

ST. CHARLES SWIM TEAM
SPRING PENTATHLON
MAY 17th & 18th , 2008
SANCTION #
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
- REFEREE:** Al Reynolds , xfl5@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 lane lines and Paragon starting blocks. The pool has a new Daktronics timing system with 6 lane time LCD 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 PM Session 1 | Warm-ups | 12PM | Start 1:00 PM |
| Sunday AM Session 2 | Warm-ups | 8:00 AM | Start 9:00 AM |
| Sunday PM Session 3 | Warm-ups | Immediately following Session 2, not to be before 1:00pm | |
| | | Start 1 hour after start of warm-ups | |
- CHECK-IN:** This is a positive check-in meet. We will close check-in 20 minutes after warm up starts.
- ENTRIES:** All entries shall comply with current 2008 USA SWIMMING and ISI rules. A swimmers age for the meet is his/her age as of May 17th, 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 SWIMMING athlete, ISI registration forms may be obtained from Illinois Swimming Inc., www.ilswim.org. **All entries must be received by a USA Swimming certified coach.**
- SEEDING:** Enter Swimmers at their short course yard 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. St. Charles reserves the right to swim its own swimmers in all events.
- ENTRY FORMS:** All entries must be submitted on the St. Charles Pentathlon entry forms. Computerized entries from Hy-Tek's team manager are preferred. Send e-mail entries to Scott Sheehan 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 to work the meet.
- ENTRY LIMITS:** Swimmers 9 and older may enter a minimum of 4 events, but must be entered in all 5 to be eligible for awards. 8 and under swimmers may enter a minimum of 3 events but must be entered in all 4 events to be eligible for awards.
- ENTRY FEES:** A flat entry fee of \$15.00 for swimmers 9 & over for all 5 events and \$12.00 for swimmers 8 & under for 4 events will be charged. 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 space is available. No additional heats will be added. A fee of \$15 per deck entry along with a \$15 processing fee to be paid in full that day.
- ENTRY DEADLINE:** Entries will not be accepted before 8:00AM, Friday, April 4th and must be received by Friday, April 25th. Only entries mailed overnight will be accepted. Entries will be on a first received , first entered basis. E Mailed or Mailed Entries will only be accepted. No Hand Delivered Entries. Entries sent before the due date will be returned. If you desire a verification of entries accepted, include a stamped self-addressed post card. 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.

ST. CHARLES SWIM TEAM
SPRING PENTATHLON
MAY 17th & 18th , 2008
SANCTION #
LONG COURSE METERS

- AWARDS:** Trophies will be awarded to the top 6 highpoint swimmers, with best cumulative times for each age category: 7 & Unders, 8 years old, 9 years old, 10 years old, 11 years old, 12 years old, 13 years old, 14 years old and Seniors. 10 & Unders, 11-12, and 13-14 will swim together but will be scored individually. In order to qualify for the highpoint awards, the swimmer must be entered in all 5 events, except for 8 and under which must be entered in 4 events. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.
- COACHES:** Coach's packets 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 volunteer check-in.
- RESULTS:** Results will be posted as the meet progresses. Results will be emailed. A hard copy will be mailed upon request.
- SECURITY:** Only US 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.
- ADMISSION:** An admissions fee will be charged per day. A psych sheet will be available for a fee covering all sessions. Wrist bands will be issued at the admission's table. All spectators must wear the wrist bands during the meet.
- OFFICIALS:** USA Officials who would like to work the meet should contact the Meet Referee, Al Reynolds, xfl5@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.
- 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:** SCST will strictly adhere to the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 17th & 18th, 2008

SANCTION #

LONG COURSE METERS

WARM-UP PROCEDURES

1. **General Warm-ups** (first 30-45 minutes)
 - a. **NO DIVING** allowed from the blocks or edge of the 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 up at the request of the coach.

| POOL | LANE USE | | |
|---------------|------------------|------------------|------------------------|
| | PUSH/PACE | DIVING | GENERAL WARM-UP |
| 6 LANE | 1 & 6 | 2 & 5 | 3 & 4 |

SAFETY GUIDELINES

1. **Coaches Responsibilities:**
 - a. Coaches shall instruct their swimmers regarding safety requirements 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 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 the control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Note: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 17th & 18th, 2008

SANCTION #
LONG COURSE METERS

ORDER OF EVENTS

Saturday Afternoon - Session 1

| Girls Event # | | Boys Event # |
|---------------|----------------------|--------------|
| 1 | 13 & over 100 Fly | 2 |
| 3 | 13 & over 100 Back | 4 |
| 5 | 13 & over 100 Breast | 6 |
| 7 | 13 & over 100 Free | 8 |
| 9 | 13 & over 200 IM | 10 |

Sunday Morning - Session 2

| Girls Event # | | Boys Event# |
|---------------|------------------|-------------|
| 11 | 10 & U 50 Fly | 12 |
| 13 | 10 & U 50 Back | 14 |
| 15 | 10 & U 50 Breast | 16 |
| 17 | 10 & U 50 Free | 18 |
| 19 | 9-10 200 IM | 20 |

Sunday Afternoon - Session 3

| Girls Event # | | Boys Event # |
|---------------|--------------------|--------------|
| 21 | 11 - 12 100 Fly | 22 |
| 23 | 11 - 12 100 Back | 24 |
| 25 | 11 - 12 100 Breast | 26 |
| 27 | 11 - 12 100 Free | 28 |
| 29 | 11 - 12 200 IM | 30 |

ST. CHARLES SWIM TEAM SPRING PENTATHLON MAY 17th & 18th, 2008

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

Summary of Fees:

| | | | |
|---|-------|--------------------------|---------------------------|
| 8 & Under | Girls | Number of Swimmers _____ | @ \$12.00 each = \$ _____ |
| | Boys | Number of Swimmers _____ | @ \$12.00 each = \$ _____ |
| 9 & 10 | Girls | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| | Boys | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| 11 & 12 | Girls | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| | Boys | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| 13 & 14 | Girls | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| | Boys | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| Senior | Girls | Number of Swimmers _____ | @ \$15.00 each = \$ _____ |
| | Boys | Number of Swimmers _____ | @ \$15.00 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 currently 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, April 25. Only entries mailed overnight will be accepted.

Entries will be on a first received, first entered basis.

ST. CHARLES SWIM TEAM
SPRING PENTATHLON
MAY 17th & 18th, 2008

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 17th & 18th, 2008

Entries Due By Friday, April 25, 2008

Age Group _____ Boys / Girls Team Code: _____

| Name | Age | USS # | Event # | Event Name | | | |
|---------------|-----|-------|---------|------------|-------------------|------------------|-----------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |
| 13 | | | | | | | |
| 14 | | | | | | | |
| 15 | | | | | | | |
| Totals | | | | | Event Rate | @ \$15.00 | \$ |
| | | | | | | @ \$12.00 | \$ |

ST. CHARLES SWIM TEAM SPRING PENTATHLON

MAY 17th & 18th, 2008

DIRECTIONS TO NORRIS RECREATION CENTER

1. Route 64 to Dunham Road. North on Dunham Road, one - half mile to the Norris Recreation Center. The Norris Center will be on the Right.
2. West on I-88 East – West Tollway to Farnsworth Avenue. Farnsworth turns into Kirk Road to Route 64. Continue North on Kirk Road to Fox Chase Blvd. Turn Left and follow road around to high school/Norris Center. The Norris Center will be on the Right.
3. I - 90 to Route 25. South on Dunham Road. Take Dunham to the Norris Recreation Center on the Left.

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