

# Wheaton Swim Club

2009 Short Course Team Challenge

Dec 11-13, 2009 at Neuqua Valley High School



**Entries Accepted Beginning:**

**Entry Accepted Until:**

**Email Entries To:**

Fri, Nov 6, 2009 (8:00 a.m.)

Meet Fills

[coaches@wheatonswimming.com](mailto:coaches@wheatonswimming.com)

**Wheaton Swim Club**  
Short Course Team Challenge  
Dec 11-13, 2009

**SANCTIONS:** Sanctioned by USA Swimming and Illinois Swimming, Inc.  
Sanction # \_\_\_\_\_

<b>MEET DIRECTOR:</b>	Jacob Ayers 630 / 752 – 5770 <a href="mailto:coaches@wheatonswimming.com">coaches@wheatonswimming.com</a>	<b>ENTRY CHAIR:</b>	Jacob Ayers PO Box 5246 Wheaton, IL 60189
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<b>MEET REFEREE:</b>	Dan Hartnett 630 / 752 – 5770	<b>SAFETY CHAIR:</b>	Chris DelGaldo 630 / 752 – 5770
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**LOCATION:** Neuqua Valley High School  
2360 95<sup>th</sup> 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. **SWIMMERS MUST SWIM IN THEIR OWN AGE GROUP.**

<b>Friday Session 1</b> All Ages	Warm-up Positive check-in closes Meet Starts	5:00 p.m. 5:30 p.m. 6:00 p.m.
<b>Saturday, Session 2</b> (9-10, 11-12)	Warm-up Positive check-in closes Meet Starts	8:00 a.m. 8:30 a.m. 9:00 a.m.
<b>Saturday, Session 3</b> (8 & U, 13 & O)	Warm-up Positive check-in closes Meet Starts	1:00 p.m. 1:30 p.m. 2:00 p.m.
<b>Sunday, Session 4</b> (9-10, 11-12)	Warm-up Positive check-in closes Meet Starts	8:00 a.m. 8:30 a.m. 9:00 a.m.
<b>Sunday, Session 5</b> (8 & U, 13 & O)	Warm-up Positive check-in closes Meet Starts	1:00 p.m. 1:30 p.m. 2:00 p.m.

**Awards:** Team awards will be given for Male, Female, and Combined Divisions. The top 3 Male Teams, top 3 Female Teams, and the top Overall Combined Team Champion will be given Plaques. In addition, the High Point Individuals for 8 & Under, 9-10, 11-12, 13-14, and 15 & Over Male and Female will receive plaques. (All Open events will be scored as 13-14 and Open separately; the 12 & Under 200 IM will be scored as 8 & Under, 9-10, and 11-12 separately). **SWIMMERS MUST SWIM IN THEIR OWN AGE GROUP.**

**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 11, 2009. 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 Nov 6, 2009. 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 four (4) events per day on Saturday and Sunday and two (2) events on Friday. 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 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](http://wheatonswimming.com) and at [ilswim.org](http://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:** All teams will be notified of their acceptance via email with 24 hours of receipt.

**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.

**SEEDING:** All events will be timed finals, swum from slowest to fastest, except for the mile, which will be swum fastest to slowest, alternating men and women. **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.

**RESULTS:** Results will be posted as the meet progresses. Results will be posted in downloadable format on the host's website within 24 hours of the conclusion of the meet. Results will also be emailed to participating teams.

**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](http://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:** Friday \$3.00  
Saturday \$5.00,  
Sunday \$5.00,  
12 & Under free

**MEET PROGRAM:** Will be sold on a limited basis. Most information will be posted online on the host's website. All sessions price is \$7.00. Meet program includes psyche sheet, time standards, team information, warm-up assignments, and volunteer timer assignments.

# Wheaton Swim Club

Short Course Team Challenge

Dec 11-13, 2009

## **Session #1: Friday, Dec 11, 2009** ***Warm-ups 5:00 p.m. Meet Starts 6:00 p.m.***

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
1	13 & Over 400 IM	2
3	12 & Under 200 IM	4
5	13 & Over 1650 free	6

## **Session #2: Saturday, Dec 12, 2009** ***Warm-ups 8:00 a.m. Meet Starts 9:00 a.m.***

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
No Event	11-12 200 free	8
No Event	9-10 200 free	10
11	11-12 500 free	No Event
13	9-10 50 fly	14
15	11-12 50 fly	16
17	9-10 100 breast	18
19	11-12 100 breast	20
21	9-10 50 back	22
23	11-12 50 back	24
25	9-10 100 free	26
27	11-12 100 free	28

## **Session # 3: Saturday, Dec 12, 2009** ***Warm-ups 1:00 p.m. Meet Starts 2:00 p.m..***

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
29	13 & Over 200 free	30
31	8 & Under 25 fly	32
33	13 & Over 100 fly	34
35	8 & Under 25 breast	36
37	13 & Over 200 breast	38
39	8 & Under 50 free	40
41	13 & Over 100 back	42
43	13 & Over 100 free	44
No Event	13 & Over 500 free	46

## **Session # 4: Sunday, Dec 13, 2009** ***Warm-ups 8:00 a.m. Meet Starts 9:00 a.m.***

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
47	11-12 200 free	No Event
49	9-10 200 free	No Event
No event	11-12 500 free	52
53	9-10 50 breast	54
55	11-12 50 breast	56
57	9-10 100 back	58
59	11-12 100 back	60
61	9-10 50 free	62
63	11-12 50 free	64
65	9-10 100 fly	66
67	11-12 100 fly	68

## **Session #5: Sunday, Dec 13, 2009** ***Warm-ups 1:00 p.m. Meet Starts 2:00 p.m..***

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
69	13 & Over 200 IM	70
71	8 & Under 25 free	72
73	13 & Over 50 free	74
75	8 & Under 25 back	76
77	13 & Over 200 back	78
79	8 & Under 100 IM	80
81	13 & Over 100 breast	82
83	13 & Over 200 fly	84
85	13 & Over 500 free	No event

# 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**  
 Short Course Team Challenge  
Dec 11-13, 2009

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**