

**2011 BNSC HOLIDAY INVITATIONAL**  
**Hosted by Bloomington Normal Swim Club**  
**December 2 - 4, 2011**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.**  
**Sanction Number: ILS11-1208**

**MEET DIRECTOR**

Rob Knight  
1004 Ironwood  
Normal, IL 61761  
309-454-7357, 531-1896-cell  
[bnswimclubcoachrob@gmail.com](mailto:bnswimclubcoachrob@gmail.com)

**ENTRY CHAIRPERSON**

Stewart Waltner  
[bnscc.meetentry@gmail.com](mailto:bnscc.meetentry@gmail.com)

**MEET REFEREE**

Lyn Landon  
[LAN65J@comcast.net](mailto:LAN65J@comcast.net)

**FORMAT:** All events are Timed Final. All events will be seeded and swum together but scored and awarded separately as described in Awards section. We will utilize positive check-in. **Swimmers MUST Check-in for all events in each session they wish to swim.** Swimmers failing to check-in, but wishing to swim, will only be swum if there are open lanes available.

<b>Session</b>	<b>Warm-ups</b>	<b>Check-in Closes</b>	<b>Session Starts</b>
Friday PM	4:30 - 5:15 PM	4:45 PM	5:30 PM
Sat & Sun AM	7:00 – 7:45 AM	7:15 AM	8:00 AM
Sat & Sun PM	12:00 – 12:50 PM	12:20 PM	1:00 PM

**LOCATION:** **Illinois State University – Horton Pool.**

Directions to Horton Pool – From I-55, take exit 165, U.S. 51-South Main St., south to College Ave. Turn right on College Ave, then right on Delaine St. Horton pool is on the right one block north of College, across from Haynie Residence Hall.

A map is available at <http://maps.illinoisstate.edu/#iguide>. Click Sports and Recreation, and select Horton Pool.

**PARKING:**

Free parking is provided in the parking lot northwest of Horton Pool.  
**NOTE:** Metered parking is **not** recommended, as ISU will ticket vehicles occupying spaces with expired meters. BNSC will not be held responsible nor mitigate any such fines.

**FACILITY:**

6-lane, 25 yard pool with Competitor non-turbulent lane markers, Colorado Timing equipment, starting blocks on one end. No warm down pool. Spectator seating is limited to approximately 400 in the bleacher section. Water depth at starting end of pool is 4 feet and 12 feet at turn end.

**STAGING:**

A gymnasium will be available for staging (team gathering area) between events on Saturday and Sunday. It is located adjacent to the pool and accessible off the balcony in the pool area.

**BULL PEN:**

8 & Under and 10 & Under swimmers must report to the Bull Pen prior to their races. The Bull Pen will be located in the South Gym which is accessible from the balcony above the starting end of the pool. Swimmers should report to the Bull Pen as their event is announced and remain seated until they are escorted to the pool.

**RULES & SAFETY:**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Spectators are not allowed on the pool deck. Warm up procedures are attached. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY:** All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 Touhy Ave, Suite 245 Des Plaines, IL 60018. Phone: (847) 824-1596 or FAX (847) 824-1726 or [www.ilswim.org](http://www.ilswim.org).

A swimmer's age as of Friday, December 2 will determine swimmer's age for the entire meet. Swimmers are limited to four (4) individual events per day on Saturday and Sunday and two (2) on Friday.

**USA SWIMMING MEMBERSHIP:** Insurance regulations require that all swimmers, coaches and officials be a current member of USA Swimming. 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 may not participate in the meet or be on deck.

**COACHES:** All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

**OFFICIALS:** BNSC will need the help of your USA Swimming officials. Please send a list of officials from your team planning to work the meet to Lyn Landon at LAN65J@comcast.net by November 18 with their intentions or questions. Current background check status is required. There will also be an officials meeting 1 hour prior to the start of each session in the pool office located behind the scoring table.

**ENTRY DEADLINE:** **Entries will not be accepted before 8:00 AM, Friday November 4, 2011. Entries received before this date will be returned. Entry deadline is 8:00 AM, Monday, November 28, 2011.** We encourage early registration to ensure participation. No deck entries will be accepted except at the discretion of the meet referee for swimmers already entered in other events in that session, provided there is an open lane for that event.

**ENTRIES:** All entries will comply with current USA Swimming and ISI Rules and Regulations. **An emailed Hy-Tek .cl2 file and zip back up is the preferred method for entry.** **Swimmer entry report summary, meet summary sheet/release form and check must be received within 5 business days of the emailed entries. A Meet Manager file for your entries will be available on our web site for you to download. Entries not following this requirement will be returned.**

**Please mail your check and meet summary sheet/release form to:**  
**Rob Knight**  
**1004 Ironwood**  
**Normal, IL 61761**

Hand entries must be written legibly and include swimmer's first and last name with middle initial, date of birth, whole ISI number, team affiliation, event numbers to swim with description and seed times.

If you desire verification of entries received, a valid email address will be required. Entries will be limited to session hour limits. The time lines will be enforced. Any seed time may be updated prior to the November 28 deadline. However, no new swimmers or events may be added after the deadline.

**CLERK OF COURSE:** The Clerk of Course will be open during each session. Please follow the positive check-in deadlines. **Early notification of scratches is encouraged and appreciated.** Submit foreseen scratches to: [bnscc.meetentry@gmail.com](mailto:bnscc.meetentry@gmail.com)

**ENTRY FEES:** Entry fee is \$3.00 for individual events/\$7.00 per relay.  
\$2.00 per swimmer surcharge has been instituted by ISI.  
\$10.00 per swimmer Facility Surcharge in lieu of admission charge  
**Entry fees must accompany entries.**  
Checks should be made payable to BNSC.

**ADMISSION:** **There will be no admissions fee due to the facility surcharge.** Heat sheets for each session will be available for purchase.

**CONCESSIONS:** Full concessions will be available Saturday and Sunday.

**SCORING:** Individual Events: 7-5-4-3-2-1  
Relays: 14-10-8-6-4-2

Open events will be scored according to the following ages: 12 & Under, 13-14, and 15 & Over. Open 1650 Free will be scored 10 & Under, 11-12, 13-14, and 15 & Over.

**SEEDING:** Friday 1650 Free will be seeded and will swim from fastest to slowest, alternately Women/Men. Saturday and Sunday swimmers will be seeded and will swim from slowest to fastest. All non-conforming times will be seeded last in rank order.

**AWARDS:** Individual Events: Custom Medals top 6 places, and ribbons 7<sup>th</sup> through 12<sup>th</sup> place.  
Relays: Custom Medals top 4 places  
Individual and relay awards will be given for 8 & Under, 10 & Under, and 11-12 age groups.

No individual award will be given to 12 & Under swimming in an Open event, except 1650 Free.

Individual high point awards will be given for the top 3 swimmers in each of the following age groups: 8 & Under, 10 & Under, 11-12, 13-14, and 15 & Over. Swimmers may earn points in only one age group for high point award. 12 and under swimmers entered in open events will not have points credited to high point awards except 1650 Free.

**RELAYS:** Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table at the close of positive check-in.

**RESULTS:** A copy of the Final Results will be e-mailed to all teams having five (5) or more entrants. Individuals may order paper final results for \$10.00. Hy-Tek Meet Manager and Team Manager back up files of results will be posted on our website: <http://www.bnswimclub.org>.

**TIMERS:** All teams must provide timers based on the number of swimmers entered in that session:  
5 – 9 swimmers: 1 timer  
10 – 14 swimmers: 2 timers  
15 + swimmers: At least three timers  
There will be a mandatory timers meeting 15 minutes prior to the start of each session in front of the scorers table.

Swimmers participating in the 1650 Free must provide their own timer and lap counter.

**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, prior to competition, with specific requests.

**WARM-UP  
PROCEDURE:**

The Illinois Swimming (ISI) warm-up procedure will be followed.

**GENERAL WARM-UP**

- a. **NO DIVING** allowed from the 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. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
- c. **Starts, Push/Pace** are to be done at the end of your general warm-up.

**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 marshal, who reports to and receives instructions from the Meet Referee, shall be on the deck during the warm-up session.
  - 2) 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. 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 effect at this meet."
- c. 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.
- d. 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.

**STARTS:**

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**KEY DATES:**

Registration Opens	November 4
Notify Meet Referee of officials	November 18
Registration Closes	November 28
Seed time updates close	November 28
Meet starts	December 2

**SCHEDULE OF EVENTS**  
**2011 BNSC HOLIDAY INVITATIONAL**  
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**Session 1: Friday Afternoon**      Warm-Up 4:30 PM - 5:15 PM      Meet Start 5:30 PM

Girls Event Number	Event Description	Boys Event Number
1	Open 1650 Freestyle	2

**Session 2: Saturday Morning**      Warm-Up 7:00 AM - 7:45 AM      Meet Start 8:00 AM

Girls Event Number	Event Description	Boys Event Number
3	8 & Under 100 Free	4
5	10 & Under 200 Free	6
7	8 & Under 50 Breast	8
9	10 & Under 100 Breast	10
11	8 & Under 25 Free	12
13	10 & Under 50 Free	14
15	8 & Under 25 Fly	16
17	10 & Under 100 Fly	18
19	8 & Under 50 Back	20
21	10 & Under 50 Back	22
23	8 & Under 100 Free Relay	24
25	10 & Under 200 Free Relay	26

**Session 3: Saturday Afternoon\***      Warm Up: 12:00 to 12:50 PM      Meet Start: 1 PM

Girls Event Number	Event Description	Boys Event Number
27	Open 200 Fly	28
29	11-12 100 Fly	30
31	Open 50 Free	32
33	11-12 50 Free	34
35	Open 100 Back	36
37	11-12 100 Back	38
39	Open 200 Breast	40
41	11-12 50 Breast	42
43	Open 200 Free	44
45	11-12 200 Free	46
47	Open 400 Free Relay	48
49	11-12 200 Free Relay	50

\*Warm-ups will begin immediately after the last event of the morning session but not before 12:00 PM..

**Session 4: Sunday Morning**

Warm-Up 7:00 AM - 7:45 AM

Meet Start 8:00 AM

Girls Event Number	Event Description	Boys Event Number
51	10 & Under 100 IM	52
53	10 & Under 200 IM	54
55	8 & Under 25 Back	56
57	10 & Under 100 Back	58
59	8 & Under 25 Breast	60
61	10 & Under 50 Breast	62
63	8 & Under 50 Fly	64
65	10 & Under 50 Fly	66
67	8 & Under 50 Free	68
69	10 & Under 100 Free	70
71	8 & Under 100 Med Relay	72
73	10 & Under 200 Med Relay	74

**Session 5: Sunday Afternoon\***

Warm Up 12:00 - 12:50 PM

Meet Start 1 PM\*

Girls Event Number	Event Description	Boys Event Number
75	11-12 100 IM	76
77	Open 200 IM	78
79	11-12 100 Breast	80
81	Open 100 Breast	82
83	11-12 50 Fly	84
85	Open 100 Fly	86
87	11-12 50 Back	88
89	Open 200 Back	90
91	11-12 100 Free	92
93	Open 100 Free	94
95	11-12 200 Med Relay	96
97	Open 400 Med Relay	98

\* Warm-ups will begin immediately after the last event of the morning session but not before 12:00 PM.

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**SUMMARY OF FEES AND RELEASE FORM**

Please send to: Rob Knight  
 1004 Ironwood  
 Normal, IL 61761

Name of Club:					
USA Swimming, Inc. Affiliation (LSC):				Club Code:	
Name of Coaches attending meet:					
Name of person submitting entry:					
Mailing Address:					
Telephone # (please include) Work:			Home:		
E-mail Address:					
	Number of Swimmers		Number of Entries	Cost Per Swim	Totals
10 & Under			X	\$3.00	
11-12			X	\$3.00	
13-14			X	\$3.00	
Senior/Open			X	\$3.00	
Relays			X	\$7.00	
Total Swimmers				\$12.00	
				Total Fees	

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waiver, and release any and all rights and claims for damages which may occur against United States Swimming, Inc., Illinois Swimming, Inc., BNSC, ISU, their representatives, employees, directors, officers, 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 the meet are duly and currently registered with USA Swimming."

Signature:	Date
(Coach, Club Representative or Parent – please indicate)	



