

ELMHURST SWIM TEAM 16TH ANNUAL A-B MEET
DECEMBER 8, 9, AND 10, 2006

SANCTION: Sanctioned by United States of America Swimming and Illinois Swimming, Inc.
Sanction #: **ILS06-1207**

LOCATION: The meet will utilize the Aquatic Center at York High School, 355 W. St. Charles Road, Elmhurst, Illinois. The Aquatic Center is on the northwest corner of the building. **Parking and drop-off area is located in the front of the school and there will be signs as to where to enter for the meet. There will be no drop-off area in the back of the school by the pool. These doors will be locked.**

Parking on side streets will not be allowed. Park only in school parking lot, in front of school.

FACILITY: This meet will be fully computerized using the Hy-Tek CommLink system. The pool is a 52-Yard, six lane facility with a stainless steel bulkhead fixed at 25 yards for each pool. There are permanent parafite starting blocks (14' water depth at the starting end and 6' water depth at the turn end of the racing course). Keifer lane lines between lanes and between the outside lane and the pool edge. Timing is with a fully automatic Colorado Timing System with button backup. Warm-up pool is 3 ½' to 6' water depth.

MEET DIRECTORS: Jim Joorfetz 630 834-6968 joorfetz@sbcglobal.net
Lee Luckey 630 832-5837

ENTRY CHAIRMAN: Dave Davis 355 W. St. Charles, Elmhurst, IL 60126
630 617-2481 estswim@mindspring.com

MEET REFREE: John Freidheim 630 782-0569 jfreidheim@aol.com

RULES, TIMES, ELIGIBILITY: All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

Only USA registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmers age as of December 8, 2006. USA 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 E-Mail: ilswimoffice@sbcglobal.net

Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA coach member registration card at all times will on deck.

Swimmers shall be limited to THREE (3) events per day plus relays. Relays swimmers must be entered in at least one individual event. **DECK ENTRIES WILL NOT BE PERMITTED.**

POSITIVE CHECK-IN: This meet is a positive check-in meet. All swimmers must check-in to **each session**. Check-in station will be located in pool area hallway, by the locker rooms. Check-in will close for each session 30 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.

Illinois Swimming Inc. Time standards will be used. Time for "Senior" events will be the 13-14 age group standards. All events will be deck seeded times finals. A-B events will be seeded and swam together but scored and awarded separately. The host team reserves the right to limit events 111 & 112 (Senior 500 Yard Free) to 13 & over swimmers only, and events 211 & 212 (Senior 200 Yard IM) to the fastest THREE (3) heats. Due to the order of events the 11 & 12 age groups will be limited to either the 50 or 100 Yard back, fly, and breast. This will allow ample time for swimmers to get to the bullpen between races. Please do not enter 11 - 12 swimmers in the same stroke at both distances.

ENTRY FEES: \$2:00 per swimmer for ISI surcharge
\$3.00 per individual event
\$7.00 per relay

A surcharge of \$2.00 per swimmer has been instituted by ISI. Please make checks payable to **ELMHURST SWIM TEAM.**

ENTRY DEADLINE AND PROCEDURES: Entries will not be accepted until Friday, November 3, 2006 and will be accepted until the maximum time limit, subject to the 4 hour/10 hour rule is reached. Entries received thereafter will be returned immediately. If you desire verification of entries received, include a self-addressed postcard with your entries.

ENTRIES MUST BE MAILED IN: **NO HAND DELIVERED ENTRIES WILL BE ACCEPTED, OVERNIGHT, PRIORITY, REGULAR MAIL, ETC. IS ACCEPTABLE.**

SCHEDULE: Friday warm-ups will begin at 5:00 pm. The meet will begin at 6:00 pm. Saturday and Sunday morning warm-ups will begin at 7:00 am. The meet will begin at 8:00 am. Afternoon warm-ups will begin at Noon in the West pool. The afternoon session will begin at 1:00 pm or as soon thereafter as is possible. The building will be open at 6:30 am on Saturday and Sunday. No swimmers will be allowed in the building before this time.

AWARDS: Awards will be given for the first through sixth place for "A" and "B" categories for individual events and first through third place for relay events. **AWARDS WILL BE AVAILABLE, TO COACHES ONLY, AT THE CONCLUSION OF THE MEET.**

UPGRADING

PROCEDURES: Swimmers will be allowed to upgrade to higher classification ("B" to "A") upon presentation of acceptable proof to the Clerk of Course no later than 30 minutes before the start of the session.

RESULTS: One copy of the final results will be mailed to any team represented by five (5) or more swimmers. Others may order final results at the meet for a \$7.50 fee. Sign-up will be at the admission desk following each session.

CONCESSIONS: A wide variety of food concessions will be available throughout the meet. T-shirts and other mementos and swim equipment will also be available.

TIMERS & OFFICIALS: We welcome and request all teams assistance in timing and officiating the meet. Timers & Officials may register with the Meet Director by sending the enclosed form with their team registration. Timers & Officials will receive free admission. Also, officials who work will receive lunch on each day.

GENERAL NOTES: Only swimmers, meet officials, timers, and USA registered coaches are allowed on the pool deck.

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 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 to other swimmers.

**ELMHURST SWIM TEAM
16TH ANNUAL A-B MEET
DECEMBER 8, 9, & 10, 2006**

**SANCTION #1LS06-1207
SCHEDULE OF EVENTS**

PLEASE NOTE: Swimmers shall be limited to three (3) events per day plus relays. Swimmers must swim at least one individual event in order to be eligible for relays. Swimmers may not participate in more than one session per day.

**SESSION #1
FRIDAY EVENING, DECEMBER 8, 2006**

**WARM-UPS: 5:00 PM
STARTING: 6:00 PM**

GIRLS		EVENT	BOYS
101	10 & Under	200 Y Free	102
103	11-12	200 Y Free	104
105	Senior	200 Y Free	106
107	10 & Under	200 Y IM	108
109	11-12	200 Y IM	110
111	Senior	500 Y Free**	112

**13 & Over only allowed in this event

**SESSION #2
SATURDAY MORNING, DECEMBER 9, 2006**

**BUILDING OPENS: 6:30 AM
WARM-UPS: 7:00 AM
STARTING: 8:00 AM**

GIRLS		EVENT	BOYS
201	10 & Under	50 Y Free	202
203	Senior	100 Y Free	204
205	10 & Under	50 Y Back	206
207	Senior	100 Y Back	208
209	10 & Under	50 Y Fly	210
211	Senior	200 Y IM**	212
213	10 & Under	200 Y R-Medley	214
215	Senior	200 Y R-Medley	216

**Host team reserves the right to limit to the fastest three (3) heats.

SESSION #3
SATURDAY AFTERNOON, DECEMBER 9, 2006
WARM-UPS: NOT BEFORE NOON
STARTING: NOT BEFORE NOON

GIRLS		EVENT	BOYS
301	11-12	100 Y Free	302
303	8 & Under	25 Y Back	304
305	11-12	50 Y Back**	306
307	11-12	100 Y Back**	308
309	8 & Under	25 Y Back	310
311	11-12	50 Y Fly	312
313	11-12	100 Y Fly**	314
315	8 & Under	100 Y IM	316
317	11-12	200 Y R-Medley	318
319	8 & Under	100 Y R-Medley	320

**May only choose one, 50 or 100

SESSION #4
SUNDAY MORNING, DECEMBER 10, 2006
BUILDING OPENS: 6:30 AM
WARM-UPS: 7:00 AM
STARTING: 8:00 AM

GIRLS		EVENT	BOYS
401	10 & Under	100 Y Free	402
403	Senior	100 Y Breast	404
405	10 & Under	50 Y Breast	406
407	Senior	50 Y Breast	408
409	10 & Under	100 Y IM	410
411	Senior	100 Y Fly	412
413	10 & Under	200 Y R-Free	414
415	Senior	200 YR-Free	416

SESSION #5
SUNDAY AFTERNOON, DECEMBER 10, 2006
WARM-UPS: NOT BEFORE NOON
STARTING: NOT BEFORE NOON

GIRLS		EVENT	BOYS
501	8 & Under	50 Y Free	502
503	11-12	50 Y Breast	504
505	11-12	100 Y Breast	506
507	8 & Under	25 Y Fly	508
509	11-12	50 Y Free	510
511	8 & Under	25 Y Fly	512
513	11-12	100 Y IM	514
515	8 & Under	100 Y R-Free	516
517	11-12	200 Y R-Free	518

ELMHURST SWIM TEAM

**16TH ANNUAL A-B MEET
DECEMBER 8, 9, & 10, 2006**

SANCTION#ILS06-207

ENTRY FORM

(Use this Form, or create your own form containing the same information)

NOTE: Swimmers are limited to three (3) individual events per day plus relays. Swimmers must swim at least one individual event in order to be eligible for relays. Swimmers may not participate in more than one session per day.

TEAM NAME _____

INDIVIDUAL EVENTS:

Swimmer Information

Name _____ Age _____ Sex _____ USA# _____
(First, Middle Initial, Last) (Years) (M or F)
(PLEASE PRINT)

List events/descriptions/Seed Times

EVENT# **DISTANCE (YDS)/STROKE** **SEED TIME (SC YDS)**

RELAY EVENTS#

<u>NAME 1</u>	<u>AGE</u>	<u>SEX</u>	<u>USA#</u>
<u>2</u>	<u>AGE</u>	<u>SEX</u>	<u>USA#</u>
<u>3</u>	<u>AGE</u>	<u>SEX</u>	<u>USA#</u>

Complete this form and mail with your age group entry forms (or **Hy-Tek commlink disk**) and your check payable to: **Elmhurst Swim Team**
Mail to: Elmhurst Swim Team c/o Dave Davis, York High School, 355 W. St. Charles, Elmhurst, IL 60126
Phone (630) 617-2481

SUMMARY OF FEES

8 & Under	# of Entries	@ \$3.00 each = \$
10 & Under	# of Entries	@ \$3.00 each = \$
11-12	# of Entries	@ \$3.00 each = \$
Senior	# of Entries	@ \$3.00 each = \$
Relays	# of Entries	@ \$7.00 each = \$
ISI surcharge	# of swimmers	@ \$2.00 each = \$

Name of Club _____

Club Initial code (for heat sheet listing) _____

Club Association (LSC Le. ISI) _____

Name(s) of coaches attending meet _____

Mailing address _____

City, State, Zip _____

Contact Person _____

Home Phone _____ **Business** _____

RELEASE FORM

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 cosign, waive and release any and all right and claims for damages which may occur against United States Swimming Inc., Elmhurst Swim Team, Inc., Unit School Dist. 205, their representatives, directors, officers, Employees or successors for any and all injuries suffered by me or any contestant or representatives, directors, officers, of my club. I attest that all athletes included in this entry and participating to be sanctioned/approved event are duly registered as current athlete members of USA Swimming

Signature _____ Title _____

Date _____

(Coach, representative or parent)

THE SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.

We request the assistance of each team of **5 or more swimmers** to provide timers and officials for the meet. We are requesting **2 timers and 1 official** per session. These volunteers just report to the volunteer table at the start of their session. Admission will not be charged.

Officials who work two sessions on the same day will receive lunch. Officials should indicate their current level of certification. Please indicate if you are available.

Session #1 - Friday Evening	December 8 th
Session #2 - Saturday Morning	December 9 th
Session #3 - Saturday Afternoon	December 9 th
Session #4 - Sunday Morning	December 10 th
Session #5 - Sunday Afternoon	December 10 th

TEAM NAME _____

VOLUNTEER NAME, JOB (TIMER, JUDGE, STARTER, ETC.) SESSION#(S) _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Return this form with your entry, or mail to:
Your assistance is greatly appreciated.

Dave Davis (630) 617-2481
York High School
355 W. St. Charles Road
Elmhurst, Illinois 60126