

# B.R. Ryall YMCA Swim Team Valentine's Day Last Chance Meet

February 12-14, 2010  
IL SANCTION #:

**SANCTIONS:** Sanctioned by USA Swimming and  
Illinois Swimming, Inc.  
Sanction #

**MEET DIRECTOR:** Jennifer Ridge  
630 / 776-4775  
j\_ridge@wowway.com

**ENTRY CHAIR:** Jennifer Ridge  
PO Box 3564  
Glen Ellyn, IL 60137  
630-776-4775  
j\_ridge@wowway.com

**MEET REFEREE:** Dennis Norton  
dennis@tap-rsi.com

**SAFETY CHAIR:** Jennifer Ridge  
j\_ridge@wowway .com

**LOCATION:** University of Illinois – Chicago  
901 W. Roosevelt Rd., Chicago, IL.  
*\*\*The school is a non-smoking facility. There is no smoking allowed on the grounds.*

**FACILITY:** The UIC pool is 25 yard, eight-lane pool with starting blocks at the west end of the pool. The start end of the pool is 16' 0" deep. Competitor 6" non-turbulent lane lines, Daktronics timing system, and eight-lane display board will be used. Warm-up facility and seating for 550. *The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.*

**FORMAT:** This is a timed-final meet. Positive check-in will be used for all sessions. Bull-pen will be used for 8 & Unders only.

<b>Friday</b> (Session 1)	Warm-up Positive check-in closes Meet starts	4:30 – 5:20 p.m. 5:00 p.m. 5:30 p.m.
<b>Sat. &amp; Sun a.m.</b> (Sessions 2 & 4)	Warm-up Positive check-in closes Meet starts	7:00 – 7:50 a.m. 7:30 a.m. 8:00 a.m.
<b>Sat. &amp; Sun p.m.</b> (Sessions 3 & 5)	Warm-up Positive check-in closes Meet starts	12:00 – 12:50 p.m. 12:30 p.m. 1:00 p.m.

**RULES & SAFETY:** All current USA Swimming and ISI rules and Regulations apply. ISI and USA Swimming Safety Rules will be strictly enforced.

**ELIGIBILITY:** Only USA Swimming registered swimmers are eligible. Entries listed "registration applied for" will NOT be accepted. Age for this meet shall be the swimmer's age as of the first day of the meet. USA swimming registration forms can be obtained from Illinois Swimming, Inc., 3166 S River Road, Des Plaines IL Ste 30 60018 or online at <http://www.ilswim.org>.

**USA SWIMMING, INC. MEMBERSHIP:** Insurance regulations require that all swimmers, judges, starters and referees are a current member of USA Swimming. It is the responsibility of each club to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate or be on deck.

**COACHES:** Coaches must be current USA Swimming coaching members to be allowed on deck and must continuously display their USA membership card at all times while on deck.

**ENTRY DEADLINE:** Entries will not be accepted by the entry chairman before 8:00 a.m. [CST] on Wednesday January 13, 2010. No Fax entries will be accepted.

**ENTRIES.** All entries will comply with current USA Swimming and ISI rules and Regulations. Current registration number, age, first name, middle initial and last name must appear on all entry blanks. Swimmers are limited to two (2) events on Friday and three (3) events per day on Saturday and Sunday. BRRY will be using Hytek Meet Manager Pro for Windows 2.0. Entries may be submitted on data disk, 3.5" only, generated using Hytek Team Manager (Commlink II file). Such entries

must comply with USA Swimming and Illinois Swimming, Inc. rules. **A Team Manager Event File will be made available on the host team's website at [bryall.com](http://bryall.com).**

All computer entries must be accompanied by a hard copy printout of your Commlink data file, or filled out on the entry forms provided within this packet by the host club. All other entries must be submitted on the enclosed form or a facsimile. **The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries.** These must be returned together with the entry forms and your check made payable to the BR Ryall YMCA Swim Team. Failure to do so shall be sufficient grounds for refusal of the entry.

E-mail entries will be accepted conditionally (please zip your e-mail entry) and will be considered official upon receipt of hard copy, disk / entry blank, signed check, summary of fees, and release form within 48 hours of the receipt of your entry. Please send one copy of email entries to the meet entry chair and one to the meet director. **Emailed entries are the preferred form of entries for this meet.**

**ENTRY FEES:** Entry fees will be \$3.00 per individual event, plus \$2.00 ISI surcharge per swimmer entered. Please make checks payable to BR Ryall YMCA Swim Team.

**ENTRY LIMITATIONS:** Deck entries will not be permitted. Distance events of 200 meters or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the entry fee will be refunded. The host team reserves the right to swim additional heats if time allows.

**ENTRY VERIFICATION:** If you desire verification of entries received, include a self-addressed postal card with your entry.

**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 is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. **A second check-in may be required for the 1650.** Swimmers must check in each day. **Positive check-in closes 30 minutes before the first event of each session.** There will be a bullpen for 8 & Under swimmers only. Do not submit entry cards; the host club will provide all timers' cards.

**SEEDING:** All events will be timed finals, swum from slowest to fastest with the exception of the 1650 freestyle events, which will be swum from fastest to slowest, alternating women's and men's heats. **Please submit short course yard times for entry purposes.** All SCM and LCM times will be considered non-conforming and seeded in the slowest heats.

**AWARDS:** All awards will be based on the final results. 1<sup>st</sup> through 8<sup>th</sup> place will be awarded in each age group. No awards will be given for 13 & Over swimmers.

**RESULTS:** Results will be posted as the meet progresses. Final results will be e-mailed to all teams. Individuals may purchase a copy of the final results for \$6.00. A sign-up sheet will be available at the admissions table.

**TIMERS:** Teams with 10 or more swimmers in a session may be asked to provide timer(s) for that session of the meet. Team timer assignments will be posted on the host website at [bryall.com](http://bryall.com) and/or emailed to participating teams prior to the meet.

**SWIMMER SUPERVISION:** Each coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and designated rest areas. The meet and facility hosts reserve the right to remove any swimmer from the meet for entering an unauthorized area. Teams will not be allowed warm-up privileges without the team's coach on the pool deck.

**SECURITY:** No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers.

**CONCESSIONS & HOSPITALITY:** Food and beverages will be for sale Friday through Sunday. A hospitality room will be provided for coaches and officials throughout the meet.

**ADMISSIONS:** Friday \$2.00  
Saturday \$5.00  
Sunday \$5.00  
12 & Under free

**MEET PROGRAM:** All sessions price is \$5.00

# BR Ryall Valentine's Day Last Chance Meet

**Session #1: Friday, February 12, 2010**

*Warm-ups 4:30 – 5:20 p.m. Meet starts 5:30 p.m.*

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
1	10 & Under 200 IM	2
3	11-12 200 IM	4
5	Open 400 IM	6
7	11 – 12 500 Free	8
9	Open 500 free	10

**Session #2: Saturday, February 13, 2010**

*Warm-ups 7:00 – 7:50 a.m. Meet starts 8:00 a.m.*

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
11	11 – 12 200 free	12
13	10 & under 50 free	14
15	11 – 12 50 back	16
17	10 & under 50 back	18
19	11 – 12 100 breast	20
21	10 & under 100 breast	22
23	11 – 12 100 IM	24
25	10 & under 100 IM	26
27	11 – 12 50 fly	28
29	10 & under 50 fly	30

**Session # 3: Saturday, February 13, 2010**

*Warm-ups not before 12:00 p.m. Meet starts not before 1:00 p.m.*

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
31	Open 200 free	32
33	8 & under 50 free	34
35	Open 100 back	36
37	8 & under 25 breast	38
39	Open 200 breast	40
41	8 & under 25 fly	42
43	Open 100 fly	44
45	Open 1650 free	46

**Session # 4: Sunday, February 14, 2010**

*Warm-ups 7:00 – 7:50 a.m. Meet starts 8:00 a.m.*

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
47	11 – 12 50 free	48
49	10 & under 200 free	50
51	11 – 12 100 back	52
53	10 & under 100 back	54
55	11 – 12 50 breast	56
57	10 & under 50 breast	58
59	11- 12 100 fly	60
61	10 & under 100 fly	62
63	11-12 100 free	64
65	10 & under 100 free	66

**Session #5: Sunday, February 14, 2010**

*Warm-ups not before 12:00 p.m. Meet starts not before 1:00 p.m.*

<u>Women Event #</u>	<u>Event</u>	<u>Men Event #</u>
67	Open 50 free	68
69	8 & under 100 IM	70
71	Open 200 fly	72
73	Open 100 breast	74
75	8 & under 25 back	76
77	Open 200 back	78
79	8 & under 25 free	80
81	Open 100 free	82
83	Open 200 IM	84

# ISI Safety Requirements

## Warm-up Procedures

	Friday	Sat & Sun a.m.	Sat & Sun p.m.
Pool open for warm-ups <u>General warm-ups all lanes</u>	4:30 p.m. to 5:00 p.m.	7:00 a.m. to 7:30 a.m.	Not before 12:00 p.m. to 12:30 p.m.
Sprint Lanes – lanes 2,3,6,7 Gen. Warm-up – lanes 1,4,5,8	5:00 p.m. to 5:20 p.m.	7:30 a.m. to 7:50 a.m.	Not before 12:30 p.m. to 12:50 p.m.
POOL CLOSSES	5:20 p.m.	7:50 a.m.	12:50 p.m.

### 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.

### 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.

### C. MARSHALLING

1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or the Meet
2. Director shall be on deck during the entire warm-up session. One Marshall shall act as the safety coordinator, who should be a USA swimming member.
3. Marshals shall be current members of USA Swimming
4. 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 requirements or warm-up procedures.
5. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from the next individual event.
6. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
7. Warm-up times and lane assignments shall be posted at several locations around the pool area.
8. 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.
9. 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

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

### Unattached Swimmers

Unattached swimmers must have an identified coach member of USA Swimming taking responsibility for such swimmer throughout the meet. Please contact the meet director with this information prior to arriving at the meet.

**NOTE: The host team reserves the right to assign warm-up lanes. Information will be emailed and placed in coaches' packets.**

**BR Ryall Swim Team**  
Valentine's Day Last Chance Meet  
February 12-14, 2010

Club Name: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

**Head Coach:**

Name : \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State / Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Fax #: \_\_\_\_\_

Office phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Club Official(s):**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State / Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Fax #: \_\_\_\_\_

Office phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

*Please use space below for additional officials*

**Entry summary:**

Total # of event entries: \_\_\_\_\_ x \$3.00 per i.e. = \$ \_\_\_\_\_

Total # of swimmers: \_\_\_\_\_ x \$2.00 per swimmer = \$ \_\_\_\_\_

Make checks payable to BR Ryall Swim Team. **Total enclosed:** \$ \_\_\_\_\_

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. 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., BR Ryall Swim Team, BR Ryall YMCA, University of Illinois at Chicago, 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.

Club Official Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: B.R. Ryall YMCA Swim Team, P.O. Box 3564, Glen Ellyn, IL 60137