Midway Aquatics Club
1st Annual Midway Races
June 24, 25

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number ILL0628-06

Meet Director
Mike Cunningham
11817 S. Keeler Ave.
Alsip, Il 60803
630-204-7142

Entry Chairperson
Mike Cunningham
11817 S. Keeler Ave.
Alsip, Il 60803
630-204-7142
Hlywd475@aol.com

Safety Chairperson
Dave Ribbens
Meet Referee
Bob Welch

Format

This is a Timed Final meet, and positive check in will be used during all sessions. Pool doors will open at 8:00am

Saturday and Sunday A.M. **Warm Ups** 8:30-9:20am
Meet Start 9:30am
Positive check in closes at 9:00am

Saturday and Sunday P.M. **Warm Ups** Not before noon. Lasting 50 Min.
Meet Start Not before one. Starting one hour after warm ups start.
Positive check in closes ½ hour after warm up starts.

Location

University Of Chicago
Gerald Ratner Center
5530 South Ellis Ave
Chicago, Il 60637

Facility

The pool is a 50 meter by 25 yard pool with movable bulk heads. The pool has two inch wave eater lane lines. The timing system is a Colorado Timing System with 9 lane digital read out.

Rules And Safety

All current ISA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

Eligibility All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, PO Box 877, Aurora, IL 60507, Phone 630-844-0476. Fax 630-844-2289. A swimmer's age as of June 23 2006, will determine their age for the meet.

USA Swimming, Inc Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming.

Membership It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate in the meet or be on deck.

Coaches All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

Entry Deadline Entries will not be accepted by the Entry Chairperson before 8:00am (CST), May 22nd 2006. No fax entries will be excepted.

Entries All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Swimmers are limited to four (4) individual events on Saturday and Sunday not including relays. Relay swimmers must be entered in at least one individual event. Midway Aquatics Club will be using Hytek Meet Manager for Windows 2.0. Entries may be submitted on data disk, 3.5" only, generated using Hytek Team Manager (Commlink II File). Such entries must comply with USA Swimming and Illinois Swimming, Inc. rules.

E-mail entries will be accepted conditionally please send them to Hlywd475@aol.com. All computer entries must be accompanied by a hard copy printout of your Commlink data file, or filled out on the entry forms provided within this packet by the host club. All other entries must be submitted on the enclosed form or a facsimile. **The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries.** These must be returned together with the entry forms and your check made payable to the **University of Chicago Lab Schools**. Failure to do so shall be sufficient grounds for refusal of this entry. E-mail entries will be accepted conditionally (please zip your e-mail entry) and will be considered official upon receipt of hard copy,

disk / entry blank, signed check, summary of fees, and release form within 48 hours of the entry deadline.

Entry Fees Entry fees will be $2.50 per individual event, plus $1.00 ISI surcharge per swimmer entered. **Please make all checks Payable to University of Chicago Lab Schools.**

Entry Limitations Deck entries will not be permitted. Distance events of 200 yards or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the entry fee will be refunded. The host team reserves the right to swim additional heats if time allows. A listing of the psych sheet showing eligible swimmers will be posted on our website at **www.midwayaquaticsclub.com.**

Entry Verification You will receive e-mail notice of receipt of entries when they are received, and e-mail notice when entries have been made official. Please include an e-mail address where you can be reached.

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 requests.

The Meet Referee reserves the right to impose "fly-over" starting procedures.

Positive Check In This meet is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. **Swimmers must check in each day**. Positive check in closes **30 min after the start of warm up**. There will be a bull-pen for 8 & Under swimmers only. Do not submit entry cards; the host club will provide all timers' cards. **There will be a second check in for the Mile during Saturday's events**.

Seeding All events will be timed finals, swum slowest to fastest with the exception of the Mile freestyle events, which will be swum from

fastest to slowest, alternating women's and men's heats. **Please submit your entries with Long Course Meter Times.** All Short Course Meter and Short Course Yard times will be considered non-conforming and seeded in the slowest heats.

Relay Events Relay cards will be supplied in the coaches packets, and are to be turned in no later than 30 min following the start of the meet session in which they are competing.

Awards Awards will be given for first (1st) through eighth (8th), and can be picked up at the awards table by the athletes thirty (30) minutes following the completion of their event.

Results Results will be posted on the teams web site following each session. One copy of the final results will be e-mailed to all the teams represented within 48 hours of the completion of competition. Sign up for individual results packages will be at the admissions table and will cost $10 per packet.

Admissions & Heat/ Psych Sheets **Saturday and Sunday $3.00 each day All Session Pass $6.00. Psych Sheets Included in Entry Fee**. All Children 10 and Under are Free.

Concessions Food and Beverages will be available in the entry of the building. However there will be no food allowed outside of the concession area. No glass containers of any kind will be allowed in the pool or viewing area. No smoking allowed inside the building or within 15 feet of the building entrance in accordance with the Chicago law. Alcoholic beverages are not allowed anywhere on the University grounds. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer, parent, and/or team from the meet**.

Vendor Kiefers will be selling swimwear and accessories for all of your aquatic needs.

Swimmer Supervision Each team or coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concessions area, and viewing area's. Parents, swimmers, and coaches are **NOT** allowed access to the rest of the facilities.

Security No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers.

Campus Map At End Of Packet

Directions **Please note that I-94 is under construction and some exits may be closed. Please check the IDOT Web site for updates. www.IDOT.org, and www.avoidtheryan.com**

From Lake Shore Drive in Chicago

Exit at 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From North of Chicago

Take I-94 East to I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From South of Chicago

Take I-94 West to Garfield Boulevard (55th Street). Exit at Garfield Boulevard and proceed east, through Washington Park. Follow signs to 55th Street until you reach Ellis Avenue. Turn right onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From East of Chicago

Take I-94 West to Garfield Boulevard (55th Street). Exit at Garfield Boulevard and proceed east, through Washington Park. Follow signs to 55th Street until you reach Ellis Avenue. Turn right onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From West of Chicago

Take I-290 East to I-94 East. Take I-94 East to I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From Southwest of Chicago

Take I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

ISI Safety Requirements
Warm Up Procedures

General Warm Up: All Lanes

. Saturday and Sunday A.M. 8:30-9:20 a.m.
Saturday and Sunday P.M. Not Before 12:00-12:30 p.m.
800 Freestyle Not Before 3:00pm

Specific Warm Up: Lanes : Sprint 2,3,6,7; Gen Warm Up 4,5,8; and Push Pace 1, 9

Saturday and Sunday A.M. 9:00-9:20 a.m.
Saturday and Sunday P.M. Not Before 12:30-12:50 p.m.

Pool Closes: All Lanes

Saturday and Sunday A.M. 9:20 a.m.
Saturday and Sunday P.M. Not before 12:50 p.m.
800 Freestyle Not Before 3:30pm

Coaches' Responsibilities

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

Marshalling

1. 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 be a USS member.
   b. Marshals shall be current members of US 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 violation of safety requirement or warm up procedure by a swimmer could result in the swimmer being barred from the next individual event.
2. Host teams 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 posted at several locations around the pool area.
4. An announcer shall be on duty for the entire warm-up period to announce land and time changes and to assist with the conduct of the warm-up
5. Hazards in locker rooms, on the deck, 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. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer in a recall start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks during competition.

THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.

Unattached swimmers must report to the safety coordinator before entering the pool.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommend lane assignments depending on pool configuration, number of swimmers or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced , and/or posted prominently in the pool area.

1st Annual Midway Races

Event # Women		Event # Men
	Session 1 Saturday June 24, 2006 A.M.	
	Warm Ups 8:30-9:20 a.m Meet starts 9:30 a.m.	
1	11 - 12 200 M Freestyle	2
3	10 & U 200 M Freestyle	4
5	11 - 12 100 M Back	6
7	10 & U 100 M Back	8
9	11 - 12 50 M Breast	10
11	10 & U 50 M Breast	12
13	11 - 12 100 M Fly	14
15	10 & U 100 M Fly	16
17	11 – 12 50 M Freestyle	18
19	10 & U 50 M Freestyle	20
	Session 2 Saturday June 24, 2006 P.M.	
	Warm Ups Not before noon Meet Starts One hour after warm ups	
21	13 - 14 200 M Back	22
23	Senior 200 M Back	24
25	13 - 14 50 M Free	26
27	Senior 50 M Free	28
29	13 - 14 100 M Breast	30
31	Senior 100 M Breast	32
33	13 - 14 200 M Freestyle	34
35	Senior 200 M Freestyle	36
37	13 - 14 100 M Fly	38
39	Senior 100 M Fly	40
41	13 - 14 400 M IM	
	Senior 400 M Freestyle	44
	Session 3 Saturday June 24, 2006 P.M.	
85	Open 800 M Freestyle	
	Session 4 Sunday June 25, 2006 A.M.	
	Warm Ups 8:30-9:20 a.m Meet starts 9:30 a.m.	
45	11 - 12 100 M Breast	46
47	10 & U 100 M Breast	48
49	11 - 12 50 M Butterfly	50
51	10 & U 50 M Butterfly	52
53	11 - 12 200 M IM	54
55	10 & U 200 M IM	56
57	11 - 12 50 M Back	58
59	10 & U 50 M Back	60
61	11 - 12 100 M Freestyle	62
63	10 & U 100 M Freestyle	64
	Session 5 Sunday June 25, 2006 P.M.	
	Warm Ups Not before noon Meet Starts One hour after warm ups	
65	13 - 14 200 M Fly	66
67	Senior 200 M Fly	68
69	13 - 14 200 M Breast	70
71	Senior 200 M Breast	72
73	13 - 14 100 M Back	74
75	Senior 100 M Back	76
77	13 - 14 200 M IM	78
79	Senior 200 M IM	80
81	13 - 14 100 M Free	82
83	Senior 100 M Free	84
	13 - 14 400 M IM	42
43	Senior 400 M Freestyle	
	Session 6 Sunday June 25, 2006 P.M.	
	Open 800 M Freestyle	86

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1st Annual Midway Races
June 23-25 2006
USA Swimming, Inc – Sanction No. **ILL0628-06**

Complete this form and mail with your check payable to:
University of Chicago Lab Schools

Mail To: Mike Cunningham
11817 S. Keeler Ave.
Alsip, Il 60803

E-Mail To: **Hlywd475@aol.com**

Summary Of Fees

Age Group	Number Of Entries	Cost Per Entry	Total
10 & Under	_____	$2.50 per event	_____
11 – 12	_____	$2.50 per event	_____
13 – 14	_____	$2.50 per event	_____
Senior	_____	$2.50 per event	_____
ISI Surcharge per swimmer		$1.00 per person	_____
		TOTAL	_____

Name Of Club _____ Club Code_____

E-Mail Address_____ LSC_____

Mailing Address_____

_____

Phone # Of Entry Person (Day)_____ (Eve)_____

Coaches Attending _____

In consideration of the acceptance of this entry, I m intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, herby consign, waive, and release any and all rights and claims for damages which may occur against USA Swimming, University of Chicago, Illinois Swimming Inc, Midway Aquatics Club, their representatives directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representatives of my club. I attest that all athletes included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature : _____

Title (Coach, Club Representative, or Parent) _____ Date: _____

This signed release and your check for the full and correct amount must accompany your entry, or your entry will not be accepted. Entries must be received **No earlier than MONDAY MAY 23, 2006 8:00A.M.**.

Volunteer Form

We are looking for volunteers to help up through out the meet. We have enclosed a sign-up form to distribute to parents interested in volunteering, or please include someone to be contacted. Thanks for your help.

Officials

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

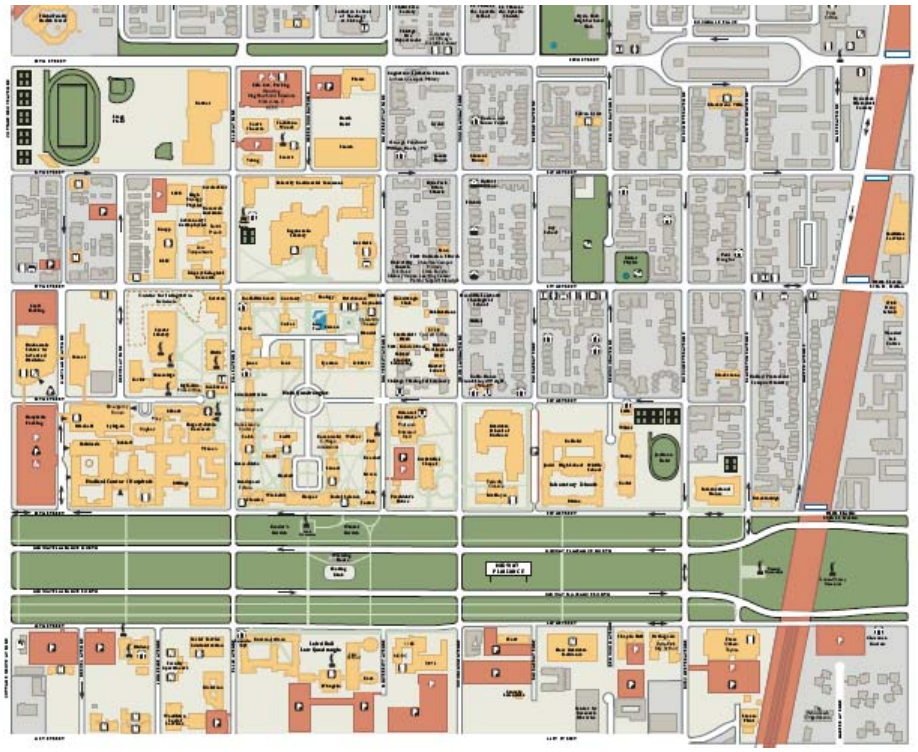
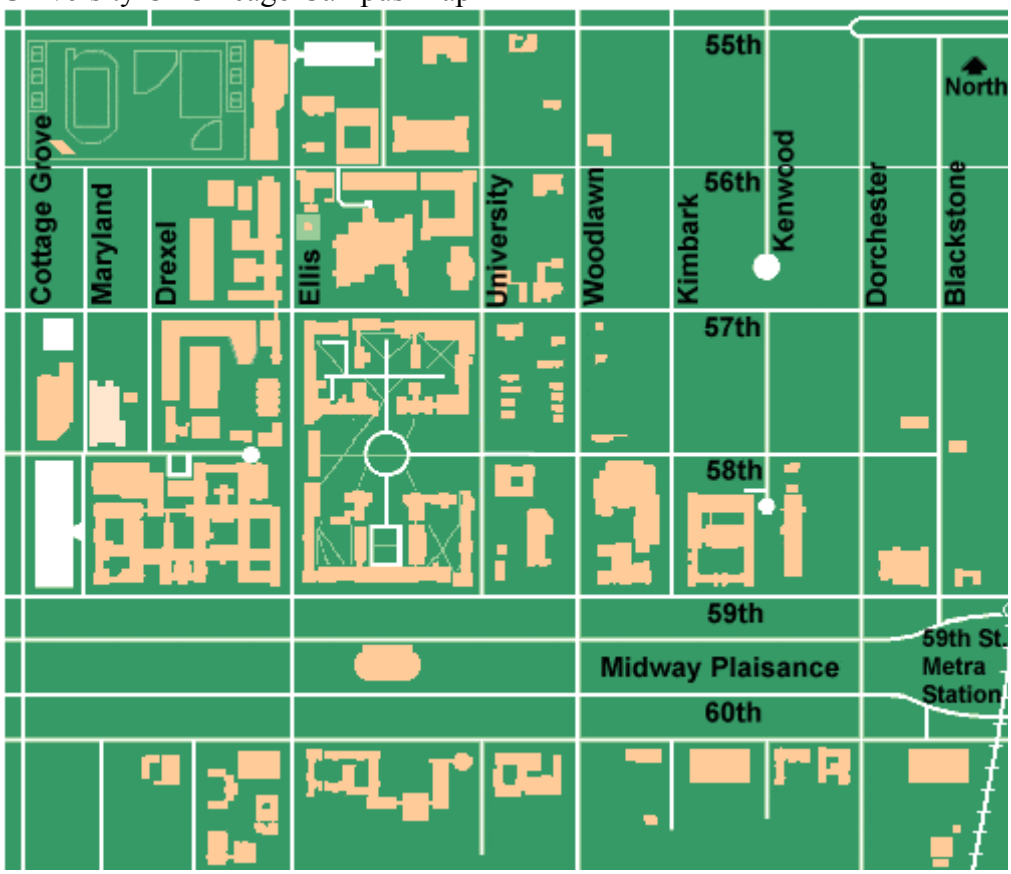
E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____



University Of Chicago Campus Map