

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 20th & 21st, 2006

SANCTION #ILL06-0507
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

CHECK-IN **This is a positive check-in meet. Check-in closes 20 minutes after warm up starts.**

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 May 20th, 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.ilswim.org

SEEDING: Enter swimmers at their short course yard times to assure proper seeding. Deck entries will not be permitted. Upgrading of a swimmer's 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 Pentathlon Entry Forms. Computerized entries from Hy-Tek's team manager are preferred. Send e-mail entries to Entry Chair at: billshanel@prodigy.net Please send the following completed 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; and (4) Officials to work the meet.

ENTRY LIMITS: Swimmers 9 and older may enter a minimum of 4 events, but must be entered in all 5 events to be eligible for awards. Swimmers 8 and under may enter a minimum of 3 events but must be entered in all 4 single stroke events to be eligible for awards.

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

DEADLINE: Entries will not be accepted before Saturday, April 15th. Only entries mailed overnight will be accepted. Entries will be on a first received, first entered basis. Only E-Mailed or Mailed Entries will be accepted. No Hand Delivered Entries. Entries sent before the due date will be entered only if the maximum time limit has not been reached. If you desire a verification of entries accepted, include a stamped self-addressed post card. **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.**

AWARDS: Trophies will be awarded to the top 6 highpoint swimmers, with best cumulative times for each of the age categories: 7 & Unders, 8 years old, 9 years old, 10 years old, 11 years old, 12 years old, 13 years old, 14 years old, and Seniors. Swimmers 10 & Under, 11-12, and 13-14 will swim together but will be scored individually. In order to qualify for the highpoint awards, the swimmer must be entered in all 5 events, except for 8 and Under, who must be entered in 4 single stroke events. 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: **Results will be e-mailed. A hard copy of results will be mailed by request.** Results will be sent to individuals for \$10.00. Sign up at admissions table. Results also will be available online.

SECURITY: Only US 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.

WARM-UPS: **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

SAFETY

GUIDELINES: 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."

ORDER OF EVENTS

Saturday Morning - Session 1 (Warm-Up 7:00am)		Start 8:00am)
Girls Event #		Boys Event #
1	10 & Under 50 Fly	2
3	10 & Under 50 Back	4
5	10 & Under 50 Breast	6
7	10 & Under 50 Free	8
9	9 & 10 200 I.M.	10
Saturday Afternoon - Session 2 (Warm-Up 12:30pm)		Start 1:30pm)
Girls Event #		Boys Event#
11	11 & 12 50 Fly	12
13	11 & 12 50 Back	14
15	11 & 12 50 Breast	16
17	11 & 12 50 Free	18
19	11 & 12 200 I.M.	20
Sunday Morning - Session 3 (Warm-Up 7:00am)		Start 8:00am)
Girls Event #		Boys Event #
21	13 - 14 100 FLY	22
23	13 - 14 100 Back	24
25	13 - 14 100 Breast	26
27	13 - 14 100 Free	28
29	13 - 14 200 I.M.	30
Sunday Afternoon - Session 4 (Warm-Up 12:30pm)		Start 1:30pm)
Girls Event #		Boys Event #
31	Senior 100 FLY.	32
33	Senior 100 Back	34
35	Senior 100 Breast	36
37	Senior 100 Free	38
39	Senior 200 I.M.	40

ST. CHARLES SWIM TEAM SPRING PENTATHLON MAY 20th & 21st, 2006

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 currently 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, May 12th. Only entries mailed overnight will be accepted. Entries will be on a first received, first entered basis.

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 20th & 21st, 2006

Entries Due By Friday May 5th, 2006

Age Group _____

Boys / Girls

Team Code _____

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

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 20th & 21st, 2006

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			

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DIRECTIONS TO NORRIS RECREATION CENTER

1. Route 64 to Dunham Road. North on Dunham Road, one - half mile to the Norris Recreation Center. The Norris Center will be on the Right.
2. West on I-88 East – West Tollway to Farnsworth Avenue. Farnsworth turns into Kirk Road to Route 64. Continue North on Kirk Road to Fox Chase Blvd. Turn Left and follow road around to High School/Norris Center. The Norris Center will be on the Right.
3. I - 90 to Route 25. South on Dunham Road. Take Dunham to the Norris Recreation Center on the Left.

HOTEL INFORMATION

Best Western	630 - 584 - 4550
Country Inn Suites	630 - 587 - 6564 / 800 - 456 - 4000
Holiday Inn Express	630 - 584 - 5300 / 800 - 465 - 4329
Hotel Baker	630 - 584 - 2100
Oscar Swan County Inn	630 - 232 - 0173
Pheasant Run Resort	630 - 584 - 6300
Super 8 Motel	630 - 377 - 8388
Courtyard by Marriott	630 - 377 - 6370
The Herrington	630 - 208 - 7433 / 800 - 216 - 2466
Hilton Garden Inn	630 - 584 - 0700 / 800 - HILTONS
Days Inn	630 - 513 - 6500
Fairfield Inn	630 - 845 - 5500