

HINSDALE SWIM CLUB

2005 FALL CLASSIC

NOVEMBER 19 & 20, 2005

Sanctioned by USA Swimming and Illinois Swimming, Inc
USA Swimming Sanction #ILS05-1114

MEET DIRECTOR

Liz Duffy
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Clarendon Hills, Ill. 60514
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MEET ENTRY CHAIRMAN

Scott Connor
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SAFTEY DIRECTOR

David List

MEET REFEREE

Jim Audet
JimAudet@aol.com

HSC COACHES

Director of Swimming, Corky King
Head Senior Coach, Bryan Szweda
Age Group Coach, Devyn Bokos
Assistant Coach, Ashton Olack

Location: Hinsdale Central High School Pool, 55th and Grant Streets, Hinsdale, Illinois 60521

Facility: The pool is six lanes and 25 yards in length. It is equipped with non-turbulent lane markers and permanent starting blocks into 10 feet of water. **In accordance with ISI/USA swimming regulations, all starts at the 3½ ft water depth end shall be in-water starts.** A horn start and fully automatic timing with touch pads will be used.

Admissions: Admission charge for spectators will be \$5.00 for adults and \$1.00 for children 6 and older. Psyche sheets covering all sessions will be available for \$8.00.

Hinsdale Resturants / Coffee Shops:

Cosi
21 E. Hinsdale Ave.
Hinsdale, IL

Corner Bakery
40 E. Hinsdale Ave.
Hinsdale, IL

Einstein Bros. Bagels
54 S. Washington
Hinsdale, IL

Fontano Subs
9 S. Lincoln Ave.
Hinsdale, IL

Giuliano's Pizza
40 Village Place
Hinsdale, IL

McDonald's
935 York Road
Hinsdale, IL

Page's Diner
26 E. Hinsdale Ave.
Hinsdale, IL

Starbucks Coffee
45 S. Washington Ave.
Willowbrook, IL

Zingleman's Dogs & Deli
13 W. Hinsdale Ave.
Hinsdale, IL

**HINSDALE SWIM CLUB 2005
FALL CLASSIC SWIM MEET
NOVEMBER 19 & 20, 2005**

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SATURDAY AM Session 1	SATURDAY PM Session 2
November 19th, 2005	November 19th, 2005
8&Under, 11-12.	9-10, Seniors
Warm-ups: 7:00 am	Warm-ups: 12:00 pm
Timed Finals: 8:00 am	Timed Finals: 1:00pm
SUNDAY AM Session 3	SUNDAY PM Session 4
November 20th, 2005	November 20th, 2005
8&Under, 11-12	9-10, Seniors
Warm-ups: 7:00 am	Warm-ups: 12:00pm
Timed Finals: 8:00 am	Timed Finals: 1:00pm

NOTE: THIS MEET WILL REQUIRE POSITIVE CHECK-IN
TEAMS WISHING TO HELP WITH VOLUNTEERS (TIMERS, OFFICIALS, ETC.) SHOULD SUBMIT THE NAME AND PHONE NUMBER OF THEIR TEAM CONTACT FOR VOLUNTEERS WITH THEIR ENTRY.

Positive Check-In: All swimmers must check-in prior to each session. Check-in station will be located immediately north of the admissions area. Check-in will close for each session 20 minutes after the start of warm-ups for that session. All swimmers who do not check-in for a session will be scratched for that session. **Swimmers must physically present themselves at the check-in station to be checked in.** Deck entries will not be permitted. There will be a separate check-in for 500 free on the pool deck.

Eligibility: Only USA Swimming registered swimmers are eligible. Entries listed "Registration Applied For" will not be accepted. All swimmers must be registered prior to the entry deadline. USA Swimming registration forms can be obtained from Illinois Swimming, Inc; 3166 S River Road Suite 30 Des Plaines, IL 60018. Phone: (847) 824-1596. FAX: (847) 824-1726. In all events swimmers must swim in their own age group (senior events are not age group). Age for this meet shall be the swimmer's age as of November 19, 2005. Relay swimmers must be entered in at least one individual event. **13 and up aged swimmers will swim Senior events.**

Qualifying Times: All events utilize 2005 ISI Short Course Yard Times. Swimmer's entry times must be equal to or faster than the qualifying times listed. Yard times must be submitted. Non-conforming times will be seeded last in rank order after all conforming times have been seeded.

Rules: 2005 USA Swimming, Inc. and ISI rules will govern the meet. All USA Swimming and ISI Swimming rules and ISI safety rules will be strictly enforced including the ISI individual scratch rule.

Coaches: Coaches must continuously display their current USA Swimming coaching membership cards at all times while on deck. Coaches are to sign in at the admission desk; one coach's packet will be provided for each club.

Seeding: All events will be pre-seeded after the close of positive check-in. Submit contestant's best time to ensure proper seeding. Each event will be swum in heats with swimmers seeded from slowest to fastest. No reseeded will take place due to scratches or no-shows. 500 free will be seeded fastest to slowest with alternating heats.

Entries & Forms: We are now accepting **e-mail entries**. All entries must be submitted in yard times on the enclosed entry form or in Hy-Tek Meet Manager generated format. The enclosed Summary of Fees Statement must be completed and the Release Form signed. **These must be returned together with the entry forms and your check (within 48 hours if e-mailing entry)**. Failure to do so shall be sufficient grounds for refusal of the entry. **DO NOT SUBMIT ENTRY CARDS. HSC WILL PROVIDE ALL CARDS.** Hinsdale Swim Club will use Hy-Tek Meet Manager software to run the meet. Teams are to submit entries on 3.5" disk or compact disk and include a printed copy. Teams submitting entries on disk will receive final results on their disk in return.

Swimmer's USA Swimming Numbers/Age: All swimmers USA Swimming registration numbers must be included on the entry forms. ISI swimmers list only the last nine digits. If not registered in ISI, list all twelve digits. Swimmer's age must be shown in the column indicated. Failure to comply with entry requirements is sufficient cause to reject entries.

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

Entry Limitation: Swimmers are limited to four events per day, not counting relays. Entries will be accepted in the order received subject to the 4-hour/10 hour time limit. Entries received thereafter shall be returned immediately. Deck entries will not be accepted. Swimmers must participate in one individual event to be eligible to swim on relay teams.

Long Event Entry Limit: Due to the 10-hour per daytime limitation, it may be necessary to limit entries for the following events: 100 I.M., 200 I.M., and 500 Freestyle. Entries for these events will be determined by fastest seed times. Please be prepared to show proof of times at the meet. Swimmers must provide their own back-up timer and counter for the 500s. No exceptions.

Entry Fees: Individual events are \$2.50 each. Relays are \$7.00 per event. A surcharge of \$1.00 per swimmer has been instituted by ISI for the Athlete Travel Reimbursement Fund. Make checks payable to **HINSDALE SWIM CLUB**.

Entry Deadline: Entries (including e-mails) will not be accepted before **9:00am, Saturday, October 15, 2005**. If you desire written verification of entries received, include a self-addressed, stamped postcard. E-mail entries will be notified via e-mail within 24 hours. No deck entries will be accepted. Entries shall not be considered received until delivered to entry chairperson. **ABSOLUTELY NO HAND DELIVERIES.**

Awards: Individual Events: Medals will be awarded for 1st – 6th place. There will be no individual event awards for seniors. Relays: Medals for 1st– 3rd place. There will be no relay awards for seniors. Coaches are to pick up awards at the end of the meet **before** receiving their final results.

Scoring: No individual scoring will be kept.

Results: Preliminary results will be posted as available. Coaches are to handle any disputes by completing the results investigation from ("Fix-it Form" included in coaches packet) and giving it to the head referee. The head referee will resolve all disputes. **Absolutely no parents or swimmers may initiate the dispute procedures or question the officials, scorers or other meet workers concerning disputed results.** Final results will be posted on the HSC website, <http://hinsdale.usswim.net>. Results will be sent to individuals for a fee of \$5.00. Sign up at admissions table.

Concessions: Concessions available. Hospitality and meals provided for coaches and officials while working the meet.

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.

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
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.

ORDER OF EVENTS:

SESSION #1 –SATURDAY, NOVEMBER 19, 2005					
GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
1		11-12	50 Freestyle		2
3		8 & U	25 Freestyle		4
5		11-12	100 Backstroke		6
7		8 & U	25 Backstroke		8
9		11-12	100 Freestyle		10
11*	1:35.29	8 & U	100 I.M. (A)	1:35.29	12*
13		11-12	100 I.M. (B)		14
15*	2:46.29	11-12	200 I.M. (A)	2:47.09	16*
17		8 & U	100 Medley Relay		18
19		11-12	200 Medley Relay		20
SESSION #2 – SATURDAY, NOVEMBER 19, 2005					
GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
21		Senior	200 Freestyle		22
23		9-10	50 Freestyle		24
25		Senior	100 Backstroke		26
27		9-10	50 Backstroke		28
29		Senior	50 Freestyle		30
31*		9-10	100 I.M.		32*
33*		Senior	200 I.M.		34*
35		9-10	200 Medley Relay		36
37		Senior	200 Medley Relay		38
39**	6:00.99	Senior	500 Freestyle (A)	5:37.79	40**

SESSION #3 –SUNDAY, NOVEMBER 20, 2005					
GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
41		11-12	200 Freestyle		42
43		8 & U	50 Freestyle		44
45		11-12	100 Butterfly		46
47		8 & U	25 Butterfly		48
49		11-12	100 Breaststroke		50
51		8 & U	25 Breaststroke		52
53		11-12	200 Freestyle Relay		54
55		8 & U	100 Freestyle Relay		56
57**	6:28.09	11-12	500 Freestyle (A)	6:32.89	58**
SESSION #4 –SUNDAY, NOVEMBER 20, 2005					
GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
59		Senior	100 Freestyle		60
61		9-10	100 Freestyle		62
63		Senior	100 Butterfly		64
65		9-10	50 Butterfly		66
67		Senior	100 Breaststroke		68
69		9-10	50 Breaststroke		70
71		Senior	200 Freestyle Relay		72
73		9-10	200 Freestyle Relay		74

***Limited to fastest five heats. We will swim more if time allows.**

**** Limited to fastest three heats. We will swim more if time allows.**

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Complete all information on this form and mail with entry forms and check to:

**Scott Connor
6121 Woodcreek Dr.
Burr Ridge, Il. 60527**

Make checks payable to: **HINSDALE SWIM CLUB**

8&U No. of Swimmers _____ No. of Entries _____ @ \$2.50 ea. \$ _____

9-10 No. of Swimmers _____ No. of Entries _____ @ \$2.50 ea. \$ _____

11-12 No. of Swimmers _____ No. of Entries _____ @ \$2.50 ea. \$ _____

Senior No. of Swimmers _____ No. of Entries _____ @ \$2.50 ea. \$ _____

Relays No. of Entries _____ @ \$7.00 ea. \$ _____

Total Swimmers _____ Surcharge _____ @ \$1.00 ea. \$ _____

Total Fees \$ _____

Name of Club _____

L.S.C. _____ Club Initial Code for Heat Sheets (Max. 5 letters) _____

Names of Coaches Attending Meet _____

Your Team's Volunteer Coordinator Name and Telephone No. _____

Person Submitting Entry _____

Complete Mailing Address _____

Home Telephone () _____ City _____ Zip _____

E-mail Address _____

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 the USA Swimming, Illinois Swimming, Inc., and Hinsdale Swim Club, Hinsdale Central High School, District 86, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as representative of any club. I also certify that all swimmers entered in the meet and their coaches are properly registered with USA Swimming. I attest to the fact that all athletes participating in this sanctioned/approved event competing under the name of a USA Swimming chartered club, or under an "Unattached" status, are duly registered athletes.

Signature: _____ Date: _____

Coach, Club Representative or Parent

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.

**ENTRIES WILL NOT BE ACCEPTED BEFORE 9:00AM, SATURDAY OCTOBER 15, 2005.
NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.**