

WESTMONT SWIM CLUB
DIVE INTO SUMMER LONG COURSE SWIM MEET

May 16 & 17, 2009

Sanctioned by USA Swimming and Illinois Swimming, Inc.,
Sanction Number: ILL09-0503

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

MEET ENTRY: Erik M Enslin
9949 Elm Circle Drive
Oak Lawn, IL 60453

cell (708) 305-3198
e-mail: Coacherik@comcast.net

MEET DIRECTOR: Barb Grosshans
Co-Asst Meet Directors: Kim Glowniak
Ann LaValle

e-mail: brgrosshans@aol.com

MEET REFEREE: Marty Malecki

e-mail:

SAFETY DIRECTOR: TBA

IMPORTANT DATES:

Meet Entries Accepted
Paperwork Received

APRIL 24th at 8:00am
May 8th by 6:00pm

FORMAT: This is USA Sanctioned Open Meet with the following non-standard age categories for girls and boys 10 & Under, 11 - 12, and Open. All events will be Positive Check In, Timed Finals.

POOL: University of Illinois at Chicago, 901 West Roosevelt Road Chicago, IL (Directions and map attached)

The facility at UIC is a 50 meter, 8 lane pool with non-turbulent lane lines. There are permanently fixed starting blocks located at the start end of the pool with a depth of 12 feet; the depth at the turn end is 3' 5". Touch pads and an electronic timing system will be used at the starting end of the pool. Each lane will also have a push button back up system and a third back up of at least two timers using electronic watches. There will be an electronic scoreboard showing all eight lanes. Grandstand seating is available with a capacity of 1,200.

MEET SCHEDULE: For both Saturday and Sunday

	Morning Sessions I & III 10 & Under, 11 - 12	Afternoon Sessions II & IV Open
Warm-ups Start	7 00 AM	12 00 Noon
Check-in Closes	7 30 AM	12 30 PM
Warm-ups End	7 45 AM	12 45 PM
Session Starts	8 00 AM	1 00 PM

The first event for the afternoon sessions will start one our after completion of the preceding session, but not before the scheduled start time.

ELIGIBILITY:

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed "Registration applied for" will not be accepted. A swimmer's age as of [May 16, 2009](#) will determine their age for the meet.

Registration forms can be obtained from Illinois Swimming, Inc.
3166 South River Road, Suite 30
Des Plaines, IL 60018
Phone (847) 824-1596 FAX (847) 824-1726

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 current USA Coach Member registration card at all times while on deck.

ENTRY DEADLINE:

Entries will not be accepted by the Entry Chairperson before [8:00 a.m. Friday, April 24, 2009](#). E- Mailed entries are the preferred method of entering this meet. You may e-mail your zipped, Commlink II file to the Entry Chairperson at Coacherik@comcast.net beginning at [8 00 am on Friday, April 24, 2009](#). A completed and signed Summary Fee / Release Form and entry check must be received within three business days of receipt of the e mail.

Hand deliveries will not be accepted! Fax entries will not be accepted! Entries will be accepted on a first received first entered basis until the maximum time limit, subject to the 4 hour/10 hour rule, is reached. Entries received thereafter will be returned immediately. Please provide the telephone number or e-mail address of your club representative so they may be contacted immediately. The Host Team reserves the right to request teams to limit their entries based on the 4 hour/10 hour rule if they wish to attend. All entries, entries with updated times, and completed paperwork for this meet must be received by the Meet Entry Registrar at the address indicated above no later than [6:00 PM on Friday, May 8, 2009](#).

Entries received later than this date will be returned. If you desire verification of entries received, include a self-addressed postal card with your entries, or an e-mail address.

ENTRIES:

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. We will use Hy-Tek Meet Manager for Windows, Version 2.0F. Email entries are the preferred method of Entry. All entries must be accompanied by a hard copy printout of your Commlink entry data file or your information filled out on the entry form provided by the Westmont Swim Club with in this packet. Teams submitting entries on disk will receive final results on disk in return. A completed and signed Summary Fee / Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to the Westmont Swim Club. Failure to do so shall be sufficient grounds for refusal of the entry. The Westmont Swim Club will not be responsible for undelivered or mis-delivered e-mail entries. This is a computerized meet. Do not submit entry cards. The host club shall provide all cards. Every effort will be made to correct an error made by our staff; however, the Westmont Swim Club will not be responsible for entries submitted incorrectly.

ENTRY LIMITATIONS:

Deck entries will not be allowed. 10 & Under and 11 -12 swimmers (morning sessions) are limited to three individual events per day. Open swimmers (afternoon sessions) are limited to four individual events per day.

Distance events are subject to the following criteria: The 400 meter Open events and 200 meter events for 10 & Under and 11 - 12 may be limited to a maximum total of three heats for each age category and gender. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to limitations, the entry fee will be refunded. The Host Team reserves the right to add additional heats if time permits. The Host Team reserves the right to swim all of their swimmers in the Distance events that do not rank in the top 3 heats.

ENTRY FEES:

\$3.00 per event entry, per swimmer

\$2.00 per swimmer ISI Surcharge

EVENTS:

In accordance with USA Swimming Rules; Article 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 the competition, with specific requests.

SEEDING:

All events will be timed finals, swum from slowest to fastest, with the exception of the Open 400 Free and 400IM. Those events will swim from fastest to slowest, with alternating girls' and boys' heats. We request that all entries be in Short Course times; we will use the standard Meet Manager conversions to seed all swimmers in Long Course Meter times. All entries submitted with Long Course Meter times will be considered non-conforming and seeded in the slowest heats.

POSITIVE CHECK-IN:

All events will be Positive Check In, timed finals. Each swimmer must check herself/ himself in with the Clerk of Course at least 30 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seed time. All swimmers will be expected to report for their events on time.

SCRATCH PROCEDURES:

There will be no penalty assessed to any swimmer, who after positive check-in closes, misses their event.

STARTING PROCEDURES:

The Whistle Starting Procedure will be used. The No Recall Rule will be in effect. The Meet Referee may implement the use of Fly over Starts —for events other than backstroke — depending upon the number of entries in that session and will communicate this decision to the coaches at the coaches meeting prior to that session.

BULLPEN:

There will be no bull-pen for this meet. Swimmers are responsible for reporting promptly to the blocks. A Clerk of Course will be on deck to assist the 10 & under swimmers. Heat and lane assignments for all swimmers will be on the pool deck.

AWARDS:

All awards will be based upon timed final results. Awards will be given for 1st through 8th places for all 10 & under and 11 -12 events. No awards will be given to open swimmers. Awards must be picked up by the coaches or a team representative at the end of the meet.

RESULTS:

Results will be posted on the host team's website www.westswim.com as soon as possible after the meet. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming time standards. The printed final results can be used as proof of time. Should a team prefer to receive printed results via mail instead of the internet, they should contact the entry chair and we will mail printed results to them.

CONCESSIONS:

The Westmont Swim Club prides itself on the quality and variety of its concessions. A delicious assortment of foods and beverages will be available during the meet. No coolers or food are allowed in the pool area or viewing stands.

SPECTATORS:

No bags are allowed on the pool deck; we request that they be kept in the team/parents area of the spectator stands. Swimmers and parents are allowed only in the pool area and the adjacent lobby. Anyone entering other areas of the building will be ejected from the meet.

ADMISSIONS:

Admission for adults (over 12) is \$5.00 per day. Heat Sheets will be available for \$4.00 per session.

PARKING:

Secure parking is available in the parking lot across from the pool (north of Roosevelt Road). The cost is determined by the UIC Parking Facilities, and is out-of-control of the host club.

HANDICAP ACCESS:

The facilities at UIC provide handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or special needs swimmers are asked to include a short notification of such along with their entry and to notify the meet director and/or referee upon arrival at the meet.

ADDITIONAL INFORMATION:

Information packets will be issued to all club coaches on arrival at the meet. A copy of the warm-up procedures will be included; they will be strictly enforced! The Westmont Swim Club requires that all guest teams follow the rules of conduct of UIC with respect to property, conduct and safety. Any unacceptable conduct may result in ejection from the meet, and no refund for admission or entry fees will be available.

Only swimmers, meet officials, USA member coaches, and timers will be allowed on deck. All teams are expected to provide a monitor(s) to supervise their swimmers in the team area.

TIMERS:

Teams with ten or more swimmers are requested to provide two timers, for one lane, for all sessions of the meet.

OFFICIALS:

Officials will be needed for this meet. We would greatly appreciate the help of any officials from your team who would like to work this meet.

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ORDER OF EVENTS & MEET SCHEDULE

SESSION I
SATURDAY MORNING

Girls	Events	Boys
1	11 - 12 200M IM	2
3	10 & under 200M IM	4
5	11-12 50M Free	6
7	10 & under 50M Free	8
9	11-12 100M Fly	10
11	10 & under 100M Fly	12
13	11-12 50 M Back	14
15	10 & under 50M Back	16
17	11-12 100M Breast	18
19	10 & under 100M Breast	20

SESSION III
SUNDAY MORNING

Girls	Events	Boys
33	11-12 200M Free	34
35	10 & under 200M Free	36
37	11-12 50M Fly	38
39	10 & under 50M Fly	40
41	11-12 100M Free	42
43	10 & under 100M Free	44
45	11-12 50M Breast	46
47	10 & under 50M Breast	48
49	11-12 100M Back	50
51	10 & under 100M Back	52

SESSION II
SATURDAY AFTERNOON

Girls	Events	Boys
21	OPEN 200M Fly	22
23	OPEN 50M Free	24
25	OPEN 200M IM	26
27	OPEN 100M Breast	28
29	OPEN 200 M Back	30
31	Open 400M Free	32

SESSION IV
SUNDAY AFTERNOON

Girls	Events	Boys
53	OPEN 200M Free	54
55	OPEN 100 M Fly	56
57	OPEN 100M Free	58
59	OPEN 200M Breast	60
61	OPEN 100M Back	62
63	OPEN 400M IM	64

Morning Sessions I & III
10 & Under, 11 - 12

Warm-ups	7 00 AM - 7 50 AM
Check-in Closes	7 30 AM
Warm-ups End	7 45 AM
Session Starts	8 00 AM

Afternoon Sessions II & IV
Open

Warm-ups	12 00 PM-12 50 PM
Check-in Closes	12 30 PM
Warm-ups End	12 45 PM
Session Starts	1 00 PM

As noted in the meet packet, all 400M events for Open Swimmers and 200M events for 12 & Under Swimmers may be limited to the top three heats! The Open 400M Free and 400 IM will swim from Fastest to Slowest heats, and will alternate Girls' – Boys' heats.
Morning Session Entry Limit 3 Individual Events
Afternoon Session Entry Limit 4 Individual Events .6

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TEAM SUMMARY & RELEASE FORM

Complete this form, and mail along with your Age Group Entry Forms and your check payable to the Westmont Swim Club to the Meet Entry Person, no later than **Friday, May 8, 2009, 6:00pm.**

Erik Enslin cell (708) 305-3198
9949 Elm Circle Drive e-mail Coacherik@comcast.net
Oak Lawn, IL 60453

Important! No entries will be accepted before **8 00 a.m. on Friday, April 24, 2009.**

SUMMARY OF FEES

10 & Under	No. of Entries _____	@ \$3.00 eac = _____
11 - 12	No. of Entries _____	@ \$3.00 eac = _____
Open	No. of Entries _____	@ \$3.00 eac = _____
Total # swimmers	ISI surcharge _____	@ \$2.00 eac = _____
		Total Meet Fees = _____

Name of Club _____

Club Code _____ LSC _____

Coaches Attending _____

Mailing Address _____

Contact for Entries _____

Phone _____ E-Mail _____

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED!

In consideration to 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, waive and release any and all rights and claims or damages which may accrue against USA Swimming, Illinois Swimming Inc., Westmont Swim Club, the University of Illinois at Chicago, their representatives, trustees, employees, directors, officers, successors, or any and all injuries suffered by me or any contestant, or representative of my club in said Meet. 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 (Club Representative) _____

Date: _____

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WARM-UP PROCEDURE

GENERAL WARM-UP: FIRST 30 MINUTES

- ? No diving allowed from blocks or edge of pool.
- ? Sit & Slide entry only !
- ? No sprinting or pace work allowed during this general warm-up.
- ? All lanes will be used for general warm-up.
- ? The Host Team reserves the right to assign teams to lanes for warm-up.

SPECIFIC WARM-UP: LAST 20 MINUTES

Lane use

Lanes 1 and 8	Push /pace
Lanes 3,4,5,6	Diving/sprint
Lanes 2 and 7	General warm-up

Push/pace lanes -Push off one or two lengths from the starting end.
Circle swim only NO DIVING.

Diving lanes Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.

General warm-up lanes CIRCLE SWIM ONLY. NO DIVING.

At conclusion of the 15 minute warm-up period, all swimmers MUST clear the pool.

The first event will start no sooner than 10 minutes from the conclusion of the specific warm-up.

COACHES RESPONSIBILITIES:

- ? Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
- ? Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.
- ? Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- ? Unattached swimmers, or attached swimmers attending the meet without coaches, must report to the safety coordinator for lane assignment
- ? Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.