

**CHAMPAIGN COUNTY YMCA HEAT
2009 ILLINOIS OPEN
June 26-28, 2009**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
SANCTION # ILL09-0611**

MEET DIRECTOR

Tommy Lockman
c/o Champaign County YMCA HEAT
500 W. Church
Champaign, IL 61820
Phone: 217-352-1800
Email: tlockman@meyercafel.com

MEET REFEREE

Bill Nelson

SAFETY CHAIRPERSON

Estela Canga

LOCATION: University of Illinois Activities and Recreation Center, 201 E. Peabody Drive, Champaign, Illinois 61820 (Pool is located on the corner of First St. & Peabody Drive). DIRECTIONS ARE INCLUDED IN THIS PACKET.

FACILITY: 8-lane, 50 meter pool with the middle 6 lanes used for competition. Competitor non-turbulent lane markers, Colorado Timing equipment, and custom designed starting blocks. At this time, the competition course has not been certified in accordance with USA Swimming Rule Book Article 104.2.2C(4). Spectator seating is available for 400. Enter the facility through the main entrance off Peabody Street. The recreational facilities and outdoor pool are for use by University of Illinois students and staff or ARC members only.

FORMAT:

Friday, June 26

Warm-ups: 3:00 PM Meet Starts: 4:30 PM

Saturday, June 27

Morning Session I (13 & Over):

Warm-ups: 7:00 AM Meet Starts: 8:30 AM

Morning Session II (Open 800 Free):

Warm-ups: 30-minute warm-up immediately following conclusion of Morning Session I

Afternoon Session (12 & Under):

Warm-ups: Not before 1:00 PM Meet Starts: Not before 2:30 PM

Sunday, June 28

Morning Session (13 & Over):

Warm-ups: 7:00 AM Meet Starts: 8:30 AM

Afternoon Session (12 & Under):

Warm-ups: Not before 12:00 PM Meet Starts: Not before 1:30 PM

RULES & SAFETY:

All current USA Swimming and ISI Rules and Regulations apply. USA Swimming and ISI safety rules will be strictly enforced.

- ELIGIBILITY:** All USA Swimming registered swimmers are eligible. All swimmers must be 2009 registered athletes with USA Swimming prior to the entry deadline. Registration numbers must accompany entries. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 S. River Rd., Suite 30, Des Plaines, IL 60018, Phone: 847-824-1596, Fax: 847-824-1726. A swimmer's age as of June 26, 2009 will determine their age for the meet.
- USA SWIMMING, INC MEMBERSHIP:** Insurance regulations require that all swimmers, judges, starters, and referees 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 2009 USA Coach Member registration card at all times while on deck.
- QUALIFYING TIMES:** There are no qualifying times for this meet.
- ENTRY DEADLINE:** Entries will not be accepted before 8:30 AM, May 29th, 2009. **Entry deadline is June 12th, 2009.** Teams will be entered on a first come basis until sessions are filled to the 4-hour rule for each session. Hand, phone, or fax entries will not be accepted. No team entries will be broken. Email entries are preferred (using Hytek Commlink program). A hard copy with payment **MUST** be received within 48 hours of email date.
- ENTRIES:** This meet will be run with the Hytek Meet Manager v. 2.0 program. Email entries are encouraged and will be accepted using the Hytek Commlink program (remember to "age up" swimmers). A printed copy **MUST** be received within 48 hours of email date. The printed copy is the final word in entry disputes.
- 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. Age determined on June 26, 2009. All times must be completed to the hundredth of a second and submitted in long course meters times. Deck entries: (a) will be allowed if the timeline permits; (b) can only be from a team already entered by the deadline (unattached swimmers must also be entered by the deadline); (c) must be to the Clerk of Course by the time positive check-in closes; and (d) must be paid in full at the time of deck entry. A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: **Champaign County YMCA.**
- On Friday, 13 & Over swimmers may initially enter up to five (5) events but may only compete in three (3) events. If scratches in positive check-in result in a swimmer already entered in 3 events moving up into a limited event, meet management will contact that swimmer's coach to determine in which events the swimmer will compete. 12 & Under swimmers may enter a maximum of two (2) individual events. On Saturday, each swimmer may enter a maximum of five (5) individual events and one (1) relay, in addition to the 800 Freestyle. On Sunday, each swimmer may enter a maximum of five (5) individual events and one (1) relay.
- ENTRY LIMITATIONS:** Entries for the Open 400 Freestyle, Open 400 IM and entries for the 11-12 and 10 & Under 200 IM, 11-12 and 10 & Under 200 Free, and Open 800 Freestyle may be limited to the fastest entries at the discretion of meet management. Teams will be notified by June 19th of any limitations. The final entries will be emailed to all teams by June 19th, 2009 and will be posted on the host team's website, <http://www.ccyymcaheat.org/>. Positive check-in for these events will close 60 minutes prior to the start of Friday's session (for Friday's events) and will close at 11:00 AM on Saturday for the Open 800 Freestyle. Swimmers participating in the 800 Freestyle **must** provide their own timer and lap counter. There will be a bullpen in the afternoon session only.
- ENTRY FEES:** \$3.00 per individual event. \$7.00 per relay. \$2.00 per swimmer ISI surcharge. \$30.00 per team facility charge.

TIME TRIALS:

May be available at the end of each session if time permits. Forward requests to Meet Referee on meet day.

MAIL ENTRIES: Mail entries, fees, USA Swimming Numbers, and Waiver Form to:
2009 Illinois Open Entry Chair
c/o Champaign County YMCA HEAT
Attn: Alison Czmarko-Kutzler/Hrabri Rajic 217-239-2806
500 W. Church Street hrabri@sbcglobal.net
Champaign, IL 61820

POSITIVE CHECK-IN: **ALL events require Positive Check-in**, meaning, "I am here and I intend to swim this event." Positive Check-in will be enforced and will close 60 minutes prior to the start of each session. If a swimmer fails to check-in by the deadline, they could either be excluded from swimming those events or may be allowed to swim if there are open lanes in slower heats.

RELAYS: Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table 30 minutes prior to the start of each session.

SCORING: No team scores will be kept.

AWARDS: 10" single ribbons will be awarded for the top 6 places in individual events and for the top 3 places in relays in the 11-12 and 10 & Under age groups. No awards will be given for 13-14 and Open events.

FINAL RESULTS: One complimentary copy will be sent to every club with four or more swimmers. Additional copies may be ordered at the meet for \$10.00. Final results will also be posted on the Champaign County YMCA HEAT web-site at <http://www.cymcaheat.org/>

ADMISSION FEE: \$4.00 for each adult per session; \$2.00 for each child.

The Champaign County YMCA HEAT would appreciate any help your club's USA Swimming certified and registered officials may be willing to give us on deck. If anyone on your team is interested in helping, please let the Meet Director know (see contact info above).

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.

**ORDER OF EVENTS
2009 ILLINOIS OPEN
SANCTION # ILL09-0611**

Session 1: Friday, June 26

Warm-ups: 3:00 PM

Meet Starts: 4:30

Girls	Age Group	Event	Boys
1	Open	400 IM	2
3	11-12	200 IM	4
5	10 & Under	200 IM	6
7	Open	400 Free	8
9	11-12	400 Free	10
11	10 & Under	200 Free	12

SPECIAL NOTICE:

IF THE AM SESSIONS ARE EXPECTED TO BE COMPLETED BEFORE 11:30 AM, THE PM SESSION WARM-UP/START TIME MAY BE MOVED UP. ALL TEAMS WILL BE NOTIFIED BY WEDNESDAY, JANUARY 9!

Session 2: Saturday, June 27

Warm-ups: 7:00 AM

Meet Starts: 8:30 AM

Girls	Age Group	Event	Boys
19	Open	200 Free	20
21	13-14	200 Free	22
23	Open	100 Back	24
25	13-14	100 Back	26
27	Open	200 Breast	28
29	13-14	200 Breast	30
31	Open	50 Free	32
33	13-14	50 Free	34
35	Open	200 Fly	36
37	13-14	200 Fly	38
39	Open	400 Free Relay	40

Session 3: Saturday, June 27

Warm-ups: There will be a 30-minute warm-up immediately following the conclusion of Session 2 (Swimmers participating in the 800 Free must provide their own timer and lap counter.)

Girls	Age Group	Event	Boys
41	Open	800 Free (Limited to Top 24 Entries)	42

Session 4: Saturday, June 27

Warm-ups: Not before 1:00 PM

Meet Starts: Not before 2:30 PM

Girls	Age Group	Event	Boys
43	11-12	100 Free	44
45	10 & Under	100 Free	46
47	11-12	50 Breast	48
49	10 & Under	50 Breast	50
51	11-12	100 Back	52
53	10 & Under	100 Back	54
55	11-12	50 Fly	56
57	10 & Under	50 Fly	58
59	12 & Under	400 Free Relay	60

Session 5: Sunday, June 28**Warm-ups: 7:00 AM****Meet Starts: 8:30 AM**

Girls	Age Group	Event	Boys
61	Open	200 IM	62
63	13-14	200 IM	64
65	Open	100 Free	66
67	13-14	100 Free	68
69	Open	100 Breast	70
71	13-14	100 Breast	72
73	Open	200 Back	74
75	13-14	200 Back	76
77	Open	100 Fly	78
79	13-14	100 Fly	80
81	Open	400 Medley Relay	82

Session 6: Sunday, June 28**Warm-ups: Not before 12:00 PM****Meet Starts: Not before 1:30 PM**

Girls	Age Group	Event	Boys
83	11-12	200 Free	84
85	10 & Under	100 Breast	86
87	11-12	100 Breast	88
89	10 & Under	50 Back	90
91	11-12	50 Back	92
93	10 & Under	100 Fly	94
95	11-12	100 Fly	96
97	10 & Under	50 Free	98
99	11-12	50 Free	100
101	12 & Under	400 Medley Relay	102

The Champaign County YMCA HEAT would appreciate any help your club's USA Swimming certified and registered officials may be willing to give us on deck. If anyone on your team is interested in helping, please let the Meet Director know (see contact info above).

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

A. WARM-UP PROCEDURES

1. Warm-up Lane Assignments and Times

- a. Each warm-up session will be divided into 3 segments of 30 minutes each. Teams will be assigned to the first 2 segments as evenly as possible for their general warm-ups. The last segment will be used for the specific warm-up (see below).
- b. Coaches will receive lane assignments and warm-up times for their team's warm-ups in their coaches' packets. Lanes will be assigned to provide each team with the same relative amount of space per lane.

2. 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.

3. 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

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.

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 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.
 - 1) 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."
 - 2) 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.
 - 3) 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. 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.

CHAMPAIGN COUNTY YMCA HEAT 2009 ILLINOIS OPEN
JUNE 26-28, 2008 Sanction # ILL09-0611

COMPLETE THIS FORM AND MAIL ALONG WITH ENTRIES & CHECK TO:

**2009 Illinois Open Entry Chair
c/o Champaign County YMCA HEAT
Attn: Alison Czmarko-Kutzler/Hrabri Rajic
500 W. Church St.
Champaign, IL 61820
Make checks payable to: Champaign County YMCA**

NO ENTRIES ACCEPTED BEFORE 8:30 AM MAY 29TH AND MUST BE RECEIVED BY JUNE 12TH.

	<u># of Female Individual Entries</u>		<u># of Male Individual Entries</u>		
	_____	+	_____	@ 3.50=	_____
All Relays	_____	+	_____	@ 7.00=	_____
Total # Females	_____	+	Total # Males _____	@ 2.00= (ISI Fee)	_____
Facility Charge				\$30.00	_____
				TOTAL:	_____

NAME OF CLUB: _____

CLUB CODE: _____

NAME & MAILING ADDRESS: _____

NAME, PHONE, EMAIL OF ENTRY PERSON: _____

In consideration of the acceptance of this entry, I, intend to be legally bound, hereby co-sign, waive, and release any and all rights and claims which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the Champaign County YMCA HEAT, the Champaign County YMCA, the University of Illinois, 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 to the fact that all athletes included in this entry and participating in this sanctioned event competing under the name of the above USA Swimming chartered club or under any attached status are duly registered as current athlete members of USA Swimming.

Signature: _____ Position: _____

Date: _____

DRIVING DIRECTIONS TO POOL
University of Illinois Activities and Recreation Center, 201 E. Peabody Drive
(Corner of First & Peabody, Champaign)

COMING FROM THE WEST VIA I-72:

I-72 becomes University Avenue as you approach Champaign. Turn right at second light (Mattis Avenue). On Mattis, turn left at the third light (Kirby Avenue). On Kirby, proceed approximately 2 miles and under a set of railroad tracks. Turn left at the second light following the railroad tracks (First Street). On First Street, go just past Memorial Stadium and take a right on Peabody Drive. The main entrance to the Activities and Recreation Center is on Peabody Drive.

COMING FROM THE WEST VIA I-74:

Take I-74 to I-57. Take I-57 South to Exit 235A (University Avenue). Follow directions via I-72 listed above.

COMING FROM THE NORTH OR SOUTH:

Take I-57 to Exit 235A (University Avenue). Follow directions via I-72 listed above.

COMING FROM THE EAST:

Take I-74 East to Exit 183 (Lincoln Avenue). Turn right on Lincoln Avenue and proceed approximately 3 miles through campus to Florida Avenue. Turn right at Florida Avenue (Florida Avenue becomes Kirby Avenue). On Kirby, turn right at the first light (Fourth Street). On Fourth Street, go just past Memorial Stadium and take a left on Peabody Drive. The main entrance to the Activities and Recreation Center is on Peabody Drive.