

Delta Aquatics Swim Team Winter Washout Swim Meet

Friday, Saturday, and Sunday, February 13-14-15, 2009

Sanctioned by USA Swimming and Illinois Swimming, Inc.
Sanction # ILS09-0217

Meet Director

Jessica Bogie
630-636-2456
CoachJessica@comcast.net

Entry Chairperson

Jessica Bogie
1525 Harvey Road
Oswego, IL 60543
630-636-2456
entries@deltaaquatics.com

Safety Chairperson

Deryl Leubner

Meet Referee

Bob Welch
rjwelch@sbcglobal.net

FORMAT This is a Timed Finals, **POSITIVE CHECK-IN** meet. A listing of events offered each session is attached. All 13/14 and 15 and over events will be swum together in the 13 & Over division. However, they will be separated by age group for results and awards.

Friday P.M.

Warm-ups: 4:30 - 5:20pm
Positive Check-in Closes: 5:00pm
Meet Start: 5:30pm

Saturday & Sunday A.M.

Warm-ups: 7:00 - 7:50am
Positive Check-in Closes: 7:20am
Meet Start: 8:00am

Saturday & Sunday P.M.

Warm-ups: 12:15 - 1:05pm
Positive Check-in Closes 12:35pm
Meet Start: 1:15pm

LOCATION Oswego East High School - 1525 Harvey Rd. Oswego, IL. 60543

FACILITY The Oswego East High School pool is a 25-yard eight lane pool with starting blocks at one end, non-turbulent lane lines, and a Daktronics timing system with an eight-lane read-out board. Additionally, there are two warm-up/cool down lanes available. The facility will accommodate 600 spectators.

RULES AND SAFETY All current USA 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, 3166 S River Road, Suite 30, Des Plaines, IL 60018, E-mail: ilswimoffice@sbcglobal.net, Phone: 847-824-1596, Fax: 847-824-1726. A swimmers' age as of February 13th, 2009 will determine their age for the meet.

USA SWIMMING, INC MEMBERSHIP Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming. 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 be accepted no earlier than 8:00 A.M. Central Standard Time on **Monday, January 5th, 2009**. Please e-mail your zipped Hy-tek Team Manager (Commlink II) files to ***Entries@deltaaquatics.com***
- A completed and signed Summary of Fees Report, provided in this packet, a hard copy printout of the entry, showing team's name, meet name, swimmers current registration number, age, first name, middle initial and last name and payment in full must be received by the Entry Chair within 72 hours of receipt of your e-mailed entry. An entry is not complete until all necessary paperwork including Summary of Fees Report, hard copy of entry and check for entry fees made payable to Delta Aquatics are received.
- All updated times must be received via email to **Entries@deltaaquatics.com** no later than 8:00 A.M. CST. February 2nd, 2009.*
- DECK ENTRIES WILL NOT BE ACCEPTED.
- ENTRIES** Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Entries will be accepted until the time limit, subject to the 4 hour/10 hour rule is reached and entries received thereafter will be returned immediately. No additional swimmers may be entered after original team entry has been processed.
- ENTRY FEES** The entry fee for individual events is \$3.00 per event. Additionally there is a surcharge of \$2.00 per swimmer which has been instituted by ISI. A signed Summary of Fees Report provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: *Delta Aquatics*.
- ENTRY LIMITATIONS** Swimmers will be limited to 4 events per session, 8 & unders are limited to 3 events per session. Any swimmer entered in more than the maximum number of events on the meet entry will be scratched from the last event(s) entered until the maximum of 4 events in each session is reached. Please note the 1000 Free is a separate session and will only swim the fastest 3 heats for boys and girls.
- ADDITIONAL LIMITATIONS** Due to time restrictions, the host team reserves the right to limit all events 200 yards or greater.
- The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session.
- The 1000 free will be offered. The top 24 qualifying times for girls and top 24 qualifying times for boys will swim (fastest to slowest).
- Should limitations be necessary, a copy of those sessions will be sent to each team so that the affected swimmers may be notified.
- ENTRY VERIFICATION** An e-mail will be sent confirming receipt of entry within 48 hours.
- 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.
- POSITIVE CHECK IN** This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for each session on Saturday and Sunday. Positive check in will close 30 minutes prior to the start of the meet on Friday. A separate positive check-in for the 1000 Free will be held beginning at 2:30 pm and will close 40 minutes later (3:10 pm). Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in the slower heats. This is on a first come first served basis.

AWARDS	<p>All awards will be based on the final results. Awards will be given to the Top 16 finishers in each age group. 15 and Over swimmers will not receive awards.</p> <p>All awards are to be picked up by their coach or team representative at the end of the meet. Unclaimed awards will not be forwarded after the meet.</p>
SEEDING	<p>Swimmers will be seeded with their short course yard times from slowest to fastest. All non-conforming times will be seeded last in rank order. The 1000 will be seeded fastest to slowest alternating girls and boys.</p>
ADMISSIONS & PSYCH SHEETS	<p>Admission is \$3.00 per session, no charge for children under age 12. A psyche sheet containing all sessions will be available for \$6.00.</p>
CONCESSIONS	<p>Food and beverages will be available for sale in the school commons/cafeteria area and in the hallway adjacent to the spectator area. NO FOOD IS ALLOWED ON DECK. A hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.</p>
OFFICIALS/MEET WORKERS	<p>Officials are needed. Please fill out the Official Volunteer form and turn it in with your entry. SWIMMERS IN THE 1000 MUST PROVIDE 1 TIMER AND A LAP COUNTER TO BE ABLE TO SWIM.</p>
MEET RESULTS	<p>Results will be posted as the meet progresses. Full meet results will be emailed to each team and available on our website within 24 hours.</p>

		Session #1		
		Warm-ups 4:30-5:20pm	Event	Meet starts at 5:30pm
Women's Event #			Event	Men's Event #
	1		10 and under 200 IM	2
	3		11-12 200 IM	4
	5		13 and over 400 IM	6
	7		11-12 500 free	8
	9		13 and over 500 free	10

		Session #2		
		Warm-ups 7:00-7:50am	Event	Meet starts at 8:00am
Women's Event #			Event	Men's Event #
	11		11-12 200 free	12
	13		9-10 200 free	14
	15		11-12 50 back	16
	17		9-10 50 back	18
	19		11-12 100 breast	20
	21		9-10 100 breast	22
	23		11-12 100 IM	24
	25		9-10 100 IM	26
	27		11-12 50 fly	28
	29		9-10 50 fly	30

		Session #3		
		Warm-ups: 12:15-1:05pm	Event	Meet starts at 1:15pm
Women's Event #			Event	Men's Event #
	31		13 and over 200 free	32
	33		8 and under 50 free	34
	35		13 and over 100 back	36
	37		8 and under 50 breast	38
	39		13 and over 100 breast	40
	41		8 and under 100 IM	42
	43		13 and over 200 fly	44
	45		13 and over 200 IM	46

Session #4
Warm-ups: 10 minutes immediately following event 44
 Men's 13 and over 1000 free 48

		Session #5		
		Warm-ups 7:00-7:50am	Event	Meet starts at 8:00am
Women's Event #			Event	Men's Event #
	49		11-12 50 free	50
	51		9-10 50 free	52
	53		11-12 100 back	54
	55		9-10 100 back	56
	57		11-12 50 breast	58
	59		9-10 50 breast	60
	61		11-12 100 fly	62
	63		9-10 100 fly	64
	65		11-12 100 free	66
	67		9-10 100 free	68

		Session #6		
		Warm-ups: 12:15-1:05pm	Event	Meet starts at 1:15pm
Women's Event #			Event	Men's Event #
	69		13 and over 50 free	70
	71		8 and under 100 free	72
	73		13 and over 100 fly	74
	75		8 and under 50 fly	76
	77		13 and over 200 back	78
	79		8 and under 50 back	80
	81		13 and over 100 free	82
	83		13 and over 200 breast	84

Session #7
Warm-ups: 10 minutes immediately following event 84
 Women's 13 and over 1000 free 47

ISI Safety Requirements Warm-up Procedures

Warm-Up Procedures

1. General Warm-ups (first 20-45 mins.)
 - a. No diving allowed from the blocks or edge of pool. Swimmers **MUST** enter the pool feet first, while maintaining contact with the deck 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 20-45 mins.)
 - a. Push/Pace Lanes (Lane 1 & 8)—Push off one or two lengths from starting end. Circle swim **ONLY**. **NO DIVING**.
 - b. Diving Lanes (Lanes 2 & 7)—Spring lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
 - c. General warm-up lanes (Lanes 3,4,5,6)—**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.

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 minimum of two (2) 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 (1) Marshall shall act as the safety coordinator, who should be a USA member.
 - a. Marshall's shall be current members of USA Swimming
 - b. Marshall's 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.
 - c. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from the next individual event.
2. Host teams shall provide signs for each lane of the pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be posted at locations around the pool area. Illinois Swimming, Inc. Safety Guidelines and Warm-up procedures will be in affect at this meet.
4. An announcer shall be on duty for the entire warm-up period to announce lane 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 on 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
5. Unattached swimmers must report to the MEET REFEREE before entering the pool.

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

**Delta Aquatics Swim Team
Winter Washout Swim Meet**

Sanctioned by USA Swimming and Illinois Swimming, Inc
USA Swimming Sanction # ILS09-0217

Complete all information on this form and mail with entry forms and check to:

Oswego East High School
c/o Deryl Leubner & Delta Aquatics
1525 Harvey Rd.
Oswego, IL. 60543

Summary of Fees Report

8&U	No. of Swimmers _____	No. of Entries _____	@ \$3.00 ea. = \$ _____
9-10	No. of Swimmers _____	No. of Entries _____	@ \$3.00 ea. = \$ _____
11-12	No. of Swimmers _____	No. of Entries _____	@ \$3.00 ea. = \$ _____
13&O	No. of Swimmers _____	No. of Entries _____	@ \$3.00 ea. = \$ _____

Total Swimmers _____ @ \$2.00 ea. = \$ _____

Make checks payable to: **Delta Aquatics**

Total Fees = \$ _____

Name of Club _____ L.S.C. _____ Club Code _____

Names of Coaches Attending Meet _____

Person Submitting Entry _____

Complete Mailing Address _____

City _____ Zip _____ Home Telephone () _____

E-mail Address _____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages, which may accrue against the USA Swimming, Illinois Swimming, Inc., and Delta Aquatics, Oswego East High School, District 308, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as representative of any club. I also certify that all swimmers entered in the meet and their coaches are properly registered with USA Swimming. I attest to the fact that all athletes participating in this sanctioned/approved event competing under the name of a USA Swimming chartered club, or under an "Unattached" status, are duly registered athletes.

Signature: _____ Date: _____

Coach, Club Representative or Parent

**THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.
ENTRIES WILL NOT BE ACCEPTED PRIOR TO MONDAY, JANUARY 5th, 2009.
NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.**

Please return this form with your entries.

**Delta Aquatics Swim Team
Winter Washout Swim Meet**

February 13-14-15, 2009

Club: _____ Club Code: _____

ISI Official Volunteer Sheet

Name & Phone Number	Level	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____

Please return this form with your entries.

Questions, please call Jessica Bogie, Meet Director, at (630) 636-2456 or e-mail at coachjessica@comcast.net.