



Palatine Swim Team
 30th Annual Winter Splash
 January 17-18, 2009



Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
 USA Swimming, Inc.--Sanction Number ILS09-0115

Meet Director

Doug Plager
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Paul King
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Entry Chairperson

Jonathan Addison
 Palatine Park District
 Swim Team
 250 E. Wood St.
 Palatine, IL 60067
headcoach@ppdswim.org
 847-202-3240

Meet Referee

Lisa Gregor
lisagregor@sbcglobal.net

Safety Chairperson

Curt Freund

*Officials please email if you plan
 to attend this meet*

Format Open Short Course Yards
This is a positive Check-in meet.

Session	Day	Type	Athlete	Warm-ups	Meet Start
1	Saturday	Prelim	10&U, 12&U	7:00 AM	8:00 AM
2	Saturday	Timed Finals	8&U, Open	12:00 PM	1:00 PM
3	Saturday	Finals	10&U, 12&U	4:30 PM	5:30 PM
4	Sunday	Prelim/Timed Finals	10&U, 12&U	7:00 AM	8:00 AM
5	Sunday	Timed Finals	8&U, Open	12:00 PM	1:00 PM
6	Sunday	Finals	10&U, 12&U	4:30 PM	5:30 PM

Location Elk Grove High School
 500 W Elk Grove Blvd
 Elk Grove Village, IL 60007

Facility The Elk Grove High School pool is an eight lane, 25 yard indoor pool with starting blocks at the deep end. The start end depth is 13 ft 11 in. Turn end depth is 4 ft 0 in. The pool has non-turbulent competition lane lines and a fully automated Colorado Timing System with read-out board.

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 deadlines. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 S. River Rd., Des Plaines, IL, 60018, Phone: 847-824-1596, Fax: 847--824-1726. A swimmer's age as of January 17, 2009 will determine their age for the meet.
- USA Swimming, Inc. Membership** Insurance regulations require that all swimmers, 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** Email or Overnight mail carrier delivery only. No hand delivered, telephone, or fax entries will be accepted. Entries must be received by the Palatine Park District Swim Team, 250 E. Wood St., Palatine, IL 60067 (847) 202-3240 no earlier than **Tuesday, December 16, 2008, at 8:00 a.m. Email entries may be sent to headcoach@ppdswim.org** Entries will be accepted in the order received until the 10-hour (swim meet) time limit per day is met. Thereafter, entries shall be returned promptly to the swimmer or team. An attempt will be made to achieve balance between age group classes. Entries shall not be considered received until all hard copies, waivers, and payments have been delivered to the Palatine Park District at the address shown above. Teams entering via email have 72 hours to submit hard copies, waivers, and payment or their entry is subject to non-acceptance. Any entry received earlier than 8:00 a.m. on December 18, 2007, will be placed at the end of the total entries received for that day, eliminating any need to re-submit. The entry deadline is **January 7, 2009. There will be upgrade of time allowed until this date.** All changes must be submitted before the entry deadline. We will accommodate where possible.
- Entries** This is a Hy-Tek software (Windows version) managed meet. Any club using Team Manager is strongly encouraged to use that package to submit the entry on diskette. The entry must be accompanied by the software generated printed form including full name, ISI number, event numbers and seed time. These must be returned together with the entry forms and your check. Failure to do so shall be sufficient grounds for refusal of the entry.
- A signed Summary Fee / Release form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: **Palatine Swim Team.**
- Entry Fees** \$4.50 per **Prelim/Final** Individual Event
 \$3.00 per **Timed Final** Individual Event
 \$7.00 per Relay Event
 \$2.00 ISI Surcharge per swimmer

Entry Limitations

Deck entries will not be permitted.

Prelim/Finals 12 & Under swimmers may swim a maximum of three (3) individual events and one (1) relay. If there are scratches in Limited Events, alternates will be called at the meet to fill the maximum number of heats.

Timed Finals Swimmers may swim a maximum of three (3) events and one (1) relay.

Relay swimmers must be entered in at least one individual event.

The 500 Freestyle and 400 IM events may also have the additional limitation that only the top three girls and boy's heats may be swum. The host team reserves the right to swim additional heats of any PPD swimmers if time allows. NO TIME entries will be accepted on a first come, first served basis. Affected swimmers or their coaches will be informed of limitations after the closing date and our time line is established. Refunds will be given if requested. The host team reserves the right to limit other events as it deems necessary.

Entry Verification

If you desire verification of entries received, include a stamped, self-addressed postal card with your entries. Emailed entries will receive and email confirmation of receipt of entry, but not necessarily acceptance into the meet.

Events

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

In accordance with USA Swimming Rules; Articles 105 and 202.2.13, 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

There will be a positive check-in at the entrance. Check-in will be closed 20 minutes after the start of that session's warm-up period. Each swimmer must highlight their event numbers to be seeded properly. Heat and lane assignments will be prominently placed. There will be no cards issued. Swimmers missing check-in will only be placed where any openings may occur regardless of original seed time. Swimmers failing to report to the blocks after having indicated an intention to swim will be charged with deliberate delay, failure to report (DQ), not a scratch, per USA regulations 101.1.5 B. There will be a bullpen for 8 & U. There may be a secondary positive check-in (1/2 to 3/4 hours) prior to distance events of 400 yards or longer.

Prelim/Finals 30 minute scratch rules will be in effect.

Scoring

Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for individual events. Relay events will be scored 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Scratches

Scratching from Consolation Finals and Finals

(1) Any swimmer qualifying for an individual consolation final race, or individual championship final race, who fails to swim in that race, shall be barred from further competition for the remainder of the session, except as noted in paragraph 5 below.

(2) In the event of a withdrawal or barring of a swimmer from competition the Referee shall fill the consolation final or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(3) Where consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation final and the championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the finals.

(4) If a consolation final has already been contested, the championship final shall be swum without reseeding for empty lane(s).

(5) Exceptions for Failure to Compete: no penalty shall apply for failure to withdraw or compete in an individual event if:

(A) The Referee is notified in the event of illness or injury and accepts the proof thereof.

(B) A swimmer qualifying for a consolation final or championship final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the announcement of the qualifiers for that race that he/she may not intend to compete and further declares his/her final intentions within (30) minutes following his/her last individual preliminary event.

(C) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Seeding

Timed Final events will be seeded and swum slowest to fastest. **Prelim/Final** events will be seeded and swum slowest to fastest, except for the last three heats, which will be circle seeded. If a swimmer enters more events than allowed, the Entry Chairperson will enter that swimmer to a maximum number allowed in that age group and will disregard any other entries for that swimmer for that day.

Relay Events

Preprinted relay sheets will be available at the beginning of each session. Coaches are to list the swimmers' names in the order of swimming. All relay sheets must be returned to the Clerk of Course no later than 60 minutes after the beginning of that session.

Awards Customized team trophies will be presented to first through third place overall team performances. The Host Team will not be eligible for these trophies. Awards will be given to first through sixteenth place in each age group, excluding Open events, with relay awards given to first through third place, excluding Open Events. All points earned in the open events count only at that level for the team trophy.

**Admissions
Heat/Psyche Sheets &
Timers**

\$4.00 per adult on Saturday & Sunday, all day. Psyche/Heat sheets: \$6.00 for the entire meet. Participating teams may be required to supply two (2) timers each session.

Concessions Food and beverages will be available. However, pool rules do not allow food outside the concession area. No glass containers of any kind will be allowed inside the pool complex or the adjoining building. No smoking or consumption of alcoholic beverages is allowed anywhere on the University grounds. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.**

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

Meet Results Will be available in hard copy and electronic form on our team website at www.ppdswim.org. Individual copies may be ordered at the time of the meet at a cost of \$10.00 at Admissions.

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**Complete this form and mail with your check
 payable to: PALATINE SWIM TEAM**

Mail to: Palatine Swim Team
 Palatine Park District Swim Team
 250 E. Wood St.
 Palatine, IL 60067

Email entry to: headcoach@ppdswim.org

<u>Age Group</u>	<u>SUMMARY OF FEES</u>	<u>Cost per entry</u>	<u>Total</u>
	<u>Number of Entries</u>		
8 & Under	_____	At \$3.00 each	_____
10 & Under	_____	P/F @ \$4.50 each	_____
11 & 12	_____	Timed Final@ \$3.00 each	_____
	_____	P/F @ \$4.50 each	_____
Senior	_____	Timed Final@ \$3.00 each	_____
	_____	At \$3.00 each	_____
Relays	_____		_____
Total # of swimmers (ISI Surcharge)	_____	At \$7.00 each	_____
	_____	At \$2.00 each	_____
TOTAL FEES			_____

Name of Club: _____ Club Code: _____

Email Address: _____ LSC: _____

Mailing Address: _____

Phone (entry person): (Day) _____ (Eve) _____

Coach(es) Attending _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may occur against USA Swimming, Elk Grove High School, High School District 214, Illinois Swimming Inc., Palatine Tiger Shark Swim Team, Palatine Park District, their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as 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: _____ Date _____
 (Coach, Club Representative, or Parent)

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received **NO EARLIER THAN TUESDAY, DECEMBER 16, 2008 at 8:00 A.M.**

Sat. AM – Prelims

Session 1

Girls	Events	Boys
1	10&U 100 Back	2
3	11-12 100 Back	4
5	10&U 100 IM	6
7	11-12 100 IM	8
9	10&U 100 Fly	10
11	11-12 100 Fly	12
13	10&U 100 Breast	14
15	11-12 100 Breast	16
17	10&U 50 Free	18
19	11-12 50 Free	20
21	10&U 200 Medley Relay	22
23	12&U 200 Medley Relay	24

All relays will be swum at the end of the prelims session.

Sat. PM - Timed Finals

Session 2

Girls	Events	Boys
25	Open 200 Free	26
27	8&U 50 Free	28
29	Open 100 Breast	30
31	8&U 25 Breast	32
33	Open 100 Back	34
35	8&U 50 Fly	36
37	Open 200 Fly	38
39	8&U 25 Back	40
41	Open 50 Free	42
43	8&U 100 Medley Relay	44
45	Open 400 IM <i>(May be limited to top 3 heats)</i>	46
47	Open 400 Medley Relay	48

Sat. PM – Finals

Session 3

Top 16 swimmers from events 1-20
will compete.

Sun. AM – Prelims

Please note the event numbers are non-sequential.

Session 4

Girls	Events	Boys
49	10 & under 200 IM	50
51	11-12 200 IM	52
51	10 & under 50 Fly	54
69	12&under 200 Fly (<i>Timed final event</i>)	70
55	11-12 50 Fly	56
57	10&U 50 Back	58
71	12&U 200 Back (<i>Timed final event</i>)	72
59	11-12 50 Back	60
61	10&U 50 Breast	62
73	12&U 200 Breast (<i>Timed final event</i>)	74
63	11-12 50 Breast	64
65	10&U 100 Free	66
67	11-12 100 Free	68
75	10&U 200 Free Relay	76
77	12&U 200 Free Relay	78

All relays will be swum at the end of the prelims session.

Sun. PM - Timed Finals

Session 5

Girls	Events	Boys
79	Open 200 IM	80
81	8&U 25 Free	82
83	Open 100 Free	84
85	8&U 50 Breast	86
87	Open 200 Breast	88
89	8&U 25 Fly	90
91	Open 200 Back	92
93	8&U 50 Back	94
95	Open 100 Fly	96
97	8&U 100 Free Relay	98
99	Open 500 Free (<i>May be limited to the fastest 3 heats.</i>)	100
101	Open 400 Free Relay	102

Sun. PM – Finals

Session 6

Top 16 swimmers from events 49-68
will compete.

Volunteer Form

We are looking for volunteers to assist us throughout the meet. For your convenience, we have enclosed a sign-up form to be distributed to those parents interested in timing and/or officiating. Thank you for your help.

OFFICIALS

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Name _____ phone _____

Email _____ Level _____

Timer Coordinator _____

Phone _____ Email _____

Two volunteer timers from each participating team may be asked to report to a timers' meeting prior to the commencement of each session.

WARM-UP PROCEDURES

1. **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.
2. **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

A. SAFETY GUIDELINES

1. 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.

2. 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."
- d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
- e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

3. Miscellaneous:

- a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.