

Wheaton Swim Club  
2009 Long Course Team Challenge  
June 19-21, 2009  
University of Illinois at Chicago



**Entries Accepted Beginning:**  
**Entry Accepted Until:**  
**Email Entries To:**

May 15, 2009 (8:00 a.m.)  
Meet Fills  
[coaches@wheatonswimming.com](mailto:coaches@wheatonswimming.com)

**Wheaton Swim Club**  
Father's Day Team Challenge  
June 19-21, 2009

**SANCTIONS:** Sanctioned by USA Swimming and Illinois Swimming, Inc.  
Sanction #ILL09-\_\_\_\_\_

**MEET DIRECTOR:** Jacob Ayers  
630 / 752 – 5770  
[coaches@wheatonswimming.com](mailto:coaches@wheatonswimming.com)

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

**MEET REFEREE:** Dan Hartnett  
630 / 752 – 5770

**SAFETY CHAIR:** Chris Delgado  
630 / 752 – 5770

**LOCATION:** University of Illinois at Chicago  
901 W. Roosevelt, Chicago, IL 60608

**FACILITY:** The UIC pool is 50 Meter eight lane pool with starting blocks at the south end of the pool. The start end of the pool is 16' 0" deep. Competitor 6" non-turbulent lane lines, Daktronics timing system, and 8-lane display board will be used. Seating for 550 is available. **The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.**

**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. A second check-in may be required for distance events.

<b>Friday Session 1</b> All Ages	Warm-up Positive check-in closes Meet Starts	4:30 p.m. 5:00 p.m. 5:30 p.m.
<b>Saturday, Session 2</b> (8&U, 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> (13-14, 15 & 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> (8&U, 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> (13-14, 15 & 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).

**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 June 19, 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 May 15, 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 3 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. **Email is the preferred method of entry for this meet!** Entries may also be submitted on data disk 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 meters 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 of WHTN swimmers 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 Long Course Meters times for entry purposes.** All SCY and SCM times will be considered non-conforming and seeded in the slowest heats. **Please make every effort to enter swimmers as accurately as possible. Please use close estimates instead of "NT" whenever possible.**

**RESULTS:** Results will be posted on site and online as the meet progresses. One copy of the final results will be mailed to all teams represented with five (5) or more swimmers upon request. 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](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

Father's Day Team Challenge

June 19-21, 2009

## Session #1: Friday, June 19, 2009

**Warm-ups 4:30 p.m. Meet Starts 5:30 p.m.**

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
1	Open 400 IM	2
3	12 & Under 200 IM	4
5	Open 1500 free	6

## Session #2: Saturday, June 20, 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	11-12 400 free	No Event
13	8 & Under 50 fly	14
15	9-10 50 fly	16
17	11-12 50 fly	18
19	8 & Under 50 breast	20
21	9-10 100 breast	22
23	11-12 100 breast	24
25	9-10 50 back	26
27	11-12 50 back	28
29	9-10 100 free	30
31	11-12 100 free	32

## Session # 3: Saturday, June 20, 2009

**Warm-ups 1:00 p.m. Meet Starts 2:00 p.m..**

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
33	Open 200 free	34
35	13-14 200 free	36
37	Open 100 fly	38
39	13-14 100 fly	40
41	Open 200 breast	42
43	13-14 200 breast	44
45	Open 100 back	46
47	13-14 100 back	48
49	Open 100 free	50
51	13-14 100 free	52
No Event	Open 400 free	54
No Event	13-14 400 free	56

## Session # 4: Sunday, June 21, 2009

**Warm-ups 8:00 a.m. Meet Starts 9:00 a.m.**

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
57	11-12 200 free	No Event
59	9-10 200 free	No Event
No Event	11-12 400 free	62
63	8 & Under 50 free	64
65	9-10 50 breast	66
67	11-12 50 breast	68
69	8 & Under 50 back	70
71	9-10 100 back	72
73	11-12 100 back	74
75	9-10 50 free	76
77	11-12 50 free	78
79	9-10 100 fly	80
81	11-12 100 fly	82

## Session #5: Sunday, June 21, 2009

**Warm-ups 1:00 p.m. Meet Starts 2:00 p.m..**

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
83	Open 200 IM	84
85	13-14 200 IM	86
87	Open 50 free	88
89	13-14 50 free	90
91	Open 200 back	92
93	13-14 200 back	94
95	Open 100 breast	96
97	13-14 100 breast	98
99	Open 200 fly	100
101	13-14 200 fly	102
103	Open 400 free	No Event
105	13-14 400 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**  
Father's Day Team Challenge  
June 19-21, 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., University of Illinois at Chicago, 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

Dear Coaches:

Thank you for your interest in the **Wheaton Swim Club Father's Day Team Challenge**. For more information, please see our website at [www.wheatonswimming.com](http://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.

Please use the checklist below to ensure your entry is complete. Please see our team website as the meet date approaches for information regarding volunteer timer assignments and team warm-up assignments.

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
- Officials / Volunteers Info
- Summary and Release form
- 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
- ✓ E-mail entries are preferred; send a 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

## Driving Directions and Parking Instructions

(Taken from the UIC Website at [www.uicflames.com](http://www.uicflames.com))

**From the South:** Take Taylor Street/Roosevelt Road exit off of Interstate 90/94 (Dan Ryan Expressway) and turn left at first stoplight, which is Roosevelt Road. The Physical Education Building is located at 901 West Roosevelt Road, about two blocks west, once you exit the expressway. Parking is available just West of PEB on Morgan Street 1/2 Block South of Roosevelt.

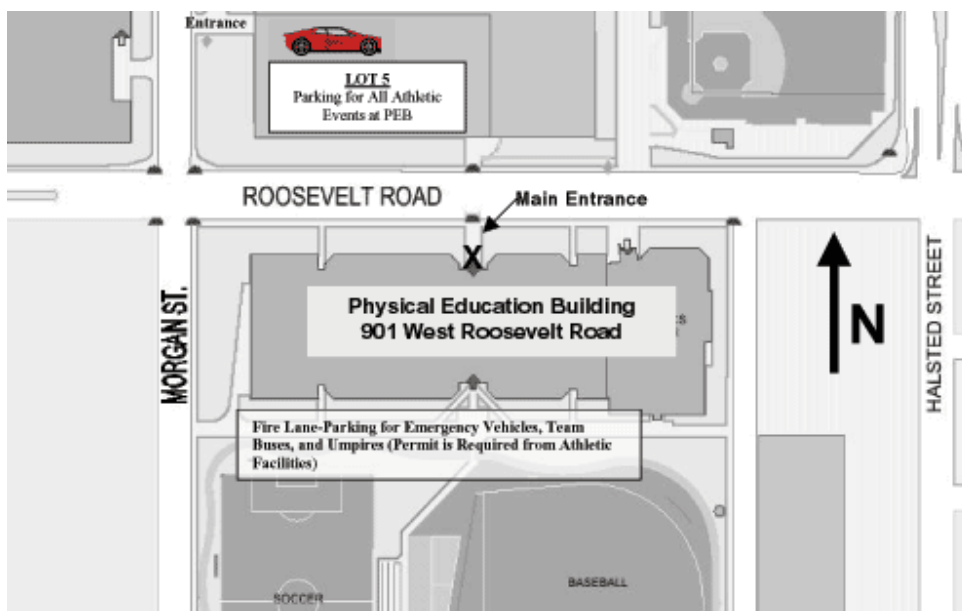
**From the North:** Take Taylor Street/Roosevelt Road exit off of Interstate 90/94 (Kennedy Expressway). At the second stoplight, which is Roosevelt Road, turn right. The Physical Education Building is located at 901 West Roosevelt Road, about one block west, once you turn onto Roosevelt Road. Parking is available just West of PEB on Morgan Street 1/2 Block South of Roosevelt.

**From the West:** Take Racine Avenue exit off of Interstate 290 (Eisenhower Expressway). Turn right at Racine and immediately make a left onto Harrison Street. Take Harrison Street to Halsted Street and turn right. Take Halsted Street about half a mile to Roosevelt Road. At Roosevelt Road turn right. The Physical Education Building is located at 901 West Roosevelt Road, about one block west, once you turn onto Roosevelt Road. Parking is available just West of PEB on Morgan Street 1/2 Block South of Roosevelt.

**From the Downtown:** Take the Ashland Avenue exit off of Interstate 290 (Eisenhower Expressway) and turn left onto Ashland. Take Ashland Avenue to Harrison Street and turn left. Take Harrison Street to Halsted Street and turn right. Take Halsted Street about half a mile to Roosevelt Road. At Roosevelt Road turn right. The Physical Education Building is located at 901 West Roosevelt Road, about one block west, once you turn onto Roosevelt Road. Parking is available just West of PEB on Morgan Street 1/2 Block South of Roosevelt.

UIC is served by the O'Hare/Congress/Douglas (U of I/ Halsted stop) rapid transit trains and several bus lines including No. 60 Blue Island-26th, No. 8 Halsted Street, No.9 Ashland Avenue, No. 7 Harrison Street, No. 12 Roosevelt Road, No. 126 Jackson, and No. 37 Taylor Street. CTA route information may be obtained by calling (312) 836-7000 or (800) 972-7000.

### Parking Directions to Physical Education Building and Flames Athletic Center



**GETTING TO PHYSICAL EDUCATION BUILDING (PEB)  
901 West Roosevelt Road  
Chicago, Ill. 60608**