

ST. CHARLES SWIM TEAM SPRING PENTATHLON MAY 21st & 22nd, 2005

SANCTION # ILL05-0506
LONG COURSE METERS

MEET DIRECTOR: Eric & Jennifer Peterson, 6N731 Palomino Drive Saint Charles, Il. 60175, (630)-631-6100, dgcowboy@msn.com

Entry Chair: Bill Shanel, 66 Highgate Course St. Charles, IL 60174, 630-377-4945, billshanel@prodigy.net

MEET REFEREE: Al Reynolds

LOCATION: John B. Norris Rec. Center, 1050 Dunham Rd. St. Charles IL. 60174

POOL: Indoor 6 lane 50 meter pool. The pool has Kiefer lanes and Kiefer starting blocks. The pool has a Daktronics timing system with 6 lane time display board. Beep horn systems with strobes will be used. The pool ranges in depth from 3.5 ft. deep to 12ft. deep at the starting end.

MEET SCHEDULE:	Saturday Session 1	Warm-ups	7 AM	Start 8 AM
	Saturday Session 2	Warm-ups	12:30 PM	Start 1:30 PM
	Sunday Session 3	Warm-ups	7:00 AM	Start 8:00 AM
	Sunday Session 4	Warm-ups	12:30 PM	Start 1:30 PM

POSITIVE CHECK-IN CLOSSES 20 MINUTES AFTER WARMUPS START

ENTRIES: All entries shall comply with current 2005 USA SWIMMING and ISI rules. A swimmers age for the meet is his/her age as of May 20th, 2005. 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 SWIMMING athlete, ISI registration forms may be obtained from Illinois Swimming Inc., P.O. Box 877, Aurora IL., 60507, (630)-844-0476.

SEEDING: Enter Swimmers at their short course yard times to assure proper seeding. Deck entries will not be Permitted. Upgrading of a swimmers time will not be allowed after the entry deadline. To meet ISI time requirements there could be some cuts in the longer events. All events are timed finals. Coaches will be informed the Monday before the meet of any cuts. St. Charles reserves the right to swim its own swimmers in all events.

Entry Forms: All entries must be submitted on the St. Charles Pentathlon 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.

ENTRY LIMITS: Swimmers 9 and older may enter a minimum of 4 events, but must be entered in all 5 to be eligible for awards. 8 and under swimmers may enter a minimum of 3 events but must be entered in all 4 events to be eligible for awards.

ENTRY FEES: Individual events are \$2.50 each. A surcharge of \$1.00 per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to St. Charles Swim Team Parent's Association.

ENTRY DEADLINE: Entries will not be accepted before Saturday April 16th. Only entries mailed overnight will be accepted. Entries will be on a first received, first entered basis. E Mailed or Mailed Entries will only be accepted. No Hand Delivered Entries. Entries sent before the due date will only be entered if the maximum time limit has not been reached. If you desire a verification of entries accepted, include a stamped self-addressed post card. **Complete entries include the following: Entry Fees, Signed Release, Complete and Legible Entry Form. If all forms are not completely filled out the entry will be considered incomplete.**

AWARDS: Trophies will be awarded to the top 6 highpoint swimmers, with best cumulative times for each age categories: 7 & Unders, 8 years old, 9 years old, 10 years old, 11 years old, 12 years old, 13 years old, 14 years old and Seniors. 10 & Unders, 11-12, 13-14 will swim together but will be scored individually. In order to qualify for the highpoint awards, the swimmer must be entered in all 5 events, except for 8 and under which must be entered in 4 events. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.

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- COACHES:** Information packets will be available to all club coaches with swimmers entered in the meet. You must present your USA Swimming coaches registration card to receive the packet. The meet packet will be available at the volunteer check-in.
- RESULTS:** One copy of the meet result will be mailed to clubs with 5 or more swimmers. Results will be sent to individuals for \$10.00. Sign up at admissions table, results also available online.
- SECURITY:** Only US 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.
- ADMISSION & HEAT SHEETS:** Admission charge for spectators will be \$3.00 for adults and 14 & under are free. A combined Psyche Sheet for all session will be available at admission for \$3.00. Included in the meet packet is a map with the correct meet entrances. Please post so that your swimmers and parents will know where to enter. Positive check is located near the meet entrance

SAFETY REQUIREMENTS:

Warm-up Procedures:

GENERAL WARMUP (first 30 minutes) 1.) No Diving is allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner. 2.) No sprinting or pace work is allowed during the general warm-up sessions. 3.) All lanes are to be used for general warm-up.

SPECIFIC WARMUP (last 15 minutes) 1.) Push/Pace lanes - Push off one or two lengths from the starting end. Circle swimming only **NO DIVING**. 2.) Diving Lanes/Sprint Lanes - for diving from blocks or for backstroke starts in specified lanes at designated times. One length, one way swimming only. 4.) General Warm-up lanes - No DIVING. Circle swimming only. 4.) If specific warm-up is 15 minutes long, no event(s) may be called by the Clerk of Course until completion of the warm-up period.

PUSH/PACE LANES **1 & 6** SPRINT LANES **2 & 5** GENERAL WARMUP **3 & 4**

Coaches Responsibilities:

Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at meets and practice. Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and all practices.

Host Team Responsibilities:

MARSHALING 1.) A minimum of four marshals who report to and receive instructions from the Meet Referee and/or the Meet Director shall be on deck during the entire warm-up session. One marshal shall act as the Safety Coordinator who should be an ISI Official. 2.) Marshals shall be current members of USA Swimming. 3.) With the concurrence of the meet Referee, 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 requirements or procedures. 4.) Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from the next individual event. Host team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up. Hazards in locker rooms, on the deck area, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Miscellaneous:

Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start. Swimmers are required to exit the pool upon the 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. Warm-up procedures shall be enforced for any breaks scheduled during the competition. Unattached or attached swimmers attending the meet without coaches must report to safety coordinator for lane assignment.

ORDER OF EVENTS

ST. CHARLES SWIM TEAM SPRING PENTATHLON

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Saturday Morning - Session 1 (Warm-Up 7:00am		Start 8:00am)
Girls Event #		Boys Event #
1	10 & Under 50 Fly	2
3	10 & Under 50 Back	4
5	10 & Under 50 Breast	6
7	10 & Under 50 Free	8
9	9 & 10 200 I.M.	10

Saturday Afternoon - Session 2 (Warm-Up 12:30am		Start 1:30pm)
Girls Event #		Boys Event #
11	11 & 12 50 Fly	12
13	11 & 12 50 Back	14
15	11 & 12 50 Breast	16
17	11 & 12 50 Free	18
19	11 & 12 200 I.M.	20

Sunday Morning - Session 3 (Warm-Up 7:00am		Start 8:00am)
Girls Event #		Boys Event #
21	13 - 14 100 Fly	22
23	13 - 14 100 Back	24
25	13 - 14 100 Breast	26
27	13 - 14 100 Free	28
29	13 - 14 200 I.M.	30

Sunday Morning - Session 4 (Warm-Up 7:00am		Start 8:00am)
Girls Event #		Boys Event #
31	Senior 100 Fly	32
33	Senior 100 Back	34
35	Senior 100 Breast	36
37	Senior 100 Free	38
39	Senior 200 I.M.	40

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Entry Chair: Bill Shanel, 66 Highgate Course St. Charles, IL 60174, 630-377-4945, billshanel@prodigy.net

Summary of Fees:

10 & Under	Girls	Number of Entries _____	@ \$2.50 each =	\$ _____
	Boys	Number of Entries _____	@ \$2.50 each =	\$ _____
11 & 12	Girls	Number of Entries _____	@ \$2.50 each =	\$ _____
	Boys	Number of Entries _____	@ \$2.50 each =	\$ _____
13 & 14	Girls	Number of Entries _____	@ \$2.50 each =	\$ _____
	Boys	Number of Entries _____	@ \$2.50 each =	\$ _____
Senior	Girls	Number of Entries _____	@ \$2.50 each =	\$ _____
	Boys	Number of Entries _____	@ \$2.50 each =	\$ _____
Total Number of Swimmers Attending Meet _____			@ \$1.00 each =	\$ _____
			Grand Total =	\$ _____

Name of Club _____ Club Initials _____

Names of coaches attending Meet _____

Mailing Address Name _____

Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

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.

Entry must be received by 10:00am, Friday, May 4th. Only entries mailed overnight will be accepted. Entries will be on a first received, first entered basis.

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Entries Due By Friday May 6th, 2005

Age Group _____

Boys / Girls

Team Code _____

Name	Age	USS #	Event #	Event Name	Boys / Girls	Team Code	
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
Totals					Individual Entries	@ \$2.50 =	\$

ST. CHARLES SWIM TEAM SPRING PENTATHLON

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Club: _____ Club Code: _____

Timer Volunteer Sheet:

Name	Sat. AM	Sun. AM
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Official Volunteer Sheet:

Name & Phone Number	Level	Sat. AM	Sun. AM
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

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DIRECTIONS TO NORRIS RECREATION CENTER

1. Route 64 to Dunham Road. North on Dunham Road, one - half mile to the Norris Recreation Center. The Norris Center will be on the Right.
2. I - 88 to Farnsworth Road. Go North, Farnsworth turns into Kirk Road. Take Kirk Road to Route 64. Go west on Route 64. Route 64 to Dunham Road. North on Dunham Road, one - half mile to the Norris Recreation Center. The Norris Center will be on the Right.
3. I - 90 to Route 25 South. South on 25 then South on Dunham Road. Take Dunham to the Norris Recreation Center on the Left.

HOTEL INFORMATION

Best Western	630 - 584 - 4550
Country Inn Suites	630 - 587 - 6564 / 800 - 456 - 4000
Holiday Inn Express	630 - 584 - 5300 / 800 - 465 - 4329
Hotel Baker	630 - 584 - 2100
Oscar Swan County Inn	630 - 232 - 0173
Pheasant Run Resort	630 - 584 - 6300
Super 8 Motel	630 - 377 - 8388
Courtyard by Marriott	630 - 377 - 6370
The Herrington	630 - 208 - 7433 / 800 - 216 - 2466
Hilton Garden Inn	630 - 584 - 0700 / 800 - HILTONS
Days Inn	630 - 513 - 6500
Fairfield Inn	630 - 845 - 5500