

Wheaton Swim Club
2011 Long Course Team Challenge
June 17-19, 2011
University of Illinois at Chicago



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

May 13, 2011 (8:00 a.m.)
Meet Fills
coaches@wheatonswimming.com

Wheaton Swim Club
 Father's Day Team Challenge
 June 17-19, 2011

SANCTIONS: Sanctioned by USA Swimming and Illinois Swimming, Inc.
 Sanction #ILL11-0606

MEET DIRECTOR:	Jacob Ayers 630 / 752 – 5770 coaches@wheatonswimming.com	ENTRY CHAIR:	Jacob Ayers PO Box 5246 Wheaton, IL 60189
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MEET REFEREE:	Tom Gradle 630 / 752 – 5770	SAFETY CHAIR:	Chris Delgado 630 / 752 – 5770
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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.

Friday Session 1 All Ages	Warm-up Positive check-in closes Meet Starts	4:30 p.m. 5:00 p.m. 5:30 p.m.
Saturday, Session 2 (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.
Saturday, Session 3 12&U time trials	Warm-up Meet Starts Positive Check-in	conclusion of session 2 15 minutes after warm-ups none
Saturday, Session 4 (13-14, 15 & O)	Warm-up Positive check-in closes Meet Starts	1:15 p.m. 1:45 p.m. 2:15 p.m.
Sunday, Session 5 (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.
Sunday, Session 6 12&U time trials	Warm-up Meet Starts Positive Check-in	conclusion of session 2 15 minutes after warm-ups none
Sunday, Session 7 (13-14, 15 & O)	Warm-up Positive check-in closes Meet Starts	1:15 p.m. 1:45 p.m. 2:15 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). The 8&Under 200 IM WILL be included in the high point total for 8 & Unders.

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 17, 2011. 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.

STARTS CERTIFICATION: 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.

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. **ISI provides the meet host with a list of current coaches from each team. ONLY those coaches are permitted on deck.**

ENTRY DEADLINE: Entries will not be accepted by the entry chairman before 8:00 a.m. [CST] on Friday May 13, 2011. 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) individual non-time trial events per day on Saturday and Sunday and 2 events on Friday. Swimmers may swim 2 time trial events per day, but may not swim any more than 6 events total in any one day, including relays. 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 3 Pro for Windows. **Email is the preferred method of entry for this meet!** Entries should 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 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 standard or time trial event, plus \$2.00 ISI surcharge per swimmer entered, plus a \$1 facility fee for each swimmer entered. Relay fees will be \$7.00 per relay. Please make checks payable to the **Wheaton Swim Club**.

EVENT 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. The host team reserves the right to swim additional heats of WHTN swimmers if time allows.

TIME TRIALS: We will offer 12&Under Time Trials as indicated between the morning and afternoon sessions as time permits. We will NOT delay the start of warm-ups for the afternoon session for time trials. Swimmers may not swim more than 6 events total in one day, including relays, per USA Swimming rules. Swimmers may not swim more than 2 time trial events per day. Refunds will be given to any time trials not swum due to time restrictions.

ENTRY VERIFICATION: You will receive email verification of your team's entry status within 24 hrs of the initial entry deadline.

EVENT MODIFICATIONS: 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 the 1500, which will be swum fastest to slowest, alternating women and men. **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.**

RELAYS: Relays will be held only if time permits. We will make the time trials a priority over the relays, since the time trials will be for individual events which will be conducted at this summer's Age Group State Meet. Relays entry fees will be refunded if relays are not conducted due to time restrictions. The Ten and Under relay swimmer will start in the water at the shallow end of the pool, and off the blocks at the deep end of the pool.

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.

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 \$5.00,
Saturday \$5.00, per day
Sunday \$5.00, per day
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 \$5.00. Meet program includes psyche sheet, time standards, team information, warm-up assignments, and volunteer timer assignments. If time permits, we will print a limited number of heat sheets to sell to spectators. Heat and lane assignments will also be posted for swimmers.

Wheaton Swim Club

Father's Day Team Challenge

June 17-19, 2011

Session #1: Friday, June 17, 2011

Warm-ups 4:30 p.m. Meet Starts 5:30 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	Open 1500 free	6

Session #2: Saturday, June 18, 2011

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
33	9-10 200 medley relay	34
35	11-12 400 medley relay	36

Session #3: Saturday, June 18, 2011

15 min Warm-ups immediately after the a.m. session

<u>Mixed Event #</u>	<u>Event</u>	<u>Mixed Event #</u>
201	12 & Under 200 fly time trial	201
202	10 & Under 400 free time trial	202
203	12 & Under 200 back time trial	203
204	12 & Under 200 breast time trial	204

Session # 4: Saturday, June 18, 2010

Warm-ups 1:15 p.m. Meet Starts 2:15 p.m..

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
37	15 & Over 200 free	38
39	13-14 200 free	40
41	15 & Over 100 fly	42
43	13-14 100 fly	44
45	15 & Over 200 breast	46
47	13-14 200 breast	48
49	15 & Over 100 back	50
51	13-14 100 back	52
53	15 & Over 100 free	54
55	13-14 100 free	56
No Event	15 & Over 400 free	58
No Event	13-14 400 free	60

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Session # 5: Sunday, June 19, 2010

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

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
61	11-12 200 free	No Event
63	9-10 200 free	No Event
No Event	11-12 400 free	66
67	8 & Under 50 free	68
69	9-10 50 breast	70
71	11-12 50 breast	72
73	8 & Under 50 back	74
75	9-10 100 back	76
77	11-12 100 back	78
79	9-10 50 free	80
81	11-12 50 free	82
83	9-10 100 fly	84
85	11-12 100 fly	86
87	9-10 200 free relay	88
89	11-12 400 free relay	90

Session #6: Sunday, June 19, 2011

15 min Warm-ups immediately after the a.m. session

<u>Mixed Event #</u>	<u>Event</u>	<u>Mixed Event #</u>
301	12 & Under 200 back time trial	301
302	12 & Under 200 breast time trial	302
303	12 & Under 200 fly time trial	303
304	10 & Under 400 free time trial	304

Session #7: Sunday, June 19, 2011

Warm-ups 1:15 p.m. Meet Starts 2:15 p.m.

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
91	15 & Over 200 IM	92
93	13-14 200 IM	94
95	15 & Over 50 free	96
97	13-14 50 free	98
99	15 & Over 200 back	100
101	13-14 200 back	102
103	15 & Over 100 breast	104
105	13-14 100 breast	106
107	15 & Over 200 fly	108
109	13-14 200 fly	110
111	15 & Over 400 free	No Event
113	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 17-19, 2011

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 = \$ _____
Total # of swimmers: _____ x \$1.00 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

Driving Directions and Parking Instructions

(Taken from the UIC Website at 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.

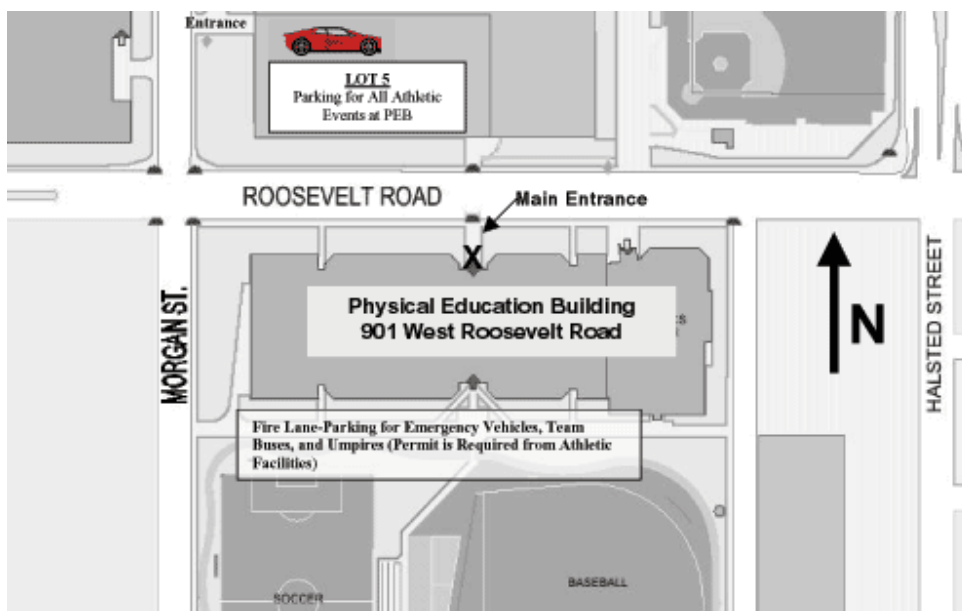
From the North: Take Taylor Street/Roosevelt Road exit off of Interstate 90/94 (Kennedy Expressway). At the second stoplight, which is Roosevelt Road, turn right. The Physical Education Building is located at 901 West Roosevelt Road, about one block west, once you turn onto Roosevelt Road. Parking is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