decaturswimclub.org under meet info.

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MEET WARM-UP AND SAFETY GUIDELINES

Warm-up sessions for Saturday and Sunday will be divided into 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. Warm-up assignments will be posted on the DSC website beginning Monday, January 2, 2012 to learn which time slot their team has been assigned.

PLEASE NOTE: Coaches must still check their swimmers in within the 30 minute deadline (see POSITIVE CHECK IN section) in order to be seeded in 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.

POOL		LANE USE	
# of LANES	PUSH/PACE	DIVING/SPRINT	GENERAL
6	1 & 6	2 & 5	3 & 4

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.

Effective November 3, 2004

Seth Dunscomb DSC New Year Opener

Hosted by The Decatur Swim Club

January 6-8, 2012

Sanctioned by United States Swimming and Illinois Swimming, Inc.

USA Swimming, Inc. Sanction Number:

SUMMARY OF FEES AND RELEASE

This completed and signed Summary of Fees and Release form, Entry Forms and a check payable to DECATUR SWIM CLUB must be received no later than 8:00 PM, Monday, December 26, 2011.

Please send to:

DECATUR SWIM CLUB
250 N Water Street Suite 249
Decatur, IL 62523
(217) 422-SWIM
email: coachjohnson@decaturswimclub.org

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 _____

TOTALS	FEMALE	MALE	ENTRY FEE	
Individual Entries	_____	_____	x \$3.00	_____
Relay Entries	_____	_____	x \$7.00	_____
Total Swimmers	_____	_____	x \$2.00	_____
Facility Fee			+\$15.00	<u>\$15.00</u>
			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.; Decatur Swim Club; Millikin University; 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)

Decatur Swim Club
Seth Dunscomb
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Events

Girls Event #	Event	Boys Event #
Friday PM		
1	10 & Under 200 Yd. IM	2
3	11-12 200 Yd IM	4
5	13-14 200 Yd IM	6
7	15 & Over 200 Yd IM	8
9	10 & Under 500 Free	10
11	11-12 500 Yd Free	12
13	13-14 500 Yd Free	14
15	15 & Over 500 Yd Free	16
Saturday AM		
17	9-10 200 Yd Medley Relay	18
19	11-12 200 Yd Medley Relay	20
21	9 - 10 200 Yd. Free	22
23	11-12 200 Yd. Free	24
25	9 - 10 50 Yd Fly	26
27	11-12 50 Yd Fly	28
29	9 - 10 100 Yd Back	30
31	11-12 100 Yd Back	32
33	9 - 10 50 Yd Free	34
35	11-12 50 Yd Free	36
37	9 - 10 100 Yd Breast	38
39	11-12 100 Yd Breast	40
41	9 - 10 400 Yd Free Relay	42
43	11-12 400 Yd Free Relay	44
Saturday PM		
45	8 & Under 100 Yd Medley Relay	46
47	13-14 400 Yd Medley Relay	48
49	15 & Over 400 Yd Medley Relay	50
51	13-14 200 Yd Free	52

53	15 & Over 200 Yd Free	54
55	8 & Under 25 Yd Fly	56
57	13-14 100 Yd Fly	58
59	15 & Under 100 Yd Fly	60
61	8 & Under 100 Yd IM	62
63	13-14 200 Yd Back	64
65	15 & Over 200 Yd Back	66
67	8 & Under 25 Yd Free	68
69	13-14 50 Yd Free	70
71	15 & over 50 Yd Free	72
73	13-14 100 Yd Breast	74
75	15 & Over 100 Yd Breast	76
77	8 & Under 200 Yd Free Relay	78
79	13-14 800 Yd Free Relay	80
81	15 & Over 800 Yd Free Relay	82

Saturday
PM-1650

83	12 & Under 1650 Yd Free	84
85	13 & Over 1650 Yd Free	86

Sunday
AM

87	9-10 400 Yd Medley Relay	88
89	11-12 400 Yd Medley Relay	90
91	9-10 100 Yd Fly	92
93	11-12 100 Yd Fly	94
95	9-10 50 Yd Breast	96
97	11-12 50 Yd Breast	98
99	9-10 100 Yd Free	100
101	11-12 100 Yd Free	102
103	9-10 50 Yd Back	104
105	13-14 50 Yd Back	106
107	9-10 100 Yd IM	108
109	11-12 100 Yd IM	110
111	9-10 200 Yd Free Relay	112
113	11-12 200 Yd Free Relay	114

Sunday
PM

115	8 & Under 200 Yd Medley Relay	116
117	13-14 800 Yd Medley Relay	118
119	15 & Over 800 Yd Medley Relay	120
121	13-14 200 Yd Fly	122
123	15 & Over 200 Yd Fly	124
125	8 & Under 25 Yd Back	126
127	13-14 100 Yd Back	128

129	15 & Over 100 Yd Back	130
131	8 & Under 50 Yd Free	132
133	13-14 100 Yd Free	134
135	15 & Over 100 Yd Free	136
137	8 & Under 25 Yd Breast	138
139	13-14 200 Yd Breast	140
141	15 & over 200 Yd Breast	142
143	13-14 400 Yd IM	144
145	15 & Over 400 Yd IM	146
147	8 & Under 200 Yd Free Relay	148
149	13-14 400 Yd Free Relay	150
151	15 & Over 400 Yd Free Relay	152