

Sheridan Swim Team

Blackstone Firecracker Classic

July 10-12, 2009

IL Sanction # ILL09-0705

Long Course Meters

SANCTION: Sanctioned by USA Swimming and Illinois Swimming, Inc.

MEET DIRECTOR: Veronica Fey 1106 Kentucky, Quincy, IL 62301
Phone: 217-224-7714 Email: veronica.ssc@att.net

ENTRY CHAIR: Jim Russell 1713 Manor Hill Drive, Quincy, IL 62301
Phone: 217-228-1708 Email: entries@sheridanswimteam.com

MEET REFEREE: John Schulte Phone: 309-589-0172 Email: unc.js3@comcast.net

FORMAT: All events are timed finals.

LOCATION: Sheridan Swim Club
3915 South 24th Street
Quincy, IL 62305
(217) 224-1051
For directions to the pool go to <http://www.sheridanswimteam.com>

POOL: Outdoor 10-lane, 50-meter pool with starting blocks at both ends of the pool. The pool depth ranges from 4' –6'. The pool has non-turbulent lane markers and a Colorado Automatic Timing System 6. There is a separate 6-lane, 25-meter by 25-yard T-shaped outdoor pool available for family and friends to use during the course of the meet for a small fee. There is also a separate 6-lane, 25-yard indoor pool available to competitors for warm-up and cool downs.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

MEET SCHEDULE:	Friday	Session 1	Warm-ups	1:00pm
			Start	2:00pm
	Saturday	Session 2	Warm-ups	7:00am
			Start	8:00am
		Session 3	Warm-ups	Immediately following Session 2, but not before noon
			Start	1 hour after start of warm-ups
	Sunday	Session 4	Warm-ups	7:00am
			Start	8:00am
		Session 5	Warm-ups	Immediately following Session 4, but not before noon
			Start	1 hour after start of warm-ups
		Session 6	Warm-ups	Immediately following Session 5
			Start	15 minutes after start of warm-ups

ELIGIBILITY: Only swimmers currently registered with USA Swimming and invited guests through a reciprocal invitation to foreign athletes from USA Swimming are eligible. Entries listed as "registration applied for" will not be accepted. The swimmer's age on Friday, July 10, 2009 determines age for the meet.

Illinois swimming applications may be obtained from Illinois Swimming, Inc., 3166 S. River Road Suite 30, Des Plaines, IL 60018, or online at www.ilswim.org.

ENTRIES: Swimmers will be limited to 4 individual events plus relays each day.
PLEASE ENTER ALL TIMES IN LONG COURSE METERS

The meet will be limited to 375 swimmers per session with entries on a first come, first served basis. No team entry will be split.

An e-mail with entries from Hy-Tek's Team Manager is preferred. Please send the following completed information to the Entry Chair:

1. Hard copy of your entry (and diskette if the file is not e-mailed)
2. Signed release form
3. Payment for the meet

Please do not require a signature of receipt for entries sent by courier.

ENTRY DEADLINE: Entries will not be accepted before **Monday, June 8, 2009** and must be completed by **Monday, July 6, 2009 at noon**. Entries received before Monday, June 8, 2009 will be returned. Entries will be on a first received, first entered basis. Only entries received by e-mail or via courier services will be accepted –no hand deliveries.

ENTRY FEES: \$4.00 per individual event
\$8.00 per relay
\$2.00 per swimmer I.S.I. surcharge

Swimmers who competed in last year's Senior National Championships will swim free (no entry fees).

Make all checks payable to **Sheridan Swim Team**.

Note: Payment is due within 48 hours of the receipt of entries.

LIMITED EVENTS: 200 IM (top 60)
400 Free (top 30)
400 IM (top 30)
1500 Free (top 30 combined)

The 1500 will be swum fastest to slowest alternating women's and men's heats with 13 & 14 and Seniors combined for swimming but scored separately.

CHECK-IN: **This is a positive check-in meet.** All swimmers must check in with the Clerk of Course **45 MINUTES** prior to the start of each session. All unaccompanied swimmers must report to the Meet Referee prior to warming up for the first session in which they are swimming. The Meet Referee or his/her designee shall instruct the swimmer in the safety rules and assign them to warm-up lanes.

OFFICIALS/TIMERS: USA Officials who would like to work the meet should contact the Meet Referee to be assigned positions. Volunteer officials and timers would be greatly appreciated. Teams with more than 10 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 Sheridan Swim Team website (www.sheridanswimteam.com) and/or e-mailed to participating teams prior to the meet.

SECURITY: Only coaches and officials currently registered with USA Swimming will be allowed on deck. All security questions concerning the meet should be directed to the Meet Referee. Parents will NOT be allowed on deck.

COACHES: A packet will be available to all coaches with swimmers entered in the meet. The coach must present their USA swimming coach's registration card to receive the packet. A coach's packet will be available at the Hospitality Area.

RESULTS: Results will be posted during the meet and final results will be posted on the Sheridan Swim Team website following the meet. A hard copy will be mailed upon request.

AWARDS: Trophies will be awarded to the top 3 teams in the meet. Custom event awards will be given to all age divisions. Sheridan Swim Team will not be responsible for mailing awards.

ADMISSION: There are **NO ADMISSION FEES** for this meet.

PARKING: Sheridan Swim Club provides **FREE PARKING** at the facility. Please follow posted signs for parking.

HOTELS: Accommodations are available at nearby hotels. Refer to Sheridan Swim Team's website (www.sheridanswimteam.com), the Quincy Convention and Visitor's Bureau website (www.quincy-cvb.org), or the Hannibal Convention and Visitor's Bureau website (<http://www.visithannibal.com>) for hotel information.

ADAPTIVE SWIMMING: It is the authority of the Meet Referee to incorporate swimmers with disabilities into the meet according to USA Swimming rules and regulations.

ORDER OF EVENTS

Friday, July 10, 2009

Session #1

Warm-ups: 1:00 pm Meet Starts: 2:00 pm

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
1	Senior	200 IM (top 60)	2
3	13 – 14	200 IM (top 60)	4
5	11 – 12	200 IM (top 60)	6
7	10 & Under	200 IM (top 60)	8
9	Senior	50 Free	10
11	13 – 14	50 Free	12
13	11 – 12	50 Free	14
15	10 & Under	50 Free	16
17	Senior	400 Free (top 30)	18
19	13 – 14	400 Free (top 30)	20
21	Senior	400 Medley Relay	22
23	13 - 14	400 Medley Relay	24

Saturday, July 11, 2009

Session #2

Warm-ups: 7:00 am Meet Starts: 8:00 am

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
25	10 & Under	200 Free	26
27	11 – 12	200 Free	28
29	10 & Under	50 Back	30
31	11 – 12	50 Back	32
33	10 & Under	100 Breast	34
35	11 – 12	100 Breast	36
37	10 & Under	100 Fly	38
39	11 – 12	100 Fly	40
41	10 & Under	200 Free Relay	42
43	11 – 12	200 Free Relay	44

Session #3

Warm-ups: Immediately after Session #2, but not before noon Meet Starts: 1 hour after warm-ups start

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
45	13 – 14	400 IM (top 30)	46
47	Senior	400 IM (top 30)	48
49	13 – 14	100 Free	50
51	Senior	100 Free	52
53	13 – 14	200 Breast	54
55	Senior	200 Breast	56
57	13 – 14	100 Back	58
59	Senior	100 Back	60
61	13 – 14	200 Fly	62
63	Senior	200 Fly	64
65	13 – 14	400 Free Relay	66
67	Senior	400 Free Relay	68

ORDER OF EVENTS

Sunday, July 12, 2009

Session #4

Warm-ups: 7:00 am Meet Starts: 8:00 am

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
69	11 – 12	100 Free	70
71	10 & Under	100 Free	72
73	11 – 12	50 Fly	74
75	10 & Under	50 Fly	76
77	11 – 12	100 Back	78
79	10 & Under	100 Back	80
81	11 – 12	50 Breast	82
83	10 & Under	50 Breast	84
85	11 – 12	400 Free (top 30)	86
87	10 & Under	200 Medley Relay	88
89	11 – 12	400 Medley Relay	90

Session #5

Warm-ups: Immediately after Session #4, but not before noon Meet Starts: 1 hour after warm-ups begin

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
91	Open	800 Free Relay	92
	10 minute break		
93	13 – 14	200 Free	94
95	Senior	200 Free	96
97	13 – 14	100 Fly	98
99	Senior	100 Fly	100
101	13 – 14	100 Breast	102
103	Senior	100 Breast	104
105	13 – 14	200 Back	106
107	Senior	200 Back	108

Session #6

Warm-ups: Immediately after Session #5 Meet starts: 15 minutes after warm-ups begin

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
109	13 – 14	1500 Free (top 30 combined)	110
111	Senior	1500 Free (top 30 combined)	112

SAFETY REQUIREMENTS

WARM-UP:

General Warm-up (first 30-45 minutes)

- a. **NO DIVING** is allowed from the blocks or the 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 is allowed during this general warm-up session.
- c. Entry into pool is only permitted from starting end of pool, 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."
- 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.

Miscellaneous

- a. Backstrokes 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.

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 the 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.

**SHERIDAN SWIM TEAM
BLACKSTONE FIRECRACKER CLASSIC**

July 10-12, 2009

USA SANCTION NUMBER – ILL09-0705

COMPLETE THIS AND MAIL IT WITH ENTRY FORMS AND YOUR CHECK PAYABLE TO:

Sheridan Swim Team
c/o Jim Russell
1713 Manor Hill Dr
Quincy, IL 62301
E-mail: entries@sheridanswimteam.com

Summary of Fees

		Girls	Boys		
10 & Under	No. of entries:	_____	: _____	@ \$4.00 each =	\$ _____
11 – 12	No. of entries:	_____	: _____	@ \$4.00 each =	\$ _____
13 – 14	No. of entries:	_____	: _____	@ \$4.00 each =	\$ _____
Open	No. of entries:	_____	: _____	@ \$4.00 each =	\$ _____
Relays	No. of entries:	_____	: _____	@ \$8.00 each =	\$ _____
ISI Surcharge	No. of swimmers:	_____	: _____	@ \$2.00 each =	\$ _____

Name of Club: _____
Club Initial Code For Heat Sheet _____
USA Affiliation: _____ (LSC)
Complete Mailing Address: _____

Phone: _____ Cell: _____
E-mail: _____

Names of coaches attending: _____

Club member to contact regarding entry: _____

Phone: _____ Cell: _____
E-mail: _____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damage which may occur against the United States Swimming, Inc., Sheridan Swim Club, Sheridan Swim Club Board, Sheridan Swim Team, and Sheridan Swim Team Board, their representatives, employees, directors, officers, successors, for any or 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, Club representative or parent): _____

_____ Dated: _____, 2009

This signed release and a check for all fees must accompany entry or the entry will not be accepted.

ENTRIES MUST BE RECEIVED NO LATER THAN **Monday, July 6, 2009 by NOON.**

___ **Our team would agree to an early warm-up (please check if yes)**