

# Lockport Homer Swim Club

Cordially, invites you to

## *Oktober Swim Fest*

October 19-20-21, 2007

Sanctioned by USA Swimming & Illinois Swimming  
Sanction #

**Location** Lockport East High School  
1333 East 7<sup>th</sup> Street  
Lockport, IL 60441

**Facility** 8 lane 25 yard indoor pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12 foot depth). A fully automatic Colorado timing system with touch pads and one backup button will be used. Seating capacity for 450 spectators available.

**Meet Director**

Monique Witkowski

**Meet Entries**

Laura Knowles  
lknowles@lths.org

**Safety Coordinator**

Kurt Lindemann

**Meet Referee**

Glenn Gabriel

**Format**

Timed finals with a positive check-in  
Check -in Sheets will be posted prior to the start of  
Of warm ups, and will be removed 30 minutes prior to  
the start of the session.

**Session**

**Warm Up Start Time**

**Check in Closes**

**Meet Start**

Friday PM  
Distance Events

5PM

5:30PM

6PM

Sat & Sun AM  
10 & Under, 11-12

7AM

7:30AM

8AM

Sat & Sun PM  
8 & Under, 13 & Over

12N\*

12:30PM\*

1PM\*

\*Denotes a approximate time

**Eligibility** Swimmer's age as of October 19, 2007 will determine his/her age for the entire meet. Only USA Swimming registered athletes are eligible. All Swimmers must be registered prior to competing.  
**Entries listed as "Registration applied for" will not be accepted.**

**Entries** Swimmers may enter up to 4 events Saturday and Sunday , excluding relays. 2 events on Friday night.  
Entry times should be in SCY. Teams must submit their entries in a Hy-Tek file, zipped in an e-mail.  
A printed report including full name, USA swimming number, event numbers, and entry times of all Swimmers must be included with the entry. This report will serve as your official entry form. Relay entries and, a signed release with fee summary must accompany the entry.

**E-mail** Your Club's entire entry must be sent in one e-mail.

**Entries** Please do not send several e-mails which compose one Team.

E-mail entries to: **Laura Knowles**  
[lknowles@lths.org](mailto:lknowles@lths.org)

Mail Team Summary and Release forms to: **Monique Witkowski**  
**1333 East 7<sup>th</sup> Street**  
**Lockport, IL 60441**

**Entry Fees** \$3 per Individual event  
\$7 per Relay  
\$2 Swimmer surcharge  
**Make all checks payable to Lockport Township High School**  
**One check per Club, please.**

**Entry** Entries must be sent to the Entry Chair.

**Deadline** Entries will not be accepted before Monday October 1, 2007 at 8AM,  
OR after Friday October 12, 2007.

**Rules & Safety** All current USA Swimming and ISI Rules and Regulations apply  
All ISI and USA Swimming safety rules will be enforced.

**USA Swimming Membership** Insurance regulations require that all Swimmers, Coaches, Judges, Starters, and Referees be current members of USA Swimming, Inc. 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, Inc. may not participate in the meet or be on the pool deck.

Coaches and Officials must display their credentials at all times.

**Swimmers  
With  
Disabilities**

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 to the Coaches Or Swimmers to contact the Meet Referee with specific requests.

**Awards**

Ribbons will be awarded for 1<sup>st</sup>-5<sup>th</sup> place in each individual event, and, 1<sup>st</sup>-3<sup>rd</sup> in relay events. Swimmers in the 13 & Over groups will not Receive ribbons. High Point trophies will be awarded to the Top 3 Swimmers in age groups under 13 years old.

**Scoring**

20-17-16-15-14-13-12-11 for individual events.  
40-34-32-30-28-26-24-22 for relay events

**Seeding**

All events will be swum slowest to fastest, except the 1500 Freestyle This will be swum fastest to slowest, alternating women, and men.

**Starts**

At the Meet Referee's discretion, fly-over starts may be implemented In order to ensure that each session is completed in a timely manner.

**Limits**

The Host Team reserves the right to limit the number of heats swum for All events, in order to ensure the completion of the session within a 4 hour time frame. Any entries cut by the Host Team will not be refunded. The Host Team also reserves the right to swim a heat of its own Swimmers after the cut has been made.

**Concessions**

Food and beverages will be available. Food may be eaten in the concession area. NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK. No smoking is allowed Anywhere on Lockport Township High School property by State law.

**Admissions**

There will be admission charged for all Spectators 12 and Older.

**Results**

Final results will be posted on the LHSC website, and sent via e-mail to Participating Teams

**Warm Up**

Warm up rules will be posted on deck and in the Coaches packet. All ISI warm up and safety procedures will be in effect.

**Lockport Homer Swim Club**  
*October Swim Fest*  
 October 19-20-21, 2007

<b>Friday Evening</b>		
<b>5PM warm up</b>		
<b>Girls</b>		<b>Boys</b>
#1	Open 800 Free Relay	#2
#3	Open 400 IM	#4
#5	12 & U 200IM	#6
#7	Open 500 Free	#8

<b>Saturday AM</b>		
<b>Warm Up 7AM</b>		
<b>Girls</b>		<b>Boys</b>
#9	10 & U 100 Free	#10
#11	11-12 100 Free	#12
#13	10 & U 50 Backstroke	#14
#15	11-12 50 Backstroke	#16
#17	10 & U 100 Breaststroke	#18
#19	11-12 100 Breaststroke	#20
#21	10 & U 50 Butterfly	#22
#23	11-12 50 Butterfly	#24
#25	10 & U 200 Medley Relay	#26
#27	11-12 200 Medley Relay	#28
<b>#91 Mixed 12 &amp; U 1650 Free</b>		

<b>Sunday AM</b>		
<b>Warm Up 7AM</b>		
<b>Girls</b>		<b>Boys</b>
#49	11-12 200 Freestyle	#50
#51	10 & U 50 Freestyle	#52
#53	11-12 50 Freestyle	#54
#55	10 & U 100 IM	#56
#57	11-12 100 IM	#58
#59	10 & U 50 Breaststroke	#60
#61	11-12 50 Breaststroke	#62
#63	10 & U 100 Butterfly	#64
#65	11-12 100 Butterfly	#66
#67	10 & U 200 Freestyle Relay	#68
#69	11-12 200 Freestyle Relay	#70

<b>Saturday PM</b>		
<b>Warm Up 12N</b>		
<b>Girls</b>		<b>Boys</b>
#29	13 & O 200 Free	#30
#31	8 & U 50 Free	#32
#33	13 & O 100 Backstroke	#34
#35	8 & U 25 Backstroke	#36
#37	13 & O 100 Butterfly	#38
#39	8 & U 25 Butterfly	#40
#41	13 & O 200 Backstroke	#42
#43	8 & U 100 Freestyle Relay	#44
#45	13 & O 200 Breaststroke	#46
#47	13&O 400 Freestyle Relay	#48
<b>#92 Mixed 13 &amp; Over 1650 Freestyle</b>		

<b>Sunday PM</b>		
<b>Warm Up 12N</b>		
<b>Girls</b>		<b>Boys</b>
#71	Open 200 IM	#72
#73	8 & U 100 IM	#74
#75	13 & O 100 Freestyle	#76
#77	8 & U 25 Freestyle	#78
#79	13 & O 100 Breaststroke	#80
#81	8 & U 25 Breaststroke	#82
#83	13 & O 50 Freestyle	#84
#85	8 & U 100 Medley Relay	#86
#87	13 & O 200 Butterfly	#88
#89	13&O 400 Medley Relay	#90

# Lockport Homer Swim Club

## *October Swim Fest* October 19-20-21, 2007

### Team Summary and Release Form

Complete this form and mail along with your Entry Forms and check  
Payable to Lockport Township High School  
To the Meet Director no later than October 1, 2007

Meet Director  
Monique Witkowski  
1333 East 7<sup>th</sup> Street  
Lockport, IL 60441

#### Summary of Fees

Individual	#of entries _____	@\$3.00 _____
Relays	#of entries _____	@\$7.00 _____
Total # of Swimmers		@2.00 _____

Name of Club \_\_\_\_\_

Club Code \_\_\_\_\_ LSC \_\_\_\_\_

Head Coach \_\_\_\_\_

Club Mailing Address \_\_\_\_\_  
\_\_\_\_\_

Contract for Entries \_\_\_\_\_

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED!

In consideration of the acceptance of this entry, I, legally bind myself, my club, and all Participants in the meet from my Club, hereby consign, waive and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., IL Swimming, Inc., Lockport Homer Swim Club, Lockport Township High School District 205, their representatives, Directors, Officers, employees, or successors for any all injuries suffered. In addition I attest that all Athletes in this entry are current Athlete members of USA Swimming.

Club Representative \_\_\_\_\_ Date \_\_\_\_\_

**Lockport Homer Swim Club**  
*October Swim Fest*  
October 19-20-21, 2007

Officials and Timers

We would greatly appreciate the help of any Officials and Timers who would like to work this meet.

Timer Contact Name and e-mail address

\_\_\_\_\_

Officials Name                      level                      Sessions available                      e-mail

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

---