

**First Annual St. Charles Prelim/Final Meet**  
**February 9, 10 & 11, 2007**  
**Sanction #ILS07-0207**

**Meet Director:** Linda Popp, [lsppop@aol.com](mailto:lsppop@aol.com) 6N603 Brookhaven Lane, St. Charles, Illinois 60175 (630) 584-5181

**Entry Chair:** Paul Olney 3205 Fox Hunt Lane, St. Charles, Illinois 60174,  
[prolney@sbcglobal.net](mailto:prolney@sbcglobal.net)

**Meet Referee:** Al Reynolds [xlf5@sbcglobal.net](mailto:xlf5@sbcglobal.net)

**Location:** John B. Norris Rec. Center. 1050 Dunham Rd. St. Charles, Illinois

**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 **New** Daktronics timing system with 6-lane time display board. Beep horn systems with strobes will be used.

<b>Meet Schedule:</b>	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 Mid-day	11:30 – 12:20 pm	12:30 pm
	Finals PM	4:00 – 4:50 pm	5:00 pm

**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 2007 USA and ISI rules. Current 2007 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](http://www.ilswim.org)

Friday Night all events are timed finals. Swimmers entered on Friday night must be able to prove times at an A National Time. **Events may be limited to 4 heats on Friday night.** Saturday and Sunday will offer Prelim/Final format for 11 & 12, 13 & 14 and Senior Events. Swimmers must be able to prove times at a BB National Time Standard to be entered in the Prelim/Final portion of the meet. All Preliminary heats will be swam in the morning with the top 12 qualifiers returning for the evening Finals. All heats will be seeded slowest to fastest.

**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 February 9, 2007.

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- 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 Paul Olney at [prolney@sbcglobal.net](mailto:prolney@sbcglobal.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 Limit:** Each individual may enter 3 events per day. If the individual is entered in more than 3 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, 11-12 500 Free, 9-10 200 IM, 11-12 200 IM, the Sr. 500 free and Open 400 IM's will be limited to the top five heats. St. Charles Swimming reserves the right to limit these events further to meet any time line requirements necessary.
- Entry Fees:** Entry fees are \$ **4.50** for each individual swimming in a Prelim/Final event. Entry fees are **\$3.00** for the timed finals. A \$2 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 **Friday, Jan 12, 2007**. We will accept entries until the timeline capacity. Entries added after February 1 will not be included in the psyche 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 hours of email.
- Awards:** Awards for individual events will be given for places 1 thru 12 for timed finals. Awards will be given for 1 through 12 for finals in the 11-12 and 13-14 age groups. ***We request coaches pick up award packets immediately following the meet.***
- 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 posted throughout the meet. Final results will be e-mailed. A hard copy of results will be available upon request.
- Volunteers:** USA officials who would like to work the meet should call the Meet Referee to be assigned positions. [xl5@sbcglobal.net](mailto:xl5@sbcglobal.net)
- Security:** Only U.S.A. Swimming registered Coaches and tagged volunteers will be allowed on the deck. All questions after the start of the meet should be directed to the meet referee.

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- Parking:** Outside SCST parking signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. **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.**
- Timers:** Any team with more than five swimmers in a session may have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be notified of lane assignments prior to the meet. All teams in the finals (P.M. Sessions) will be assigned a lane for volunteer timers. A sign-up form will be available in the pool area during the afternoon sessions.
- Admissions:** An admission fee will be charged per day. A psych sheet will be available for a fee covering all sessions. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet.
- Concessions:** Food and Beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.
- Safety:**
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.

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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

**A. 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."
- 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.

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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.

**Coach Responsibilities:** Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at the meet. Coaches must be on deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session.

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**ORDER OF EVENTS**

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

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**Entry Chair:** Paul Olney 3205 Fox Hunt Lane, St. Charles, Illinois 60174  
[prolney@sbcglobal.net](mailto:prolney@sbcglobal.net)

**Summary of Fees:**

10 & Under    Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
                  Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

11-12            Girls    # of Entries \_\_\_\_\_ @ \$4.50 each = \$ \_\_\_\_\_  
Prelim/Final    Boys    # of Entries \_\_\_\_\_ @ \$4.50 each = \$ \_\_\_\_\_

11-12 Timed    Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
Final            Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Senior            Girls    # of Entries \_\_\_\_\_ @ \$4.50 each = \$ \_\_\_\_\_  
Prelim/Final    Boys    # of Entries \_\_\_\_\_ @ \$4.50 each = \$ \_\_\_\_\_

14 & Under    Girls    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_  
Timed Final    Boys    # of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Total # of Swimmers Attending: \_\_\_\_\_ @ \$2.00 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)

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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:

<b>Name</b>	<b>Address</b>	<b>Phone &amp; Certification</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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 Avenue turns in to Kirk Road. Follow Kirk Road past Route 64. Continue north on Kirk Rd to Fox Chase Blvd. Turn Left and follow road around to high school/Norris Center

3. I-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	155 S. 38 <sup>th</sup> St., St. Charles	630-584-6564 (5 min)
Courtyard	700 Courtyard Dr., St. Charles	630-377-6370 (5 min)
Hilton Garden Inn	4070 E. Main St., St. Charles	630-584-0700 (5 min)
Days Inn	100 S. Tyler, St. Charles	630-513-6500 (5 min)
Fairfield Inn	2096 Bricher Rd., St. Charles	630-845-5500 (5 min)



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