



Patriot Aquatic Club

Ozzie Fest

June 27-29, 2008

Sanctioned by USA Swimming & Illinois Swimming. Sanction No.

LOCATION Adlai E. Stevenson High School (see attached map)
1 Stevenson Dr.
Lincolnshire, IL 60069

FACILITY Patriot Aquatic Center. 8-lane, 50-meter competition pool with non-turbulent lane lines and Colorado 5000 timing systems. Water depth at the start end of the south pool is 4 feet and 14 feet at the north end. There is seating for approximately 900 spectators.

Meet Director

Safety Coordinator

Meet Referee

Karl Milkereit

Shona Moeller

Naomi Chambers

Entries

Karl Milkereit

1 Stevenson Dr

Lincolnshire, IL 60069

patriotaquatic@gmail.com

****PLEASE MAKE SURE THAT YOU ENTER THE EMAIL ADDRESS CORRECTLY!****

FORMAT Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes prior to the start of the session. If you are not checked-in, you will be scratched from that session.

<u>Session</u>	<u>Warmup Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Friday PM (Distance Events)	5:00 PM	5:30 PM	6:00 PM
Saturday & Sunday AM (10-Under, 11-12)	7:00 AM	7:30 AM	8:00 AM
Saturday & Sunday PM (13 & Over)	12:00 PM*	12:30 PM*	1:00 PM*

* denotes an approximation

**Be sure that your entry is filled out completely and that all forms accompany your entry (team summary, volunteer assistance, signed release form, etc).
Incomplete entries will be sufficient cause for refusal of entry.**

ELIGIBILITY Swimmer's age as of June 27, 2008 will determine his or 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 3 events per day (excluding relays). Entry times should be in Long Course Meters (you **MAY NOT CONVERT** SCY times). Teams must submit their entry in a Hy-tek file, zipped in an email. A printed SDIF report including full name, USA 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.

EMAIL ENTRIES

The following guidelines must be followed for e-mail entries.

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours of receipt of entry.
2. E-mail entries must be in the form of a Hy-tek or SDIF file. You must "zip" the file so that it arrives to the entry chair intact.
3. Your club's entire entry must be sent in one email. Please do not flood us with several emails which compose one single team entry.

The host club accepts no responsibility for receipt or quality of transmission.

ENTRY FEES

\$3.00 per individual entry
\$7.00 per relay entry
\$2.00 surcharge per swimmer entered
Make all checks out to *Patriot Aquatic Club*, with one check per club.

ENTRY DEADLINE

Entries must be sent to the Entry Chair. They will not be accepted before June 2nd at 8:00am or after June 16, 2008 at 12:00pm. Entries **MUST** be sent initially by electronic mail.

RULES & SAFETY

All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.

USA SWIMMING MEMBERSHIP

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member 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 nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.

**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 of the coaches or swimmers to contact the Meet Referee with specific requests.

AWARDS

Ribbons will be awarded for 1st - 8th place in each individual event, and 1st - 3rd in relay events. Swimmers in the 15 & Over age group will not receive ribbons.

CLERK

The host club reserves the right to assign 10 & Under events for a clerk of the course.

SEEDING

All events will be seeded slowest to fastest, except for the 1500 which will be swum fastest to slowest. Be sure to enter your times in Long Course Meters (LCM) to ensure that you are properly seeded. Non-conforming times will not be accepted.

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.

LIMITATIONS

The host club reserves the right to limit the number of heats swum for all 400m and 1500m events and 200m events for 12 & unders, in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will not be refunded. The host club also reserves the right to swim a heat comprised of its own swimmers after the cut has been made.

CONCESSIONS

Food and beverage will be available. Food may be eaten in the glass commons, the area behind the starting end of the pool with a glass wall that permits viewing of the meet. **NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK.** No smoking is allowed anywhere on the high school campus by state law.

**PARKING &
ADMISSIONS**

Participants and spectators are requested to park in the "D" Lot. There will be an admissions charge for all spectators 15 and older.

RESULTS

Final results will be posted on the PAC website in HTML and PDF format. Host teams are asked to download the results themselves, to help defray postage costs. PAC's website is [<http://www6.district125.k12.il.us/pac/>]. Any additional awards will be mailed to clubs.

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ORDER OF EVENTS

Session 1 – Friday Night

Warmups at 5 pm, Meet starts 6 pm

1	12 & Under 200 IM	2
3	Open 400 Free	4
5	12 & Under 200 Free	6
7	Open 400 IM	8

Session 2 – 1500's

9	Open 1500 Free	10
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Start Time is 10 minutes after the completion of the last heat of event 8.

Heats will be swum alternating girls and boys, fastest to slowest.

Session 3 - Saturday Morning

Warmups at 7 am, Meet starts 8 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
11	11-12 50 Fly	12
13	10-U 50 Fly	14
15	11-12 100 Free	16
17	10-U 100 Free	18
19	11-12 50 Breast	20
21	10-U 50 Breast	22
23	11-12 50 Back	24
25	10-U 50 Back	26
27	11-12 200 Free Relay	28
29	10-U 200 Free Relay	30

Session 5 - Sunday Morning

Warmups at 7 am, Meet starts 8 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
41	11-12 100 Fly	42
43	10-U 100 Fly	44
45	11-12 50 Free	46
47	10-U 50 Free	48
49	11-12 100 Breast	50
51	10-U 100 Breast	52
53	11-12 100 Back	54
55	10-U 100 Back	56
57	11-12 200 Med. Relay	58
59	10-U 200 Med. Relay	60

Session 4 - Saturday Afternoon

Warmup at 12, Meet Starts at 1 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
31	13 & O 100 Breast	32
33	Open 200 Fly	34
35	13 & O 200 Free	36
37	Open 200 Back	38
39	13 & O 50 Free	40

Session 6 - Sunday Afternoon

Warmup at 12, Meet Starts @ 1 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
61	13 & O 100 Fly	62
63	Open 200 Breast	64
65	13 & O 100 Free	66
67	13 & O 100 Back	68
69	13 & O 200 IM	70

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Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable to Patriot Aquatic Club) to the Meet Entry Chair, no later than June 16, 2008.

Karl Milkereit
1 Stevenson Dr
Lincolnshire, IL 60069

(847) 634-4000 x2139
patriotaquatic@gmail.com

Summary of Fees

Individuals	No. of Entries	_____	@ \$3.00 ea. =	_____
Relays	No. of Entries	_____	@ \$7.00 ea =	_____
Total # of Swimmers		_____	@ \$2.00 ea. =	_____
			Total Meet Fees	_____

Name of Club: _____

Club Code: _____ LSC: _____

Head Coach : _____

Club Mailing Address _____

Contact for Entries: _____

Phone: _____ Email: _____

This signed release must accompany entry or entry will not be accepted!

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of 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., Illinois Swimming Inc., Patriot Aquatic Club, Stevenson High School District No. 125, their representatives, directors, officers, 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. In addition, I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

Club Rep. Signature _____ Date _____

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Warm-Up Procedure

A. 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

B. 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. Backstrokers 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.

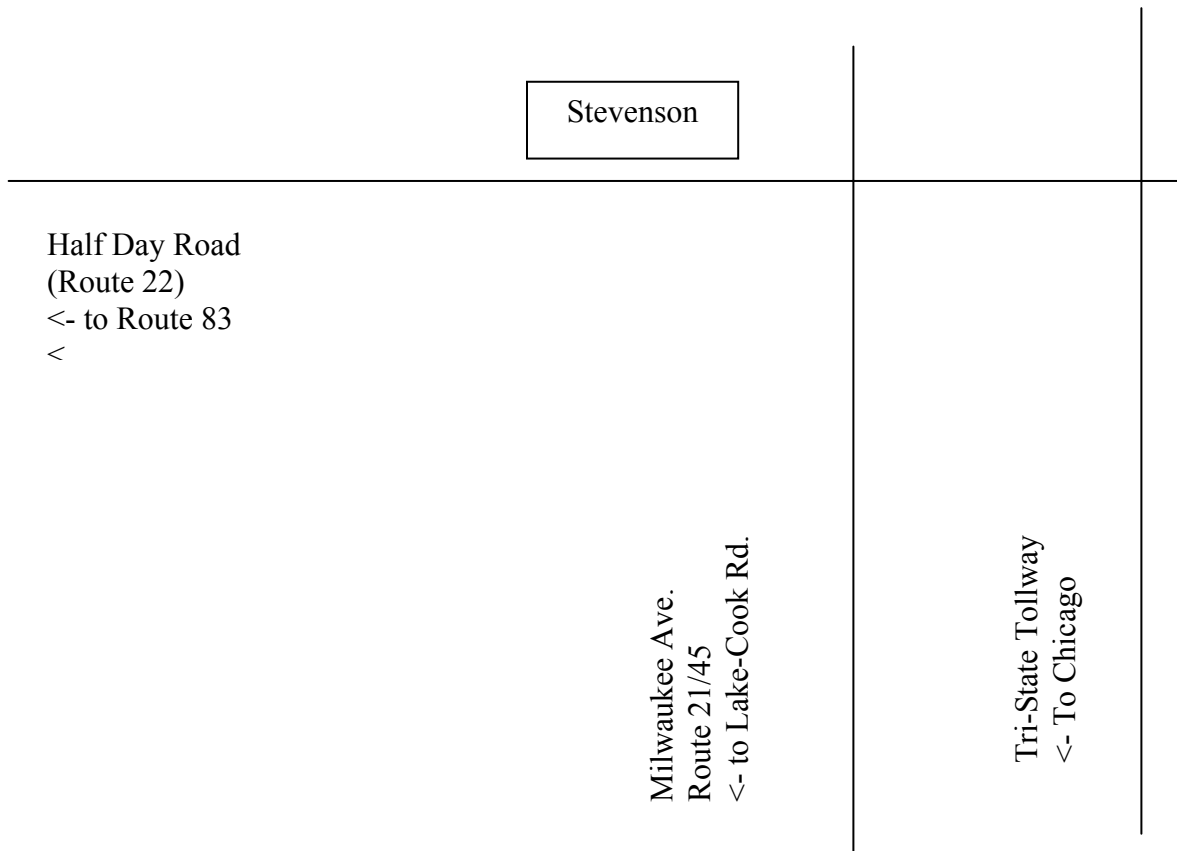
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Map & Directions to the Pool

Stevenson High School
Lincolnshire, IL 60069

Stevenson High School's Aquatic Center is located adjacent to Parking Lot "D".

Stevenson is located on Route 22 (Half-Day Road). It is between Route 83 and the Tri-State Tollway. This map is drawn exactly to scale. Seriously.



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Team: _____
 Code: _____
 Contact #: _____

Age Group: _____

Boys / Girls

Name	Age	Event	Event	Event	Event	Event	Event	Event	Event
ID #									
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									

Relay Event #	Relay Event #	# Swimmers - ISI Srchrg.	_____ x	\$2.00 =	\$ _____
A	A	Total # Events	_____ x	\$3.00 =	\$ _____
B	B	Total # Relay Events	_____ x	\$7.00 =	\$ _____
C	C	Page Total	_____ x		\$ _____

Please make additional copies of this page as necessary.

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Hotel Information

Be sure to contact either of the following hotels for a great Stevenson rate!

Each hotel is located within minutes of Stevenson High School.



SpringHill Suites Chicago Lincolnshire
300 Marriott Drive
Lincolnshire, IL 60069
Phone: 1 847-793-7500
Fax: 1 847-793-0322

From Stevenson HS: Turn left (east) onto Half Day Rd. from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriot Drive) turn right. Follow sign for SpringHill Suites (second driveway) turn left.

Total Distance – Only 1 Mile!



Courtyard Chicago Lincolnshire
505 Milwaukee Avenue
Lincolnshire, IL 60069
Phone: 1 847-634-9555
Fax: 1 847-634-8320

From Stevenson HS: Turn left (east) onto Half Day Rd. from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriot Drive) turn left. Follow to sign for Courtyard, (second driveway) turn left.

Total Distance – Only 1 Mile!