

**Father's Day Classic**  
**The Oak Park Swimmers**  
**June 17 - 19, 2005**

Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # ILL05-0610

**HOST:** The Oak Park YMCA and The Oak Park Swimmers

**Meet Director:**

Bret Patnode  
1051 N. Lombard Ave.  
Oak Park, IL 60302  
(708)-445-9901  
[bretpatnode@comcast.net](mailto:bretpatnode@comcast.net)

**Entry Chairperson:**

Bob Hallman  
1141 S. Wisconsin Ave.  
Oak Park, IL 60304  
(708) 524-8608  
[rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net)

**Head Referee:**

Glenn Gabriel  
[gjgabriel@comcast.net](mailto:gjgabriel@comcast.net)

**Safety Coordinator:**

Peggy Thuesson  
**(708) 366-1344**

**FORMAT:** No Cut. Timed Finals

**MEET SCHEDULE:**

	<b>Warm-Ups</b>	<b>Meet Begins</b>	<b>Positive Check-In Closes</b>
<b>Friday</b>	3:45- 4:45 PM	5:00 PM	4:15 PM
<b>Saturday &amp; Sunday AM</b> (9-10, 11-12)	7:00 -7:45 AM	8:00 AM	7:30 AM
<b>Saturday &amp; Sunday PM</b> (8&u, 13-14, Open)	Afternoon warm-ups will start immediately after the morning session ends but not before 11:30am. The meet will begin one hour after the morning session ends. Positive check in will close 1/2 hour after warm-ups begin		

**LOCATION:**

Ridgeland Common Pool  
415 Lake St  
Oak Park, IL 60302

**FACILITY:**

Eight lane/50 meter pool with non-turbulent competitor lane lines and a fully automatic Daktronics timing system with touch pads. Fixed starting block at starting end. Ridgeland Commons contains a concession stand that will be available to the swimmers. On Saturday there will be a farmers market across the street in the church parking lot. Robinson's Ribs will be open for lunch on Saturday and Sunday only. Parking is available at the high school lot which is one block west on Lake St. **Please no parking in the church parking lot on Sunday.**

**RULES:**

All current USA Swimming and ISI rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced. FINA starting procedures and rules (whistle commands, no recall) will be followed. Coaches must be current USA Swimming coach members to be allowed on deck and must have their registration cards displayed while on the pool deck.

**Note: The host team is affiliated with the YMCA. In order to comply with the YMCA's five foot depth rule, the second and fourth swimmers of the 200 relays must start in the water. All teams who wish to enter these events must follow this procedure.**

**ENTRY REQUIREMENTS:**

**Entries will not be accepted before 9am Friday, May 13, 2005. All entries must be received before Friday June 3, 2005.** Email entries are preferred, and will be accepted by Bob Hallman – [rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net). Hard copy, signed release forms, and payment must follow within 48 hours. Mail entries to **Bob Hallman, 1141 S. Wisconsin, Oak Park IL 60304**. No hand deliveries will be accepted. If mailing entries, please include the entry on 3.5" diskette in Hy-Tek Commlink file format. Please include a printed copy of the entry with the diskette. All entries must be submitted on the enclosed entry form attached. The enclosed Summary of Fees statement must be completed and the Release Form signed. These must be returned together with the fully completed entry forms and your check payable to **The Oak Park Swimmers**. Failure to do so shall be sufficient grounds for refusal of the entry. All entries must comply with

2005 USA Swimming and Illinois Swimming, Inc. rules. Current registration numbers, ages, and first and last names of all swimmers must appear on the entry forms. No swimmers entry will be accepted unless he/she is registered with USA Swimming. "Applied for " entries will not be accepted. USA Swimming registration forms may be obtained from Illinois Swimming, Inc., 3166 S. River Rd. Suite #30, Des Plaines, IL 60018. phone (847) 824-1596.

**ENTRY DEADLINE:** **Entries will not be accepted before 9am Friday May 13, 2005. All must be in before June 3, 2005. No phone, fax or hand delivered entries will be accepted. Entries received before 9am Friday, May 13<sup>th</sup> will be returned by mail.** Entries fees and timer and official commitment sheets must accompany form. Entries must be legible and complete. Properly completed entry forms include first and last name of each swimmer, age, USA Swimming, Inc., registration number and short course yard time for each event. Late entries will not be accepted.

**ENTRY FEES:** \$2.50 per individual event  
\$7.00 per relay  
Entry fee must accompany entry. By action of the Illinois Swimming, a surcharge of \$1.00 per swimmers has been instituted for the athlete travel reimbursement fund.

Mail forms along with checks payable to The Oak Park Swimmers to:

Bob Hallman  
1141 S. Wisconsin Ave.  
Oak Park, IL 60304

**ENTRIES:** Individuals are limited to **3 individual events per day** in addition to the 1500 and relays. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Computer entries may be made using Hy-Tek Commlink Disc (3.5 inch). All entries must be accompanied by a hard copy print out of your Commlink entry data file or your information filled out on the entry forms provided. The signed summary/release provided in the packet and payment in full must accompany this entry. **Check payable to the Oak Park Swimmers.**

**QUALIFYING TIMES:** All entries must be submitted in **short course yard times** for seeding purposes. All events will be timed finals from slowest to fastest. OPEN 400m freestyle entries, use 500 yard times. Please no "NT" entries for seeding purposes. Long Course meter and short course meter times will be considered non-conforming times and will be seeded in rank order after all conforming times have been seeded.

**ENTRY LIMIT:** Deck entries will not be permitted. The following events will be limited to the fastest 3 heats: 10 and under 200 free, 11-12 200 free, senior 400 free and senior 1500 free. Coaches will be notified. The host team reserves the right to add additional heats if time permits. Swimmers in the 1500 must provide their own timer and counter.

**EVENTS:** 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 request.

**POSITIVE CHECK-IN:** Positive check in will close 1/2 hour after warm-ups begin. Late entries will be able to swim only if there are open lanes in slower heats. There will be **NO BULLPEN** for the swimmers, including **No Bullpen for 8 & Unders.**

**AWARDS:** Individual Events awards for 1-8; Relays Awards for 1-3

**ADMISSIONS:** \$5.00 per/day

**HEAT SHEETS:** Friday \$3.00, Saturday all day \$5.00, Sunday all day \$5.00

**FINAL RESULTS:** Mailed to participating teams of 5 or more swimmers. Results will be mailed to the address listed on the summary sheet. Final results may be purchased at the admission table for \$10.00.

**CONCESSIONS:** Concessions provided by the Park District. 7AM till close of the meet. Coaches Hospitality will be provided by The Oak Park Swimmers.

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**Sanction# ILL05-0610**

Complete this form and send with entry form. Make check payable to: **The Oak Park YMCA Swimmers**

Entry Chairperson:  
 Bob Hallman  
 1141 S. Wisconsin Ave.  
 Oak Park, IL 60304  
 (708) 524-8608  
[rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net)

8 & Under	# of swimmers _____	# of Entries _____	X	\$2.50	\$ _____
10 & Under	# of swimmers _____	# of Entries _____	X	\$2.50	\$ _____
11-12	# of swimmers _____	# of Entries _____	X	\$2.50	\$ _____
13-14	# of swimmers _____	# of Entries _____	X	\$2.50	\$ _____
OPEN	# of swimmers _____	# of Entries _____	X	\$2.50	\$ _____
Relays		# of Entries _____	X	\$7.00	\$ _____
	Total # of swimmers _____		X	\$1.00	\$ _____
				Total Fees	\$ _____

Name of Club \_\_\_\_\_ USA Swimming Association \_\_\_\_\_

Club Initials for Heat Sheet \_\_\_\_\_

Name of person and telephone number responsible for your teams volunteers \_\_\_\_\_

Names of coaches attending meet \_\_\_\_\_

Complete mailing address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email 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 U S A Swimming, Illinois Swimming, Inc., The Oak Park Swimmers, The Oak Park YMCA, The Park District of Oak Park, Oak Park, Illinois or their employees for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club. 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.

Signature (Coach or Club Representative) \_\_\_\_\_

The signed release must accompany each entry or entry will not be accepted. Entries must be received no sooner than Friday May 13th , and no later than Friday June 4 , 2004.

## WARM UP PROCEDURE

### **SAFETY REQUIREMENTS AND WARM-UP PROCEDURES**

The following warm-up procedures are mandatory for all meets sanctioned by ISI.

#### **GENERAL WARM-UP (30-45 MINUTES)**

1. No diving is allowed from the blocks or pool deck.
2. Swimmers must enter the pool feet first in a cautious manner
3. No sprinting or pace work is allowed during the general warm-up session.
4. All lanes are to be used for general warm-up.

#### **SPECIFIC WARM-UP (Last 15 SCHEDULED MINUTES)**

1. **Push/Pace lanes** -Push off one or two lengths from starting end. Circle swimming only. NO DIVING. Lanes 1 and 8 will be used for push/pace.
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. Lanes 2, 3, 6 and 7 will be used for sprints.
3. **General warm-up lanes** –NO DIVING. Circle swimming only. Lanes 4 and 5 will be used for general warm-ups.
4. At the conclusion of the 15 minute specific warm-up period, all swimmers must clear the pool. The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up period.

#### **COACHES RESPONSIBILITIES**

1. Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices. Any coaches' meetings at meets will be conducted at times other than the 30 minute general and 15 minute specific warm-ups.

#### **HOST TEAM RESPONSIBILITIES**

1. Marshaling
  - a. 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 Marshall shall act as the safety coordinator, who should also be an ISI official.
  - b. Marshals shall be current members of United States Swimming.
  - c. 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 warm-up procedures.
  - d. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from his/her next individual event.
2. The host team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. 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 meet.
5. Hazards in the locker rooms, on the deck area, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

#### **MISCELLANEOUS**

1. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
2. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. 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.
5. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
6. Unattached or attached swimmers attending the meet without coaches must report to the safety coordinator for lane assignment for warm-ups.

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### Friday June 17, 2005

Warm-ups: 3:45pm ; Meet: 5:00pm

Girls	Events	Boys
1	10 and U 200 Free*	2
3	11-12 200 Free*	4
5	13-14 200 IM	6
7	Senior 200 IM	8
9	11-12 200 IM	10
11	Senior 200 Breast	12

### Saturday AM June 18, 2005

Warm-ups: 7:00am; Meet: 8:00am

13	9-10 200 MR	14
15	11-12 400 MR	16
17	9-10 50 Free	18
19	11-12 50 Free	20
21	9-10 50 Back	22
23	11-12 50 Back	24
25	9-10 100 Fly	26
27	11-12 100 Fly	28
29	9-10 100 Breast	30
31	11-12 100 Breast	32

### Saturday PM June 18, 2005

Warm-ups: Immediately following the morning session; Meet: One hour after warm-ups begin

33	8&U 200 MR	34
35	13-14 400 MR	36
37	Senior 400 MR	38
39	8&U 50 Fly	40
41	13-14 100 Breast	42
43	Senior 100 Breast	44
45	8&U 50 Free	46
47	13-14 100 Free	48
49	Senior 100 Free	50
51	8&U 50 Back	52
53	13-14 100 Back	54
55	Senior 100 Back	56
57	Senior 200 Fly	58
59	Senior 400 Free*	60

### Sunday AM June 19, 2005

Warm-ups: 7:00am; Meet: 8:00am

61	9-10 200 FR	62
63	11-12 400 FR	64
65	9-10 100 Free	66
67	11-12 100 Free	68
69	9-10 50 Breast	70
71	11-12 50 Breast	72
73	9-10 50 Fly	74
75	11-12 50 Fly	76
77	9-10 100 Back	78
79	11-12 100 Back	80

### Sunday PM June 19, 2005

Warm-ups: Immediately following the morning session; Meet: One hour after warm-ups begin

81	8&U 200 FR	82
83	13-14 400 FR	84
85	Senior 400 FR	86
87	Senior 200 Back	88
89	8&U 100 Free	90
91	13-14 50 Free	92
93	Senior 50 Free	94
95	8&U 50 Breast	96
97	13-14 100 Fly	98
99	Senior 100 Fly	100
101	13-14 200 Free	102
103	Senior 200 Free	104
105	Senior 1500 Free*	106

\* The host club reserves the right to limit these events to the fastest 3 heats.

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**Meet Assistance Form**

Due to the difficulty in staffing large invitational meets, the Oak Park Swimmers will require assistance from participating teams. The assistance will be needed with timing and officiating.

The Oak Park Swimmers reserves the right to give priority to those teams that agree to provide Volunteer officials and timers for our meet.

Please provide the name of a contact person that will coordinate your team's volunteers in the space below and return with your entry. Someone from our meet committee will contact that person prior to the meet.

We require two timers per session in which a team has 5 or more swimmers entered. We also need officials for every session and would appreciate knowing who will be available for each session. Please submit names on the form, along with your entry, or no later than two weeks before the meet. Please mail the information to the meet director.

	Timers	Officials	Level	Phone
Friday PM	_____	_____		
	_____	_____		
Saturday AM	_____	_____		
	_____	_____		
Saturday PM	_____	_____		
	_____	_____		
Sunday AM	_____	_____		
	_____	_____		
Sunday PM	_____	_____		
	_____	_____		
Team Name	_____			
Team Email	_____			
Volunteer Coordinator	_____			
Phone (Day)	_____	Evening	_____	

Thank You for your Cooperation