

St. Charles 8 and Under Classic
December 6, 2009
Sanction # ILS09-1208

- Meet Director:** Lori Falk & Alan Jania 1050 Dunham Road St. Charles, IL 60174
meetdirector@stcswim.com
- Entry Chair:** Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175 (630)443-7903
sgsheehan@yahoo.com
- Meet Referee:** Al Reynolds xf15@sbcglobal.net
- Location:** **St. Charles North High School**; 255 Red Gate Road, St. Charles, Illinois 60175
- Pool:** Indoor 8 lane 25 yard pool. The competition pool ranges in depth from 12 ft. deep at the start end to 4 ft. deep at the turn end. The pools have Kiefer lane lines. The pool has a Daktronics timing system with 8-lane time display board. Beep horn systems with strobes will be used.
- Meet Schedule:** Sunday, December 6, 2009
Warm-ups: 8:00 a.m.
Meet Start: 9:00 a.m.
- Check-In:** **THIS IS A POSITIVE CHECK-IN MEET.** Check in will close 20 minutes after warm-up starts.
- Entries:** Enter swimmers at their short course yard times. "No times" will be accepted. All entries shall comply with current 2009 USA and ISI rules. Current 2009 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. A swimmer's entries will not be accepted if he/she is not a registered USA athlete. ISI registration forms may be obtained from Illinois Swimming Inc. at www.ilswim.org St. Charles reserves the right to swim St. Charles Swimmers. **All entries must be received from a USA Swimming Certified Coach.**
- Eligibility:** All USA swimming, Inc. registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as applied for will not be accepted. A swimmers age for the meet will be their age as of December 6, 2009.
- Entry Forms:** All entries must be submitted on the St. Charles entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You may e-mail entries to Scott Sheehan at sgsheehan@yahoo.com. Please send the following complete information to the entry chair:
- 1) A paper copy of your entry (and diskette, if file is not e-mailed);
 - 2) Signed release form;
 - 3) Payment for meet;
 - 4) List of officials volunteering to work.

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- Entry Limit:** Each individual may enter 4 events and two relays.
- Entry Fees:** Entry fees are \$3.00 for each individual event and \$7.00 for relays. A \$2.00 surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Swim Team Parent's Association.**
- Entry Deadline:** Entries will not be accepted before **Friday, November 6, 2009 at 8:00 a.m...** We will accept entries until the timeline capacity. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self- addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.
- Awards:** Awards for individual events will be given for places 1 thru 16 for 8 year old, 7 year olds and 6 & under. Awards for relays will be given for places 1-3.
- Coaches:** Coach's packets will be available to all club coaches with swimmers entered in the meet. You must present you USA coach's card to receive the packet. Please have credentials available at all times on deck.
- 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
- Officials:** USA officials who would like to work the meet should contact the Meet Referee to be assigned positions. Al Reynolds xfl5@sbcglobal.net
- Security:** Only U.S.A. Swimming registered Coaches, officials and tagged volunteers will be allowed on the deck. All questions concerning the meet after the start of the meet should be directed to the meet referee.
- Parking:** Park in any lot where parking is permitted; be conscious of areas marked for fire lanes. Enter through Door 1.
- Concessions:** Food and beverages will be available for sale at the concessions table. A hospitality table will be available for officials and coaches.
- Admissions:** An admission fee will be charged per day. The psych sheet will be available online the week before the meet. A heat sheet will be available after the start of the meet. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet.
- Timers:** Any team with more than five swimmers in a session will have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be notified of lane assignments prior to the meet.

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SAFETY REQUIREMENTS:

WARM UP: 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.

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.
- b. Coaches shall actively supervise their swimmers throughout the warm-up session.

Host Team Responsibilities

- a. Marshaling
 - 1) 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.
 - 2) Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue.
 - 3) 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.
- 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 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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- 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.

1. 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.

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ORDER OF EVENTS

Girls Event #	Event	Boys Event #
1	50 Freestyle	2
3	100 Medley Relay	4
5	25 Butterfly	6
7	25 Backstroke	8
9	25 Breaststroke	10
11	25 Freestyle	12
13	100 Individual Medley	14
15	100 Free Relay	16

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8 & Under Girls # of Entries _____ @ \$3.00 each = \$ _____

 Boys # of Entries _____ @ \$3.00 each = \$ _____

Total # of Swimmers Attending: _____ @ \$2.00 each = \$ _____

Total # of Relays Entered: _____ @ \$7.00 each = \$ _____

Grand total= \$ _____

Name of Club _____ Club Initials _____

Names of coaches attending meet:

Mailing Address: Name _____ Address _____

City, State, Zip _____

Home _____ Work _____

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, St. Charles North High School, 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 currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

This signed release **MUST** accompany the entry or the entry will not be accepted.

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Club: _____

Officials who may be interested in volunteering:

Name	Address	Phone & Certification
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Thanks!

St. Charles Swim Team

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North High School

255 Red Gate Road, St. Charles, IL, 60175

Route 64

Route 64 Route 31. North on Rt. 31 to Red Gate Road. West on Red Gate to St. Charles North Entrance.

East - West Tollway

1-88 East - West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Rt. 31. North on Rt. 31 to Red Gate Road. West on red Gate to St. Charles North Entrance.

1-90 Northwest Tollway

1-90 Northwest Tollway to Route 31. South on Rt. 31 to Red Gate Road

Please visit www.st-charles.il.us for hotel information.

