



Dear Coaches:

Included you should find all the information relative to the **Wheaton Swim Club Sprint and Distance Team Challenges**. For more information, please see our website at www.wheatonswimming.com or call us at 630 / 752-5770. For entry specific questions contact me at any of the contacts listed in the packet.

We look forward to hearing from you soon.

Jacob Ayers
Meet Director,
Wheaton Swim Club

Wheaton Swim Club Meet Packet includes:

- Meet Information and Details
- Order of Events / Session Information
- Hand Entry Sheet
- Officials / Volunteers Info
- Summary and Release form
- Hotel / Restaurant Info
- Campus / Pool Map & Directions

When returning your entry to us, please remember:

- ✓ Complete and sign your summary and release form
- ✓ Include your check made payable to the Wheaton Swim Club
- ✓ Send a disk and printout of your entry
- ✓ E-mail entries are great, but be sure to send the hard copy within 48 hours
- ✓ Fill out officials / Volunteer sheets to help us plan for the meet
- ✓ Send a self addressed stamped envelope if you want confirmation that we have received your entry. We will reply to all email entries we receive.

Wheaton Swim Club
Sprint and Distance Team Challenges
Dec 2,3, 2006

SANCTIONS: Sanctioned by USA Swimming and Illinois Swimming, Inc.
Sanction # ILS 06-1203

MEET DIRECTOR: Jacob Ayers
630 / 752 – 5770
coaches@wheatonswimming.com

ENTRY CHAIR: Jacob Ayers
PO Box 5246
Wheaton, IL 60189

MEET REFEREE: Dan Hartnett
630 / 752 – 5770

SAFETY CHAIR: Chris DelGaldo
630 / 752 – 5770

LOCATION: Neuqua Valley High School
2360 95th Street, Naperville, IL 60564

FACILITY: The NVHS pool is 25 yard, eight-lane pool with starting blocks at the south and north ends of the pool. The start end of the pool is 14' 0" deep. Competitor 6" non-turbulent lane lines, Colorado timing system, and eight-lane display board will be used. Seating for 350 is available. A five-lane 20-yard warm-up pool will be available throughout the meet.

FORMAT: This is a timed-final meet. Positive check-in will be used for all sessions. Bull-pen will be used for 8 & Under only.

Saturday Session 1 (9-10, 11-12)	Warm-up Positive check-in closes Meet Starts	10:00 a.m. 10:30 a.m. 11:00 a.m.
Saturday Session 2 (13&O, 8&U)	Warm-up Positive Check-in Closes Meet Starts	2:30 p.m. 3:00 p.m. 3:30 p.m.
Sunday Session 3 (11-12)	Warm-up Positive Check-in Closes Meet Starts	7:00 a.m. 7:30 a.m. 8:00 a.m.
Sunday Session 4 (13 & O)	Warm-up Positive Check-in Closes Meet Starts	10:45 a.m. 11:15 a.m. 11:45 a.m.
Sunday Session 5 (9-10, 8&U)	Warm-up Positive Check-in Closes Meet Starts	3:00 p.m. 3:30 p.m. 4:00 p.m.

SPRINT AND DISTANCE CHALLENGES: Saturday will consist of "sprint" events for each age group and Sunday will consist of "distance" events for each age group. Individual high point winners in each age group and gender will be awarded to both a "sprint champion" and a "distance champion." Swimmers may compete in 3 events per day. In addition, the top 3 teams will be awarded a "Team Sprint Trophy" and a "Team Distance Trophy." Separate awards will be given for Girls 13-14's and 15 & Over, although they will compete together. Boys will be awarded as 13 & Over.

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

ELIGIBILITY: Only USA Swimming registered swimmers are eligible. Entries listed "registration applied for" will NOT be accepted. Age for this meet shall be the swimmer's age as of Dec 2, 2006. USA swimming registration forms can be obtained from Illinois swimming online at <http://www.ilswim.org>.

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

COACHES: Coaches must be current USA Swimming coaching members to be allowed on deck and must continuously display their USA membership card at all times while on deck.

ENTRY DEADLINE: Entries will not be accepted by the entry chairman before 8:00 a.m. [CST] on Oct 28, 2006. No Fax entries will be accepted. Entries will be accepted until the meet is full. Email is the preferred method of entry for this meet.

ENTRIES. All entries will comply with current USA Swimming and ISI rules and Regulations. Current registration number, age, first name, middle initial and last name must appear on all entry blanks. Swimmers are limited to three (3) events per day on Saturday and Sunday. Changes in entries may be made until positive check in closes each day (coaches ONLY should see the computer table about making changes). WHTN will be using Hytek Meet Manager Pro for Windows. Entries may be submitted on data disk, 3.5" only, generated using Hytek Team Manager (Commlink II file). Such entries must comply with USA Swimming and Illinois Swimming, Inc. rules. **A Meet Manager Setup File will be made available on the host team's website at wheatonswimming.com and at ilswim.org.**

All computer entries must be accompanied by a hard copy printout of your Commlink data file, or filled out on the entry forms provided within this packet by the host club. All other entries must be submitted on the enclosed form or a facsimile. **The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries.** These must be returned together with the entry forms and your check made payable to the Wheaton Swim Club. Failure to do so shall be sufficient grounds for refusal of the entry.

E-mail entries will be accepted conditionally (please zip your e-mail entry) and will be considered official upon receipt of hard copy, disk / entry blank, signed check, summary of fees, and release form within 48 hours of the receipt of your entry. Please send one copy of email entries to the meet entry chair and one to the meet director.

ENTRY FEES: Entry fees will be \$3.00 per individual event, plus \$2.00 ISI surcharge per swimmer entered. Please make checks payable to the Wheaton Swim Club.

ENTRY LIMITATIONS: Deck entries will not be permitted. Distance events of 200 yards or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the entry fee will be refunded, or the swimmer will be allowed to switch events. Changes may be made until positive check in closes each session. The host team reserves the right to swim additional heats if time allows.

ENTRY VERIFICATION: If you desire verification of entries received, include a self-addressed postal card with your entry.

EVENTS: In accordance with USA Swimming Rules (articles 105 and 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.

POSITIVE CHECK-IN: This meet is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. Swimmers must check in each day. **Positive check-in closes 30 minutes before the first event of each session.** There will be a bullpen for 8 & Under swimmers only. Do not submit entry cards; the host club will provide all timers' cards.

SEEDING: All events will be timed finals, swum from slowest to fastest. **Please submit Short Course Yards times for entry purposes.** All LCM and SCM times will be considered non-conforming and seeded in the slowest heats.

AWARDS: Saturday will consist of "sprint" events for each age group and Sunday will consist of "distance" events for each age group. Individual high point winners in each age group and gender will be awarded to both a "sprint champion" and a "distance champion." Swimmers may compete in 3 events per day. In addition, the top 3 teams will be awarded a "Team Sprint Trophy" and a "Team Distance Trophy." Separate Awards will be given for Girls 13-14's and 15 & Over, although they will compete together. Boys will be awarded as 13 & Over Awards.

RESULTS: Results will be posted as the meet progresses. One copy of the final results will be mailed to all teams represented with five (5) or more swimmers. Individuals may purchase a copy of the final results for \$6.00. A sign-up sheet will be available at the admissions table. Results will be posted in downloadable format on the host's website.

TIMERS: Teams with 20 or more swimmers will be asked to provide timers for at least 1 lane for all sessions of the meet. Team timer assignments will be posted on the host website at www.wheatonswimming.com.

SWIMMER SUPERVISION: Each team or coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and designated rest areas **ONLY**. The meet and facility hosts reserve the right to remove any swimmer from the meet for entering an unauthorized area.

SECURITY: No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers.

CONCESSIONS & HOSPITALITY: Food and beverages will be for sale Friday through Sunday. A hospitality room will be provided for coaches and officials throughout the meet.

ADMISSIONS: Saturday \$3.00,
Sunday \$3.00,
12 & Under free

MEET PROGRAM: All sessions price is \$7.00

Wheaton Swim Club
 Sprint and Distance Team Challenges
 Dec 2,3, 2006

Session #1: Saturday, Dec 2, 2006
SPRINT DAY! Warm-ups 10:00 – 10:45 a.m.. Meet starts 11:00 a.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
1	11-12 100 IM	2
3	9-10 100 IM	4
5	11-12 50 free	6
7	9-10 50 back	8
9	11-12 50 back	10
11	9-10 50 breast	12
13	11-12 50 breast	14
15	9-10 50 fly	16
17	11-12 50 fly	18
19	9-10 50 free	20
21	11-12 200 free	22

Session #2: Saturday, Dec 2, 2006
SPRINT DAY! Warm-ups 2:30 p.m. – 3:15 p.m. Meet starts 3:30 p.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
23	13 & O 200 IM	24
25	13 & O 50 free	26
27	8 & U 25 back	28
29	13 & O 100 back	30
31	8 & U 25 breast	32
33	13 & O 100 breast	34
35	8 & U 25 fly	36
37	13 & O 100 fly	38
39	8 & U 25 free	40
41	13 & O 100 free	42

Session # 3: Sunday, Dec 3, 2006
DISTANCE DAY! Warm-ups 7:00 a.m. – 7:45 a.m. Meet Starts 8:00 a.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
43	11-12 200 IM	44
45	11-12 100 free	46
47	11-12 100 back	48
49	11-12 100 breast	50
51	11-12 100 fly	52
53	11-12 500 free	54

Session # 4: Sunday, Dec 3, 2006
DISTANCE DAY! Warm-ups 10:45 a.m. – 11:30 a.m. Meet Starts 11:45 a.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
55	13 & O 400 IM	56
57	13 & O 200 free	58
59	13 & O 200 back	60
61	13 & O 200 breast	62
63	13 & O 200 fly	64
65	13 & O 500 free	66

Session #5: Sunday, Dec 3, 2006
DISTANCE DAY! Warm-ups 3:00 p.m. – 3:45 p.m. Meet Starts 4:00 p.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
67	9-10 200 IM	68
69	9-10 100 free	70
71	8 & U 50 back	72
73	9-10 100 back	74
75	8 & U 50 breast	76
77	9-10 100 breast	80
79	8 & U 50 fly	82
81	9-10 100 fly	84
83	8 & U 50 free	86
85	9-10 200 free	88

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

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

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.

LANE USE

<u>POOL</u>	<u>PUSH/PACE</u>	<u>DIVING</u>	<u>GENERAL WARM-UP</u>
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.

Wheaton Swim Club
Sprint and Distance Team Challenges
Dec 2,3, 2006

Club Name: _____ *Code:* _____ *LSC:* _____

Head Coach:

Name : _____

Address: _____

City: _____

State / Zip: _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Club Official(s):

Name: _____

Address: _____

City: _____

State / Zip: _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Please use space below for additional officials

Entry summary:

Total # of event entries: _____ x \$3.00 per i.e. = \$ _____

Total # of swimmers: _____ x \$2.00 per swimmer = \$ _____

Make checks payable to Wheaton Swim Club. **Total enclosed:** \$ _____

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. In consideration of the acceptance of this entry, I, intending 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 Inc., Wheaton Swim Club, Neuqua Valley High School, 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.

Club Official Signature: _____ Date: _____

Mail to: Jacob Ayers, PO Box 5246, Wheaton, IL 60189