

# ST. CHARLES SWIM TEAM SUMMER CLASSIC

JUNE 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>, 2009

SANCTION #  
LONG COURSE METERS

**MEET DIRECTOR:** Lori Falk, Alan Jania, & Colleen Kuszynski, 1050 Dunham Road St. Charles, IL 60174 [meetchair@stcswim.com](mailto:meetchair@stcswim.com)

**ENTRY CHAIR:** Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175 [sgsheehan@yahoo.com](mailto:sgsheehan@yahoo.com)

**REFEREE:** Al Reynolds [xf15@sbcglobal.net](mailto:xf15@sbcglobal.net)

**LOCATION:** John B. Norris Rec. Center, 1050 Dunham Rd. St. Charles IL 60174

**POOL:** Indoor 6 lane 50 meter pool. The pool has Kiefer lane lines, Paragon starting blocks, and a Daktronics timing system with 6 lane time LCD display board. Beep horn systems with strobes will be used. The pool ranges in depth from 3.5 ft. deep to 12ft. deep at the starting end

**MEET SCHEDULE:**

Thursday PM Session 1		
<b>Warm-ups</b> 4:00 – 4:50 PM	<b>Start</b> 5:00 PM	
Friday AM Session 2		
<b>Warm-ups</b> 7:00 - 7:50 AM	<b>Start</b> 8:00 AM	
Friday PM Session 3		
<b>Warm-ups</b> Immediately following Session 2, not before 12:00PM.		<b>Start</b> 1 hour after warm-ups.
Saturday AM Session 4		
<b>Warm-ups</b> 7:00 - 7:50 AM		<b>Start</b> 8:00 AM
Saturday PM Session 5		
<b>Warm-ups</b> Immediately following Session 4, not before 12:00 PM		<b>Start</b> 1 hour after warm-ups
Sunday AM Session 6		
<b>Warm-ups</b> 7:00 - 7:50 AM		<b>Start</b> 8:00 AM
Sunday PM Session 7		
<b>Warm-ups</b> Immediately following Session 2, not before 12:00 PM.		<b>Start</b> 1 hour after warm-ups

## POSITIVE CHECK-IN CLOSSES 20 MINUTES AFTER WARM-UPS START

**ENTRIES:** All entries shall comply with current 2009 USA and ISI rules. A swimmer's age for the meet is his/her age as of June 11, 2009. Current 2008-2009 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA athlete. ISI registration forms may be obtained from Illinois Swimming Inc., [www.ilswim.org](http://www.ilswim.org). St. Charles reserves the right to swim St. Charles swimmers with non-conforming times. **All entries must be submitted from a USA Swimming certified coach**

**SEEDING:** Enter Swimmers at their long course meter times to assure proper seeding. Upgrading of a swimmer's time will not be allowed after the entry deadline. To meet ISI time requirements there may be some cuts in the distance events. **St. Charles reserves the right to swim its own swimmers in all events**

**ENTRY FORMS:** Computerized entries from Hy-Tek's team Manager are preferred. All written entries must be submitted on the St. Charles Entry Forms. Mail / e-mail entries to Entry Chair at [sgsheehan@yahoo.com](mailto:sgsheehan@yahoo.com)

Please send the following complete information to the entry chair:

- 1) Paper copy of your entry (and CD/diskette if file is not e-mailed)
- 2) Signed release form
- 3) Payment for meet
- 4) Officials and timers to work the meet.

**If forms are not completely filled out, the entry will be considered incomplete.**

**ENTRY FEES:** Individual events are **\$3.00** each. A surcharge of **\$2.00** per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to **St. Charles Swim Team Parent's Association**. Deck Entries will be permitted only if space is available. No additional heats will be added. A fee of **\$6.00** per individual event must be paid in full that day.

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- ENTRY LIMITS:** Swimmers will be limited to 3 Individual Events per day. **St. Charles reserves the right to limit participation in any event to achieve a reasonable time line. No refunds will be issued in limited events.** Every effort will be made to accommodate all swimmers. Deck Entries may be allowed at the Meet Referee's discretion. If the Individual is entered in more than 3 events, the entry will be made by order of events starting with event #1 until the limit is satisfied. The 400 IM's, 400 Free's & 800 Free's may be limited to the top three heats depending on the time line. .
- CHECK - IN:** **THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for **all morning sessions at 7:20AM** and **all afternoon sessions 20 minutes** after the start of warm-ups. **A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event.
- ENTRY DEADLINE:** Entries will not be accepted before **8:00AM, Friday, May 15<sup>th</sup>, 2009.** Entries will accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries. Entries submitted before the due date will be returned. If you desire a verification of entries accepted, include a self-addressed stamped post card. For entries submitted via email, complete entry package must be received within 3 business days following confirmation of acceptance.
- AWARDS:** Awards for individual event will be given for places 1 thru 6 by division of A, B, C Illinois Time Standard for the 8 & under, 9-10, and 11-12 age groups. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.
- COACHES:** The Coach's packets will be available to all club coaches with swimmers entered in the meet. You must present your USA Swimming coach's registration card to receive the packet. The coach's packet will be available at the Hospitality Table.
- RESULTS:** Results will be posted as the meet progresses. Results will be emailed following the meet. A hard copy will be mailed upon request. Live Results will be posted on the St. Charles Swim Team Website at [www.stcswim.com/liveresults](http://www.stcswim.com/liveresults)
- SECURITY:** **Only USA Swimming Registered Coaches** will be allowed on the deck. Coaches must display current USA Swimming registration cards at all times while on deck. Teams must provide proof of each coach's current USA Swimming registration prior to the start of the meet for a coach scheduled to be on deck. All questions concerning the meet after the start of the meet should be directed to the Meet Referee. **Parents will NOT be allowed on deck**
- ADMISSION:** An admission fee will be charged per day. A psych sheet will be available for a fee covering all sessions. Wrist bands will be issued at the admission's table. All spectators must wear the wrist bands during the meet.
- OFFICIALS:** USA Officials who would like to work the meet should contact the Meet Referee, Al Reynolds, [Xfl5@sbcglobal.net](mailto:Xfl5@sbcglobal.net), to be assigned positions.
- TIMERS:** Any team with more than 5 swimmers in session will have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be emailed lane assignments prior to the meet. Reminder, each team must provide their own timers and counters for the 800 Free.
- PARKING:** Outside SCST Parking Signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. **PLEASE DO NOT PARK IN THE FRONT PARKING LOT.** Park in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building. **We must enforce these rules in order to continue to use this facility.** Thank you in advance for your cooperation.
- CODE OF CONDUCT:** The SCST will strictly adhere to the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

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## SAFETY REQUIREMENTS:

### WARM UP:

#### General Warm-up (first 30-45 minutes)

- 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.
- No sprinting or pace work allowed during this general warm-up session.
- Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.

#### Specific Warm-up (last 30-45 minutes)

- Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
- Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- General Warm-up Lanes - NO DIVING.** Circle swim only.
- 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

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply.
- Coaches shall actively supervise their swimmers throughout the warm-up session.

#### Host Team Responsibilities

- Marshaling
  - A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
  - Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue.
  - Marshals shall full have the authority to warn or order to cease and desist, and, with concurrence of the referee to remove or have removed from the swimming venue anyone behaving in an unsafe manor or using profane or abusive language or whose actions are disrupting the orderly conduct of the meet.
- The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- Warm-up times 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."

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## ORDER OF EVENTS

### Thursday Afternoon, Session 1

Girls Event #	Event	Boys Event #
1	12 & Under 400 Free	2
3	Open 800 Free	4

### Friday Morning, Session 2

Girls Event #	Event	Boys Event #
5	9-10 200 Free	6
7	11-12 50 Fly	8
9	9-10 100 Breast	10
11	11-12 50 Breast	11
13	9-10 50 Free	12
15	11-12 200 IM	14

### Friday Afternoon, Session 3

Girls Event #	Event	Boys Event #
17	Open 400 IM	18
19	Open 50 Free	20
21	Open 100 Breast	22
23	Open 200 Fly	24

### Saturday Morning, Session 4

Girls Event #	Event	Boys Event #
25	9-10 200 IM	26
27	11-12 50 Free	28
29	9-10 100 Free	30
31	11-12 100 Back	32
33	9-10 50 Back	34
35	11-12 100 Breast	36
37	9-10 100 Fly	38

### Saturday Afternoon, Session 5

Girls Event #	Event	Boys Event #
39	Open 200 Free	40
41	8 & Under 50 Free	42
43	Open 200 Breast	44
45	8 & Under 50 Breast	46
47	Open 100 Back	48
49	Open 400 Free	50

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## ORDER OF EVENTS

### Sunday Morning, Session 6

Girls Event #	Event	Boys Event #
51	11-12 200 Free	52
53	9-10 50 Fly	54
55	11-12 100 Fly	56
57	9-10 100 Back	58
59	11-12 50 Back	60
61	9-10 50 Breast	62
63	11-12 100 Free	64

### Sunday Afternoon, Session 7

Girls Event #	Event	Boys Event #
67	Open 200 Back	68
69	8 & Under 50 Back	70
71	Open 100 Fly	72
73	8 & Under 50 Fly	74
75	Open 200 IM	76
77	Open 100 Free	78

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## ENTRY FEE AND RELEASE FORM

**Entry Chair:** Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175 [sgsheehan@yahoo.com](mailto:sgsheehan@yahoo.com)

**Summary of Fees:**

10 & Under	Girls	Number of Entries _____ @ \$3.00 each =	\$ _____
	Boys	Number of Entries _____ @ \$3.00 each =	\$ _____
11 & 12	Girls	Number of Entries _____ @ \$3.00 each =	\$ _____
	Boys	Number of Entries _____ @ \$3.00 each =	\$ _____
13 & 14	Girls	Number of Entries _____ @ \$3.00 each =	\$ _____
	Boys	Number of Entries _____ @ \$3.00 each =	\$ _____
Senior	Girls	Number of Entries _____ @ \$3.00 each =	\$ _____
	Boys	Number of Entries _____ @ \$3.00 each =	\$ _____
Total Number of Swimmers Attending Meet		_____ @ \$2.00 each =	\$ _____
		Grand Total =	\$ _____

Name of Club \_\_\_\_\_ Club Initials \_\_\_\_\_

Names of coaches attending Meet \_\_\_\_\_

Mailing Address Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; St. Charles Swim Team; Norris Recreation Center; and St. Charles Swim Team Parents Association, 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 that all athletes entered in this meet are duly and correctly registered with USA Swimming.

Signature (Coach, Parent, or Club Representative)

\_\_\_\_\_  
This signed release must accompany the entry or the entry will not be accepted.

**All Entries must be received by Friday, May 29, 2009.** Entries will accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.

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## Directions to Norris Recreation Center / St. Charles High School from Chicago (37 mi.):

1. Route 64 to Dunham Road. North on Dunham Road, one - half mile to the Norris Recreation Center. The Norris Center will be on the Right.
2. West on I-88 East – West Toll way to Farnsworth Avenue. Farnsworth turns into Kirk Road to Route 64. Continue North on Kirk Road to Fox Chase Blvd. Turn Left and follow road around to High School/Norris Center. The Norris Center will be on the Right.
3. I - 90 to Route 25. South on Dunham Road. Take Dunham to the Norris Recreation Center on the Left.

Please visit [www.st-charles.il.us](http://www.st-charles.il.us) for hotel information.

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Club: \_\_\_\_\_

**Timer Volunteer Sheet:**

Friday AM 1. \_\_\_\_\_

2. \_\_\_\_\_

Friday PM 1. \_\_\_\_\_

2. \_\_\_\_\_

Saturday AM: 1. \_\_\_\_\_

2. \_\_\_\_\_

Saturday PM 1. \_\_\_\_\_

2. \_\_\_\_\_

Sunday AM 1. \_\_\_\_\_

2. \_\_\_\_\_

Sunday PM 1. \_\_\_\_\_

2. \_\_\_\_\_

**Official Volunteer Sheet:**

Name and Phone #	Level	Fri. AM	Fri. PM	Sat. AM	Sat. PM	Sun. AM	Sun PM

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Entries Due By Friday May 29<sup>th</sup>, 2009    Age Group \_\_\_\_\_ Boys / Girls    Team Code: \_\_\_\_\_

Name	Age	USS #	Event #	Event Name			
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
<b>Totals</b>				Event Rate	@ \$3.00	\$	