



ADLAI E. STEVENSON HIGH SCHOOL
ONE STEVENSON DRIVE • LINCOLNSHIRE, ILLINOIS 60069
(847) 634-4000

\$69 Flat Weekend Rate!!!

The Marriott SpringHill Suites and Courtyard in Lincolnshire would like to welcome anyone coming in from out of the area for a Patriot Aquatic Club Competition to our hotels. We are located **ONLY 1 MILE** away from Stevenson High School. We have a special weekday and weekend rate set up with Stevenson HS & PAC as shown below which includes a deluxe complimentary breakfast in the morning. In order to access your rate, you must request the specified "rate code" when making the reservation (as listed below).

At the SpringHill Suites you will enjoy a delicious deluxe continental breakfast including assorted fresh fruits, tasty pastries, fluffy Belgian waffles, cereal, yogurt & juices. If you are looking for an even heartier breakfast you may enjoy a hot served breakfast at the Lincolnshire Courtyard that includes some additional items such as your choice of fresh eggs prepared to your desire, crispy bacon, sizzling sausage, golden toast, and oven roasted breakfast potatoes.

<u>Rate Code</u>	<u>Room Type</u>	<u>Stevenson Rate</u>
VSHM	Weekday King Size Bed	\$89
VSHN	Weekday Double Size Bed	\$89
VSHK	Weekend King Size Bed	\$69
VSHL	Weekend Double Size Bed	\$69

**For reservations please call 1-800-321-2211 or contact the property directly.
Lincolnshire SpringHill Suites (847) 793-7500
Lincolnshire Courtyard (847) 634-9555**

Lincolnshire SpringHill Suites

- 134 Deluxe Guest Rooms & 12 Guest Suites
- High Speed Internet Access
- Complimentary Hot Served Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- Two Meeting Rooms For Up to 40 People Each

Lincolnshire Courtyard

- 161 Deluxe Guest Suites
- Internet Access
- Complimentary Continental Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- In Room Microwave
- In Room Mini Refrigerator

If you have any specific questions, please contact Karen Haney at (847) 821-6040. Marriott has been providing guests with excellent service for over 75 years and looks forward to providing the same to you! Good Luck at the competition and welcome to Marriott!

	<h1>Patriot Aquatic Club 14th Annual TYR Patriot Games</h1>	

October 8-9, 2005

Sanctioned by USA Swimming & Illinois Swimming. Sanction No. IIS05-1003

LOCATION Adlai E. Stevenson High School (see attached map)
1 Stevenson Dr.
Lincolnshire, IL 60069

FACILITY Patriot Aquatic Center. 2 separate 8-lane 25-yard competition pools, each with its own Colorado 6000 timing system and 8-lane scoreboard. Water depth at the start end of the south pool is 4 feet and 14 feet in the north pool. There is seating for approximately 900 spectators.

Meet Director	Safety Coordinator	Meet Referee
Susan Whitehouse	Karl Milkereit	Naomi Chambers

Entries

Patriot Aquatic Club
Patriot Games Meet Entry
1 Stevenson Drive
Lincolnshire, IL 60069
(847) 634-4000 x1670

swhiteho@district125.k12.il.us

PLEASE ENTER EMAIL ADDRESS ACCURATELY! IF YOU USE THE FULL LAST NAME, IT WILL NOT BE DELIVERED!!

FORMAT Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warmups, and will be removed 30 minutes prior to the start of the session. If you are not checked-in, you will be scratched from that session.

<u>Session</u>	<u>Warmup Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Saturday & Sunday AM (8-Under, 11-12)	7:00 AM	7:45 AM	8:15 AM
Saturday & Sunday PM (13 & Over, 9-10)	12:00 PM*	12:45 PM*	1:15 PM*

* denotes an approximation

**Be sure that your entry is filled out completely and that all forms accompany your entry (team summary, volunteer assistance, signed release form, etc).
Incomplete entries will be sufficient cause for refusal of entry.**

ELIGIBILITY Swimmer's age as of October 8, 2005 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "Registration applied for" will not be accepted.

ENTRIES Swimmers may enter up to 4 events per day (excluding relays). Entry times should be in Short Course Yards. Teams must submit their entry in a Commlink file, zipped in an email. A printed SDIF report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as your official entry form. Relay entries, and a signed release with fee summary must accompany the entry.

EMAIL ENTRIES The following guidelines must be followed for e-mail entries.

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours of receipt of entry.
2. E-mail entries must be in the form of a Commlink or SDIF file. You must "zip" the file so that it arrives to the entry chair intact.
3. Your club's entire entry must be sent in one email. Please do not flood us with several emails which compose one single team entry.

The host club accepts no responsibility for receipt or quality of transmission.

ENTRY FEES \$2.50 per individual entry
\$7.00 per relay entry
\$1.00 surcharge per swimmer entered
Make all checks out to *Patriot Aquatic Club*, with one check per club.

ENTRY DEADLINE	Entries must be sent to the Entry Chair. They will not be accepted before 8:00 am (CST) on September 26, 2005 and will not be accepted after 11:59 pm (CST) October 2nd. Entries MUST be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of receipt of their entry, preferably via email or fax.
RULES & SAFETY	All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.
USA SWIMMING MEMBERSHIP	Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.
SWIMMERS WITH DISABILITIES	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 with specific requests.
AWARDS	Ribbons will be awarded for 1st - 16th place in each individual event, and 1st - 3rd in relay events. 15 & Overs will not have ribbons.
CLERK	The host club reserves the right to assign 8 & Under events for a clerk of the course.
SEEDING	All events will be seeded slowest to fastest. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded.
RELAYS	Swimmers competing in relays must be entered in at least one individual event. Relay cards will be distributed within coaches' packets at the start of the meet. Please fill out and return relay cards by one hour after the start of the session.
STARTS	At the meet referee's discretion, fly-over starts may be implemented in order to ensure that each session is completed in a timely manner.

LIMITATIONS

The host club reserves the right to limit the number of heats swum for any distance greater than or equal to 400 y and any distance greater than or equal to 200 y for 12 & unders, in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will not be refunded. The host club also reserves the right to swim one heat comprised of its own swimmers after the cut has been made.

CONCESSIONS

Food and beverage will be available. Food may be eaten in the glass commons, the area behind the starting end of the pool with a glass wall that permits viewing of the meet. **NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK.** No smoking is allowed anywhere on the high school campus by state law.

PARKING & Participants and spectators are requested to park in the "D" Lot.

ADMISSIONS

There will be an admissions charge for all spectators 15 and older.

RESULTS

Final results will be mailed to all participating clubs and will be available from the PAC website [<http://www4.district125.k12.il.us/pac/>]

Patriot Aquatic Club
14th Annual TYR Patriot Games
Stevenson High School October 8-9, 2005
ORDER OF EVENTS

Session 1 – Saturday Morning

Session 3 – Sunday Morning

Girls	Event	Boys		Girls	Event	Boys
1	8-U 100 Free	2		45	8-U 100 IM	46
3	11-12 100 Fly	4		47	11-12 100 IM	48
5	8-U 50 Fly	6		49	8-U 25 Fly	50
7	11-12 50 Free	8		51	11-12 50 Fly	52
9	8-U 25 Free	10		53	8-U 25 Breast	54
11	11-12 100 Breast	12		55	11-12 50 Breast	56
13	8-U 50 Breast	14		57	8-U 50 Back	58
15	11-12 50 Back	16		59	11-12 100 Back	60
17	8-U 25 Back	18		61	8-U 50 Free	62
19	11-12 100 Free	20		63	12-U 200 Free	64
21	12-U 200 IM	22				

Session 2 – Saturday Afternoon

Session 4 – Sunday Afternoon

Girls	Event	Boys		Girls	Event	Boys
23	13 & O 200 IM	24		65	Open 200 Back	66
25	9-10 100 Free	26		67	9-10 100 Back	68
27	13 & O 100 Free	28		69	13 & O 50 Free	70
29	9-10 50 Breast	30		71	9-10 50 Free	72
31	13 & O 100 Breast	32		73	Open 200 Breast	74
33	9-10 100 Fly	34		75	9-10 100 Breast	76
35	Open 200 Fly	36		77	13 & O 100 Fly	78
37	9-10 50 Back	38		79	9-10 50 Fly	80
39	13 & O 100 Back	40		81	13 & O 200 Free	82
41	9-10 200 IM	42		83	9-10 100 IM	84
43	Open 500 Free	44		85	Open 400 IM	86
				87	9-10 200 Free	88

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Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable to Patriot Aquatic Club) to the Meet Entry Chair, no later than October 2, 2005.

Patriot Aquatic Club
Patriot Games Meet Entry
1 Stevenson Drive
Lincolnshire, IL 60069

Summary of Fees

10 & Under	No. of Entries	_____	@ \$2.50 ea. = _____
11-12	No. of Entries	_____	@ \$2.50 ea. = _____
Openver	No. of Entries	_____	@ \$2.50 ea. = _____
Relays	No. of Entries	_____	@ \$7.00 ea. = _____
Total # of Swimmers		_____	@ \$1.00 ea. = _____
			Total Meet Fees _____

Name of Club: _____

Club Code: _____ LSC: _____

Coaches Attending: _____

Mailing Address: _____

Contact for Entries: _____

Phone: _____ Email: _____

This signed release must accompany entry or entry will not be accepted!

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., Patriot Aquatic Club, Stevenson High School District No. 125, 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. I attest that all athletes entered in this meet are currently registered with USA Swimming.

Club Rep. Signature _____ Date _____

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Warm-Up Procedure

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.

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Map & Directions to the Pool

Stevenson High School
Lincolnshire, IL 60069

Stevenson High School's Aquatic Center is located adjacent to Parking Lot "D".

Stevenson is located on Route 22 (Half-Day Road). It is between Route 83 and the Tri-State Tollway. This map is drawn exactly to scale. Seriously.

Half Day Road (Route 22)

<- to Route 83

<

Tri-State Tollway

<- To Chicago

Milwaukee Ave.

Route 21/45

<- to Lake-Cook Rd.

Stevenson

Relay Event #	Relay Event #	# Swimmers - ISI Srchrg.	_____ x	\$1.00 =	\$ _____
A	A	Total # Events	_____ x	\$2.50 =	\$ _____
B	B	Total # Relay Events	_____ x	\$7.00 =	\$ _____
C	C	Page Total	_____ x		\$ _____

Please make additional copies of this page as necessary.

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Hotel Information

Be sure to contact either of the following hotels for a great Stevenson rate! See the introductory page of the meet packet for details.

**LINCOLNSHIRE SPRINGHILL SUITES BY MARRIOTT
300 MARRIOTT DRIVE
LINCOLNSHIRE, IL 60069**

FROM STEVENSON HIGH SCHOOL: Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn right. Follow sign for SpringHill Suites (second driveway) turn left.

Total Distance – Only 1 Mile!

**LINCOLNSHIRE COURTYARD BY MARRIOTT
505 MILWAUKEE AVENUE
LINCOLNSHIRE, IL 60069**

FROM STEVENSON HIGH SCHOOL: Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn left. Follow to sign for Courtyard, (second driveway) turn left.

Total Distance – Only 1 Mile!