

St. Charles Fall Classic
November 4, 5, 6 2005
Sanction #ILS05-1106

- Meet Director:** Linda Popp, lspopp@aol.com 6N603 Brookhaven Lane, St. Charles, Illinois 60175 (630) 584-5181
- Entry Chair:** Bill Shanel, 66 Highgate Course, St. Charles, IL 60174, billshanel@prodigy.net
- Meet Referee:** Al Reynolds, AReyn78639@aol.com
- Location:** John B. Norris Rec. Center. 1050 Dunham Rd., St. Charles, Il.
- Pool:** Indoor 6 lane 50 meter pool which will be divided into two 25 yard pools. The competition pool ranges in depth from 12 ft. deep at the start end to 5 ft. deep at the turn end. The shallow pool will be used for warm-up and warm-down continuously throughout the meet. It ranges in depth from 3.5 to 4.5 feet in depth. The pools have Kiefer lane lines. The pool has a Daktronics timing system with 6-lane time display board. Beep horn systems with strobes will be used.
- Meet Schedule:**
- | Date | Warm-Up | Meet Starts |
|---------------|-----------------|-------------|
| Friday PM | 4:00 – 4:50 pm | 5:00 pm |
| Sat. & Sun AM | 7:00 – 7:50 am | 8:00 am |
| Sat & Sun PM | 12:30 – 1:20 pm | 1:30 pm |
- All events are timed finals. Heat will be seeded slowest to fastest. Distance Events will be swum immediately after last swim of previous session. Distance Events will be swum fastest to slowest. Distance swimmers will be responsible for supplying timers and counters.*
- Check-In:** THIS IS A POSITIVE CHECK-IN MEET. We will close check - in 20 minutes after warm-up starts.
- Entries:** Enter swimmers at their short course yard times. All entries shall comply with current 2005 USA and ISI rules. Current 2005 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA athlete. ISI registration forms may be obtained from Illinois Swimming Inc., www.ilswim.org
- Eligibility:** All USA swimming, Inc. registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as applied for will not be accepted. A swimmers age for the meet will be their age as of November 4th, 2005.
- Entry Forms:** All entries must be submitted on the St. Charles Invitational entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You mail e-mail entries to Bill Shanel at billshanel@prodigy.net. Please send the following complete information to the entry chair:
1) paper copy of your entry (and diskette, if file is not e-mailed); 2) signed release form; 3) payment for meet; 4) Officials volunteering to work meet.

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- Entry Limit:** Each individual may enter 4 events per day. If the individual is entered in more than 4 events the entry will be made by the order of events starting with event #1 until the limit is satisfied. The 9-10 200 Free, 11-12 200 Free, 9-10 200 IM, 11-12 200 IM, and the Sr. 500 Free and 400 IM's may be limited to the top three heats. The 1000 Free's may be limited to the top 3 heats. This decision will be based on time line requirements.
- Entry Fees:** Entry fees are \$ **2.50** for each individual event. A \$1 surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Swim Team Parent's Association.**
- Entry Deadline:** Entries will not be accepted before **Thursday, October 6th.** We will accept entries until the timeline capacity. Entries added after October 21st will not be included in the psych sheet. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self- addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hrs of email.
- Awards:** Awards for individual events will be given for places 1 thru 6 at the A, B and C levels, by Illinois time standards for the 8 and under, 9-10, 11-12 and 13-14 age groups.
- Coaches:** Information packets will be available to all club coaches with swimmers entered in the meet. You must present your USA coaches registration card to receive the packet. The meet packet will be available in the Coaches office.
- Results:** Results will be e-mailed. A hard copy of results will be mailed by request.
- Volunteers:** USA officials who would like to work the meet should call the Meet Referee to be assigned positions. AReyn78639@aol.com
- Security:** Only U.S.A. Swimming registered Coaches will be allowed on the deck. All questions concerning the meet after the start of the meet should be directed to the meet referee.
- Parking:** Do not park in the lot in front of the pool. Park in any other lot where parking is permitted; be conscious of areas marked for fire lanes. Do not enter through the main entrance to the building. Entry to the meet will be at the east entrance of the building. **We must enforce this in order to continue to use this facility.**

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A. Warm-Up Procedures: 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: 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."

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- 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. Backstrokers 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.

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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ORDER OF EVENTS

Session 1	Friday PM		Session 2	Saturday AM	
Women		Men's	Women		Men's
Event #		Event #	Event #		Event #
1	Sr 500 Free	2	13	Sr 200 Free	14
3	9-10 200 Free	4	15	8 under 25 Free	16
5	11-12 200 Free	6	17	Sr 100 Fly	18
7	Sr 400 IM	8	19	8 under 25 Fly	20
9	9-10 200 IM	10	21	Sr 200 Breast	22
11	11-12 200 IM	12	23	8 under 100 IM	24
			25	Sr 100 Back	26
			27	Sr 50 Free	28
Session 3	Saturday Mid-day				
29	Sr 1000 Free				
Session 4	Saturday PM		Session 5		
	Sunday AM				
Women		Men's	Women		Men's
Event #		Event #	Event #		Event #
30	9-10 100 IM	31	48	Sr 200 IM	49
32	11-12 100 Free	33	50	8 under 25 Back	51
34	9-10 100 Back	35	52	Sr 100 Breast	53
36	11-12 50 Back	37	54	8 under 25 Breast	55
38	9-10 50 Breast	39	56	Sr 200 Fly	57
40	11-12 100 Breast	41	58	8 under 50 Free	59
42	9-10 100 Fly	43	60	Sr 100 Free	61
44	11-12 50 Fly	45	62	Sr 200 Back	63
46	9-10 50 Free	47			
Session 6	Sunday Mid-Day				
64	Sr 1000 Free				
Session 7	Sunday PM				
Women		Men's			
65	11-12 100 IM	66			
67	9-10 100 Free	68			
69	11-12 100 Back	70			
71	9-10 50 Back	72			
73	11-12 50 Breast	74			
75	9-10 100 Breast	76			
77	11-12 100 Fly	78			
79	9-10 50 Fly	80			
81	11-12 50 Free	82			

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Summary of Fees:

8 & Under Girls # of Entries _____ @ \$2.50 each = \$ _____
 Boys # of Entries _____ @ \$2.50 each = \$ _____

10 & Under Girls # of Entries _____ @ \$2.50 each = \$ _____
 Boys # of Entries _____ @ \$2.50 each = \$ _____

11-12 Girls # of Entries _____ @ \$2.50 each = \$ _____
 Boys # of Entries _____ @ \$2.50 each = \$ _____

Senior Girls # of Entries _____ @ \$2.50 each = \$ _____
(13 & Over) Boys # of Entries _____ @ \$2.50 each = \$ _____

Total # of Swimmers Attending: _____ @ \$1.00 each = \$ _____

Total # of Relays Entered: _____ @ \$7.00 each = \$ _____

Grand total= \$ _____

Name of Club _____ Club Initials _____

Names of coaches attending meet:

Mailing Address: Name _____ Address _____
City, State, Zip _____
Home _____ Work _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., St. Charles Swim Team, Norris Recreation Center, and St. Charles Swim Team Parents Association, their Representatives, 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 duly and currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

This signed release **MUST** accompany the entry or the entry will not be accepted.

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Club: _____

Officials who may be interested in volunteering:

Name	Address	Phone & Certification
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Thanks!

St. Charles Swim Team

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Directions to Norris Recreation Center / St. Charles High School from Chicago (37 mi.):

1. West on Route 64 to Kirk Road. North on Kirk Road, one - half mile to Fox Chase Blvd. Turn Left, and follow road around to high school/Norris Center
2. West on 1-88 East - West Tollway to Farnsworth Avenue. Farnsworth turns into Kirk Road to Route 64. Continue north on Kirk Rd to Fox Chase Blvd. Turn Left and follow road around to high school/Norris Center
3. 1-90 Northwest Tollway to Route 25. South to Dunham Rd. to High School

Hotels:

Best Western	1635 E. Main St., St. Charles	630-584-4550 (5 min)
Holiday Inn Exp.	100 Tyler Rd., St. Charles	630-584-5300 (5 min)
The Herrington	1 W. State St., Geneva	630-208-7433 (15 min)
Pheasant Run	4051 E. Main St., St. Charles	630-584-6300 (10 min)
Super 8 Motel	1520 E. Main St., St. Charles	630-377-8388 (5 min)
Country Inn Suites		630-584-6564 (5 min)
Courtyard		630-377-6370 (5 min)
Hilton Garden Inn		630-584-0700 (5 min)
Days Inn		630-513-6500 (5 min)
Fairfield Inn		630-845-5500 (5 min)

