

WEST CHICAGO SHARKS

Feb Frenzy A-B-C MEET

FRIDAY, SATURDAY, and SUNDAY, February 11, 12, 13, 2005

Meet Director: Karl Madsen, Ph: (630) 231-6150
Email: meetdirector@wcsharks.org

Entry Chairman: Karl Madsen, Ph: (630) 231-6150
303 Woodside Ct., West Chicago, IL 60185

**SANCTIONS: Sanctioned by United States Swimming and Illinois Swimming, Inc.
SANCTION No. ILS05-0204**

All USA Swimming and ISI swimming rules and ISI Safety rules will be strictly enforced.

LOCATION: West Chicago Community High School District #94 Pool, 326 Joliet St., West Chicago, Illinois; one mile north of Rt. 38. The school is a no-smoking facility. Likewise, there is no smoking allowed on the grounds.

POOL: The West Chicago High School District #94 Pool is a 25-yard six lane pool with starting blocks at one end (depth at blocks: 7'-0"), non-turbulent lane lines, Daktronics horn start system and General Display Devices Swimtime II timing system with six-lane read-out board. Spectator seating for 400.

SCHEDULE:

Friday 1:	Warm-ups: 5:00 - 5:45 PM First Splash: 6:00 PM Positive check-in closes at 5:20 PM
Saturday 2:	Warm-ups: 7:00 - 7:45 AM First Splash: 8:00 AM Positive check-in closes at 7:20 AM
Saturday 3:	Warm-ups: Immediately following session 2, not before 12:00PM First Splash: not before 1:00 PM Positive check-in closes at 12:20 PM
Saturday 4:	Warm-ups: Immediately following session 3 First Splash: not before 4:00 PM Positive check-in closes at 2:20 PM
Sunday 5:	Warm-ups: 7:00 - 7:45 AM First Splash: 8:00 AM Positive check-in closes at 7:20 AM
Sunday 6:	Warm-ups: Immediately following session 5, not before 12:00PM First Splash: not before 1:00 PM Positive check-in closes at 12:20 PM
Sunday 7:	Warm-ups: Immediately following session 6 First Splash: not before 4:00 PM Positive check-in closes at 2:20 PM

ENTRIES: All entries shall comply with the current 2004 U.S.A Swimming, Inc. and Illinois Swimming, Inc. rules. Current 2004 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. Only U.S.A Swimming registered swimmers are eligible. No swimmer's entry will be accepted unless he/she is registered or has been duly certified in accordance with the U.S.A Swimming Code and Rule Book of 2004. Entries listed "registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of February 11, 2005. Entry's will be accepted from swimmers with disabilities. The pool facility's meet or surpass all accessibility requirements as listed on page 3 of Illinois Swimming Inc's, current meet directors manual. Illinois registration applications may be obtained from Illinois Swimming, Inc., P. O. Box 877, Aurora, IL 60507; Ph.: (630) 844-0476.

STARTS: The FINA start procedures will be applied (no re-call rope and whistle commands).

SEEDING: Submit swimmers' best times to assure proper seeding. Swimmers will be seeded from slowest to fastest. All non-conforming times will be seeded last in rank order.

LIMITATIONS: *Friday: Swimmers may enter only one event for their age group.* Saturday and Sunday: Swimmers are limited to four **(4)** individual events and one **(1)** relay events, each day. All sessions: Events may be combined. Relay swimmers must be entered in at least one individual event. Deck entries will not be permitted.

ENTRY FEES: Individual events are \$2.50 each. Relay events are \$7.00 per event. A surcharge of \$1.00 per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to the West Chicago Sharks.

DEADLINE: Entries will be accepted beginning January 14, 2005, at 10:00 a.m. not before said date. Entries will be on a first received, first entered basis. Only Express Delivered or Express Mailed Entries will be accepted. No Hand Delivered Entries will be accepted. Entries must be received by January 28, 2005. Entries must be received by the deadline rather than postmarked by this date. **DECK ENTRIES WILL NOT BE ACCEPTED.**

FORMS: Entries should be submitted on a **3 1/4" computer diskette using "Hytek" software**; for details contact the entry chairperson. A printout of the disk's data should also be provided along with the disk, to allow a cross-check for I.S.I numbers, ages, etc. If not on a computer disk, entries must be submitted on the enclosed meet entry form. Entry forms must be LEGIBLE and completed in full. Also, the **original** of the enclosed Summary of Fees and Release Form signed by the coach, parent, or club representative must accompany **all** entries, along with your check. Failure to comply with any of these requirements is sufficient cause to reject those entries. If you desire verification of entries received and/or accepted, include a stamped self-addressed postal card with your entries.

CHECK-IN: This meet is a "positive check-in" meet. That is, each swimmer will be asked to stop at the check-in desk upon entering the pool and confirm their presence. If a swimmer has not checked-in at the desk, he/she will be scratched from their events for that day. Swimmers need to check-in each day if they are entered in multiple sessions. **Positive check-in is according to schedule on page 1.**

AWARDS:

'A' Individual Events	Custom Medals - First thru Sixth
'B' Individual Events	Rosette Ribbons - First thru Sixth
'C' Individual Events	Straight Ribbons - First thru Sixth
Relay Events	Custom Medals - First thru Third

RESULTS: Results will be posted as the meet progresses. One copy of the results will be provided to all teams represented by five (5) swimmers or more. Individuals may purchase a copy of the final results for \$10.00 by contacting meetdirector@wcsharks.org.

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

SECURITY: No one will be allowed on deck except USA swimmers, coaches, meet officials and meet workers.

PARENT WORKERS/OFFICIALS: There will be a need for Officials and Timers. Anyone willing to help should fill in the information requested on the VOLUNTEER sheet. **Any team with more than six (6) swimmers in a session may have an assigned lane to time for that session. Lane timer assignments for teams will be emailed prior to the meet, posted and announced.**

CONCESSIONS: Food and beverages will be available for sale. **NO FOOD or DRINK (only WATER) IS ALLOWED IN THE FIELD HOUSE.** Cooler storage is provided in the Concessions area. A hospitality room is provided for coaches and officials on deck. There is absolutely no smoking allowed on the school grounds or in the buildings.

ADMISSIONS: Friday evening session: \$1.00 for adults, no charge for children under age 16; Saturday and Sunday \$3.00 per adult, no charge for children under age 16. Psyche sheets covering all sessions are \$7.00. *Wrist bands will be*

issued at the admissions table. All spectators must display this wrist band during the meet. Reluctance to adhere with this policy may be grounds for ejection of the spectator and his/her respective team.

HOTELS INFO: Accommodations are available at nearby hotels. Contact the meet directors for more detailed info.

SAFETY REQUIREMENTS

WARM-UP Procedure:

- A. General Warm-up (First 30 minutes)
 - 1. NO DIVING is allowed from the blocks or from the edge of the pool. Swimmers must enter the water feet first in a cautious manner.
 - 2. No sprinting or pace work is allowed during the general warm-up session.
 - 3. All lanes are to be used for general warm-up.
- B. Specific Warm-up (last 15 minutes)
 - 1. Push/pace lanes - Push off one or two lengths from the starting end. Circle swimming only. **NO DIVING.**
 - 2. Diving lanes - SPRINT lanes at the designated times. **ONE LENGTH ONE WAY SWIMMING.**
 - 3. GENERAL WARM-UP LANES - **NO DIVING.** Circle swimming only.
 - 4. If specific warm-up is 15 minutes long, no events may be called by the Clerk of Course until completion of the specific warm-up period.

Lane Use: Lanes 1 & 6 are designated PUSH/PACE lanes.

Lanes 2 & 5 are designated DIVING/SPRINT lanes.

Lanes 3 & 4 are designated GENERAL WARM-UP lanes.

The shallow section will be used for continuous warm-up and cool-down. However, this area will be closed if the behavior of those using it is inappropriate.

Coach's Responsibilities:

- A. Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at meet and practices.
- B. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions at the meets and at all practices.

Marshaling:

- A. Marshals appointed by the meet referee will attend all warm-up sessions and will continuously watch over the diving well to assure that the safety procedures are enforced.
- B. Marshals shall have the authority to remove from the deck for the remainder of the session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- C. FLAGRANT VIOLATIONS of safety requirements or warm-up procedures by a swimmer may result in the swimmer being barred from their next individual event.

Miscellaneous:

- A. 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.
- B. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

SUMMARY OF FEES WEST CHICAGO SHARKS

Feb Frenzy A-B-C MEET

FRIDAY, SATURDAY, and SUNDAY, February 11, 12, 13, 2005

SANCTION No. USA ILS05-0204

Complete this form and mail along with entry forms and check payable to:

West Chicago Sharks
c/o Karl Madsen, Ph. (630) 231-6150
303 Woodside Ct., West Chicago, IL 60185

8 and under	_____ # of Entries	@ \$2.50 =	\$ _____
9 - 10	_____ # of Entries	@ \$2.50 =	\$ _____
11 - 12	_____ # of Entries	@ \$2.50 =	\$ _____
Senior	_____ # of Entries	@ \$2.50 =	\$ _____
Total Swimmers (ISI Surcharge)	_____	@ \$1.00 =	\$ _____
Relays	_____ # of Entries	@ \$7.00 =	\$ _____
Total Fees			\$ _____

Name of Club _____

Club Code (for Scoring) _____ USS Affiliation _____

Complete Mailing Address: _____

EMAIL Address: _____

Name & Phone of Contact Person: _____

Names of Coaches in Attendance: _____

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 United States Swimming, Inc., Illinois Swimming, Inc., West Chicago Sharks, Inc. West Chicago Community High School District #94, West Chicago 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 a representative of my Club. "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."

Signature of Coach, Club Rep., or Parent

Title

Date

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED. ENTRIES MUST BE RECEIVED NO LATER THAN JANUARY 28, 2005.

VOLUNTEERS NEEDED

Yes, I can help at the West Chicago Shark Feb Frenzy

February 11, 12, 13, 2005