

Bee My Valentine Classic
Sponsored by: The Hornet Swim Club
February 12-14, 2010
Sanction number: ILS10-0209

Meet Directors

Mardie Leader
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Entry Chair

Tim Urquhart
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Meet Referee

Mike Weresch
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Safety Chair

Joe Cielinski
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Format: This will be a timed finals, positive check-in meet. A listing of events offered is attached.

Fri PM	warm-ups check-in closes meet starts	6:00-6:40 PM 6:05 PM 6:45 PM
Sat/Sun AM	warm-ups check-in closes meet starts	7:00-7:50 AM 7:20 AM 8:00 AM
Sat/Sun PM	warm-ups check-in closes meet starts mile	not before 11:30 AM 11:50 AM not before 12:30 PM 30 min after previous session

Location: Hinsdale South High School
7401 S. Clarendon Hills Rd.
Darien, IL, 60561.

Facility: The Hinsdale South High School pool is a 25-yard, six lane pool with Paragon starting blocks at the deep end. The start end is 10' deep and the turn end is 4' deep with competitor brand non-turbulent lane lines and an IST Scoreboard with six-lane readout and a scrolling line. There is ample spectator seating.

Rules/Safety: All USA and ISI Swimming rules and ISI safety rules will be strictly enforced.

Eligibility: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. 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. Phone 847-824-1596. A swimmer's age as of February 12, 2010 will determine their age for the meet.

Membership: Insurance regulations require that all swimmers, coaches, judges, starters, and referees be current members 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 9:00AM January 9, 2010. Entries will be accepted via email and via nationally known courier. DO NOT send certified or registered mail. Please indicate the package does NOT have to be signed for. No hand delivered or faxed entries will be accepted.

Entry Limitations: No deck entries will be permitted, except for corrections of mistakes made by the entry chairperson. A printed copy of each team's entry will be mailed back to the team before the meet and it is their responsibility to make sure the entry is correct. Swimmers may swim a maximum of 4 individual and one relay event(s) per day.

Additional Limitations: The host team reserves the right to limit the number of heats to conform to a four-hour time for each session (2.5 hours for Friday session, and 1 hour for mile sessions). Should limitations be necessary, a copy of those sessions will be sent to each team so that affected swimmers may be notified.

Entry Forms: Meet entries should be submitted using Hy-Tek Team Manager on a 3.5" disk, or via email. Please send the following completed information to the entry chair: (1) A paper copy of your entries (and diskette, if not e-mailed); (2) Signed release form; (3) Payment for Meet. *For email entries, the paper copies and payment must arrive within 10 days of your email submission.* If not received by that time, your electronic entries will be rejected. If Hy-tek is not used, the entries must be for teams of 3 or less swimmers. Meet entries must be submitted on the Hornet Swim Your Age entry forms.

Entry Fees: The entry fee for individual events is \$3.00 per event and for relays it is \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to the Hornet Swim Club.

Entry Verification: If you desire verification of entries received, include a self-addressed postal card with your entries or an E-mail address to your Club's entry person.

Entry Limit/Deadline: Friday, February 5, 2010 is the last date the entry chairperson will accept entries. Entries shall not be considered received until delivered to the entry chairperson at the address shown in the meet information. Entries will be accepted until the time limit, subject to the 4 hour / 10 hour rule is reached and entries received thereafter will be returned immediately. If a phone number is included on the Entry Summary Sheet, teams that do not get into the meet will be called immediately. No additional swimmers may be entered after the original team entry has been processed.

Seeding: The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order. Please give a time if at all possible so we book the meet appropriately. A bullpen will be used for all events.

Warm-ups: The ISI controlled meet warm-up and safety guidelines, effective November 3, 2004, will be used at this meet.

Starting: FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. 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 and swimmers to contact the Meet Referee prior to competition with specific requests.

Positive check-in: This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for that session's events. Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in slower heats.

Officials & Timers: Officials are needed. Anyone willing to officiate should contact the Meet Referee. Teams will be expected to provide timers for all sessions. Your team's lane assignment will be in the Coaches Packet in the Hospitality Room.

Results: Results will be posted as the meet progresses. One copy of printed results in publication format will be mailed to all teams represented at their request. Individuals may purchase a copy of final results for \$5.00. You may request results at the Admissions table.

Awards: Awards will be given to all age groups participating in the meet for places 1st- 12th. Team High Point trophies will be awarded 1st-3rd. using the standard method of scoring. All places will be determined by final time, not seedtime.

Admissions and Psych sheets: The cost of admission is \$5.00 per day. No charge for children under age of 12 and athletes. A psych sheet covering all sessions will be available at the cost of \$6.00.

Concessions: Food and beverages will be available for sale on Saturday and Sunday. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is no smoking on the grounds or in the building.

Hotels: Call the Meet Director if you need hotel information.

Names of Coaches attending meet

Club Mailing Address

Name:

Address:

City, State, Zip.

Phone: _____

E-mail Address: _____

In consideration of acceptance of this entry, I, intending to be legally bound; hereby cosign, waive and release all rights and claims for damages which may occur against USA Swimming, Inc., Illinois Swimming, Inc., Hornet Swim Club, Hinsdale South High School, Hinsdale Township District 86, and any parents' associations, 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 included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative)

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

Hornet Bee My Valentine Classic

February 12-14, 2010

Sanction #: ILS10-0209

E-Mail Entries to: Tim Urquhart at entries@hornetswimclub.org
 Or regular mail : 150 Chaucer Ct.
 Willowbrook, IL. 60527
 630-654-1768

Summary of fees:

8 & Under	Girl	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
9 - 10	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=	\$_____
Open	Girls	Number of Entries_____	@ \$3.00 each=	\$_____
	Boys	Number of Entries_____	@ \$3.00 each=	\$_____
Total Number of Relays entered in the Meet _____ @ \$7.00 each=				\$_____
Total Number of Swimmers attending Meet _____ @ \$2.00 each=				\$_____
Final Total=				\$_____

Name of Club_____

Club Code_____

Session 1: Friday, February 12, 2010
W-ups 6:00PM Meet starts 6:45PM

Girls	Age	Event	Boys
109	10&U	200 Free	110
111	Open	400 IM	112
113	12&U	200 IM	114
115	Open	500 Free	116

Session 2: Saturday, February 13, 2010
W-ups 7:00AM Meet starts 8:00AM

Girls	Age	Event	Boys
1	9-10	100 Breast	2
3	11-12	50 Breast	4
5	9-10	50 Fly	6
7	11-12	100 Fly	8
9	9-10	50 Back	10
11	11-12	100 Back	12
13	9-10	100 Free	14
15	11-12	100 Free	16
17	9-10	100 IM	18
19	11-12	100 IM	20
21	9-10	200 Med Relay	22
23	11-12	200 Med Relay	24

Session 3: Saturday, February 13, 2010
W-ups not before 11:30AM Meet starts not before 12:30PM

Girls	Age	Event	Boys
25	13-14	200 IM	26
27	Senior	200 IM	28
29	8 & Under	100 IM	30
31	13-14	100 Back	32
33	Senior	100 Back	34
35	8 & Under	25 Fly	36
37	13-14	100 Fly	38
39	Senior	100 Fly	40

41	8 & Under	50 Free	42
43	13-14	50 Free	44
45	Senior	50 Free	46
47	8 & Under	100 Med Relay	48
49	13-14	200 Breast	50
51	Senior	200 Breast	52
53	Open	200 Med Relay	54

Session 4: Saturday, February 13, 2010
W-ups immediately after session 3, Meet 30 minutes after W-ups start

Girls	Age	Event	Boys
107	Open	1650 Free	--

Session 5: Sunday, February 14, 2010
W-ups 7:00AM Meet starts 8:00AM

Girls	Age	Event	Boys
55	11-12	50 Back	56
57	9-10	100 Back	58
59	11-12	200 Free	60
61	9-10	100 Fly	62
63	11-12	50 Free	64
65	9-10	50 Free	66
67	11-12	100 Breast	68
69	9-10	50 Breast	70
71	11-12	50 Fly	72
73	9-10	200 Free Relay	74
75	11-12	200 Free Relay	76

Session 6: Sunday, February 14, 2010
W-ups not before 11:30AM Meet starts not before 12:30PM

Girls	Age	Event	Boys
77	13-14	200 Free	78
79	Senior	200 Free	80
81	8 & Under	25 Breast	82

83	13-14	100 Breast	84
85	Senior	100 Breast	86
87	8 & Under	25 Free	88
89	13-14	200 Fly	90
91	Senior	200 Fly	92
93	8 & Under	25 Back	94
95	13-14	100 Free	96
97	Senior	100 Free	98
99	8 & Under	100 Free Relay	100
101	13-14	200 Back	102
103	Senior	200 Back	104
105	Open	200 Free Relay	106

Session 7: Sunday, February 14, 2010
W-ups immediately after session 6, Meet 30 minutes after W-ups start

Girls	Age	Event	Boys
--	Open	1650 Free	108

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

A. WARM-UP PROCEDURES

1. **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.
2. **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.
 - 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.
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.

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 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.