

ST. CHARLES SWIM TEAM
Endless Summer Time Trial
July 22 and 23, 2006
SANCTION #ILL06-0703
LONG COURSE METERS

MEET DIRECTOR: Linda Popp 6N603 Brookhaven Lane, St. Charles, Illinois 60175 lsppop@aol.com

ENTRY CHAIR: Bill Shanel, 66 Highgate Course St. Charles, IL 60174 billshanel@prodigy.net

MEET REFEREE: Al Reynolds AReyn78639@aol.com

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	7:00 AM	Start	8:00 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 CLOSES 20 MINUTES AFTER WARMUPS START

ENTRIES: All entries shall comply with current 2005-06 USA SWIMMING and ISI rules. A swimmer's age for the meet is his/her age as of July 22nd, 2006. Current 2005-06 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. www.ilswwim.org.

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 Endless Summer Entry Forms. Computerized entries from Hy-Tek's team Manager are preferred. Mail e-mail entries to Entry Chair 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; and (3) payment for meet.

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 LIMITS: Swimmers will be limited to 3 Individual Events per day. If the individual is entered in more than 3 events, the entry will be made by order of events starting with event #1 until the limit is satisfied. The 400 IM's, 400 Free's & 800 Free's may be limited to the top three heats depending on the time line. **Entries will be limited to BB times and higher.** Swimmers with Age Group Championship times should not be entered.

ENTRY DEADLINE: Entries will not be accepted before **Saturday June 10th**. Entries will be accepted until the timeline capacity. Entries added after July 1st 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. All payments and hard copies of entries are due within 48 hrs of email of entries. 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.

Entries will be taken until the timelines have been met.

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AWARDS: Awards for individual events will be given for places 1 through 6 by division of A, B, & C Illinois Time Standards for the 8 & Unders, 9-10, 11-12 and 13-14 Age Groups. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.

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 emailed to clubs with 5 or more swimmers. Results will be sent to individuals for \$10.00. Sign up at admissions table. Results will also be available on-line.

SECURITY: Only USA 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. Parents will NOT be allowed on deck.

ADMISSION & HEAT SHEETS: Admission charge for spectators will be \$3.00. A combined Psyche Sheet for all session will be available at admission for \$5.00. 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:

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.

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.

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

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.

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."

Saturday Morning (13-14 / Senior) –Session 1

Girls Event #		Boys Event #
1	Senior 400 IM	2
3	13-14 200 IM	4
5	Senior 100 Free	6
7	13-14 100 Free	8
9	Senior 200 Breast	10
11	13-14 100 Back	12
13	Senior 100 Back	14
15	Senior 200 Fly	16
17	Open 400 Free	18

Saturday Afternoon (10 & Under / 11-12) –Session 2

Girls Event #		Boys Event #
19	12 & Under 200 Free	20
21	12 & Under 200 IM	22
23	10 & Under 50 Free	24
25	11-12 50 Free	26
27	10 & Under 100 Breast	28
29	11-12 100 Breast	30
31	10 & Under 50 Back	32
33	11-12 50 Back	34
35	10 & Under 100 Fly	36
37	11-12 100 Fly	38

Sunday Morning (13-14 / Senior) – Session 3

Girls Event #		Boys Event #
39	Senior 200 Back	40
41	Open 200 Free	42
43	13-14 100 Breast	44
45	Senior 100 Breast	46
47	13-14 50 Free	48
49	Senior 50 Free	50
51	13-14 100 Fly	52
53	Senior 100 Fly	54
55	Senior 200IM	56
57	Senior 800 Free	58

ORDER OF EVENTS

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Sunday Afternoon (10 & Under / 11-12) - Session 4

Girls Event #

59	11-12 100 Back
61	10 & under 100 Back
63	11-12 50 Breast
65	10 & Under 50 Breast
67	11-12 100 Free
69	10 & Under 100 Free
71	11-12 50 Fly
73	10 & Under 50 Fly
75	12 & Under 400 Free

Boys Event #

60
62
64
66
68
70
72
74
76

ENTRY FEE AND RELEASE FORM

Entry Chair: Bill Shanel, 66 Highgate Course St. Charles, IL 60174; 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 correctly 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, July 14th. 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 July 14th, 2006

Age Group _____

Boys / Girls

Team Code _____

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

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			

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 Kirk Road to Route 64. Continue north on Kirk Rd to Fox Chase Blvd. Turn Left and follow road around to High School/Norris Center
3. 1-90 Northwest Tollway to Route 25. South to Dunham Rd. to High School/Norris Center

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		630-584-6564 (5 min)
Courtyard		630-377-6370 (5 min)
Hilton Garden Inn		630-584-0700 (5 min)
Days Inn		630-513-6500 (5 min)
Fairfield Inn		630-845-5500 (5 min)