

Saint Charles Swim Team

Regional Time Trial

July 19 - 20, 2008
Sanction # ILL08-0705
Long Course Meters

MEET DIRECTOR: Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175. sgsheehan@yahoo.com
Cathy Snyder, 8020 Steeplechase Ct., St. Charles, IL 60175 cmcbnsnyder@comcast.net

ENTRY CHAIR: Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175. sgsheehan@yahoo.com

MEET REFEREE: Al Reynolds xf15@sbcglobal.net

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 Paragon starting blocks. The pool has a new Daktronics timing system with 6 lane LCD 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	Immediately following Session 1, Not before 12:00PM.	
		Start	1 hour after start of warm-ups	
	Sunday Session 3	Warm-ups	7:00 AM	Start 8:00 AM
	Sunday Session 4	Warm-ups	Immediately following Session 3, Not before 12:00PM	
		Start	1 hour after start of warm-ups	

POSITIVE CHECK-IN CLOSES 20 MINUTES AFTER WARMUPS START

ENTRIES: All entries shall comply with current 2008 USA and ISI rules. A swimmer's age for the meet is his/her age as of July 19, 2008. Current 2008 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 athlete. ISI registration forms may be obtained from Illinois Swimming Inc., www.ilswim.org. St. Charles reserves the right to swim St. Charles swimmers. We reserve the right to limit the Open 400 Free, Open 800 Free, and the 12 & U 400 Free events to the top 3 fastest heats depending on the time line constraints. **All entries must be received by a USA Swimming certified coach**

SEEDING: Enter Swimmers at their long course meter times to assure proper seeding. Upgrading of a swimmers 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. Saint Charles reserves the right to swim it's own swimmers in all events.

ENTRY FORMS: All entries must be submitted on the St. Charles Regional Timer Trial Entry Forms. Computerized entries from Hy-Tek's team Manager are preferred. Mail e-mail entries to Entry Chair at: sgsheehan@yahoo.com. Please send the following complete 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
- 4) Officials and timers to work the meet.

ENTRY FEES: Individual events are **\$3.00** each. A surcharge of **\$2.00** 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**. Deck Entries will be permitted only if there is space available. No additional heats will be added. A fee of \$6 per individual event to be paid in full that day.

ENTRY LIMITS: Swimmers will be limited to 3 Individual Events per day. If the individual is entered in more than 3 events, the entry will be made by order of events starting with event #1 until the limit is satisfied. **St. Charles reserves the right to limit participation in any event to achieve a reasonable time line. No refunds will be issued in limited events.** Every effort will be made to accommodate all swimmers. Deck Entries may be allowed at the Meet Referee's discretion. **Entries will be limited to National B times and higher.**

- ENTRY DEADLINE:** Entries will not be accepted before **Saturday June 14th at 8:00 a.m.** Entries will be accepted until the timeline capacity. Entries added after July 4th will not be included in the psyche sheet. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self-addressed post card. All payments and hard copies of entries are due within 48 hrs of email of entries. 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. Please also include the officials and timers to work the meet.
- AWARDS:** Awards for individual events will be medals for places 1 through 6 and ribbons for places 7-12 for the 8 & Unders, 9-10, and 11-12 Age Groups. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.
- COACHES:** A coach's packet will be available to all club coaches with swimmers entered in the meet. You must present your USA swimming coach's registration card to receive the packet. The coach's packet will be available at the Admission's table.
- RESULTS:** Results will be posted as the meet progresses. Results will be emailed following the meet. A hard copy will be mailed upon request.
- SECURITY:** Only USA 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. Parents will NOT be allowed on deck.
- ADMISSION** An admission fee will be charged per day. A psych sheet will be available for a fee covering all the sessions. Wrist bands will be issued at the admission's table and must be worn at all times during the meet session.
- OFFICIALS:** USA Officials who would like to work the meet should contact the Meet Referee, Al Reynolds, Xf15@sbcglobal.net, to be assigned positions.
- TIMERS:** Any team with more than 5 swimmers in a session will have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be emailed lane assignments prior to the meet. Timer forms are located in the back of this meet packet.
- PARKING:** Outside SCST Parking Signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. **PLEASE DO NOT PARK IN THE FRONT PARKING LOT.** Park in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building. **We must enforce these rules in order to continue to use this facility.** Thank-you in advance for your cooperation.
- CODE OF CONDUCT:** The SCST will strictly adhere to the USA Swimmer and Parental Swimming Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

SAFETY REQUIREMENTS:

WARM UP:

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

Girls Event

1	Open 400 IM
3	Open 100 Free
5	Open 200 Breast
7	Open 100 Back
9	Open 200 Fly
11	Open 400 Free

Boys Event

2
4
6
8
10
12

Saturday Afternoon Session 2

Girls Event

13	12 & Under 200 Free
15	10 & Under 50 Free
17	11-12 50 Free
19	10 & Under 100 Breast
21	11-12 100 Breast
23	10 & Under 50 Back
25	11-12 50 Back
27	10 & Under 100 Fly
29	11-12 100 Fly

Boys Event

14
16
18
20
22
24
26
28
30

Sunday Morning Session 3

Girls Event

31	Open 200 Back
33	Open 200 Free
35	Open 100 Breast
37	Open 50 Free
39	Open 100 Fly
41	Open 200 IM
43	Open 800 Free

Boys Event

32
34
36
38
40
42
44

Sunday Afternoon Session 4

Girls Event

45	12 & Under 200 IM
47	10 & Under 100 Back
49	11-12 100 Back
51	10 & Under 50 Breast
53	11-12 50 Breast
55	10 & Under 100 Free
57	11-12 100 Free
59	10 & Under 50 Fly
61	11-12 50 Fly
63	12 & Under 400 Free

Boys Event

46
48
50
52
54
56
58
60
62
64

ENTRY FEE AND RELEASE FORM

Entry Chair: Paul Olney 3205 Fox Hunt Lane, St. Charles, Illinois 60174 polney@sbcglobal.net

Summary of Fees:

10 & Under	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
11 & 12	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
13 & 14	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
Senior	Girls	Number of Entries _____	@ \$3.00 each =	\$ _____
	Boys	Number of Entries _____	@ \$3.00 each =	\$ _____
Total Number of Swimmers Attending Meet _____			@ \$2.00 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 correctly 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, July 4th. Only entries mailed overnight will be accepted. Entries will be on a first received, first entered basis.

Club: _____

Timer Volunteer Sheet:

Saturday

AM: 1. _____
2. _____

Saturday PM 1. _____
2. _____

Sunday AM 1. _____
2. _____

Sunday PM 1. _____
2. _____

Official Volunteer Sheet:

Name and Phone #		Level	Fri. AM	Fri. PM	Sat. AM	Sat. PM	Sun. AM	Sun PM

Entries Due By Friday July 4th, 2008 Age Group _____ Boys / Girls Team Code _____

			Event #					
Name	Age	USS #	Event Name					
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
Totals						Individual Entries	@ \$3.00 =	\$

Directions to Norris Recreation Center / St. Charles High School from Chicago (37 mi.):

1. West on Route 64 to Kirk Road. North on Kirk Road, one - half mile to Fox Chase Blvd. Turn Left, and follow road around to High School/Norris Center
2. West on 1-88 East - West Tollway to Kirk Road to Route 64. Continue north on Kirk Rd to Fox Chase Blvd. Turn Left and follow road around to High School/Norris Center
3. 1-90 Northwest Tollway to Route 25. South to Dunham Rd. to High School/Norris Center

Please visit www.st-charles.il.us for hotel information.