

**FOX Valley Swim Team  
11<sup>th</sup> Annual Winter Classic**

**Friday, Saturday, and Sunday, February 12-14, 2010  
Sanctioned by USA Swimming and Illinois Swimming, Inc., Sanction # ILS10-0202**

**Meet Director**

Carol Mordach  
(630) 904-1751  
meetdirector@foxswimteam.com

**Entry Chairperson**

Sonia Hertogs  
1255 Leverenz Rd.  
Naperville, 60564  
meetentries@foxswimteam.com

**Safety Chairperson**

Jeff Levant  
jklevant@msn.com

**Meet Referee**

Tom Gradle  
(630) 904-4288  
officials@foxswimteam.com

**FORMAT**

This will be a Timed Finals, **POSITIVE CHECK-IN** meet. A listing of events offered each session is attached. 13/14 and 15 and over events will be swum together but separated by age group for results.

**PLEASE NOTE, 11/12 GIRLS – AM SESSION, 11/12 BOYS –PM SESSION**

***Friday P.M.***

Warm-ups: 5:00 - 5:45pm  
Positive Check-in Closes: 5:20pm  
Meet Start: 6:00pm

***Saturday & Sunday A.M.***

Warm-ups: 7:00 - 7:45am  
Positive Check-in Closes: 7:20am  
Meet Start: 8:00am

***Saturday & Sunday Mid***

Warm-ups: In the cool down pool prior to the start of the session  
Positive check-in closes: 10:00am  
Meet start: Immediately after the conclusion of the AM session  
Swimmers must provide their own timer (one) and their own lap counter.

***Saturday & Sunday P.M.***

Warm-ups: immediately after the midday session (TBA one week prior to meet)  
Positive Check-in Closes: 20 minutes after the start of warm ups  
Meet Start: One hour after the start of warm ups

**LOCATION**

Neuqua Valley High School, 2360 95<sup>th</sup> Street, Naperville, IL; one mile east of Rt. 59. The school is a non-smoking facility. Likewise, there is no smoking allowed on the grounds.

**FACILITY**

The Neuqua Valley High School pool is a 25-yard, eight-lane pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and a Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool. A coach must supervise swimmers in the warm-up/cool down pool at all times. Spectator seating is for 750.

**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 Road, Suite 30, DesPlaines, IL 60018, E-mail: ilswimoffice@sbcglobal.net, Phone: 847-824-1596, Fax: 847-824-1726. 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 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. Coaches may pick up their meet packet in the Hospitality Room.

## ENTRY DEADLINE

Meet Information will be posted on the Fox Valley Swimming Website ([www.Foxswimteam.com](http://www.Foxswimteam.com)). The Entry Chairperson will not accept entries before Friday, January 15, 2010 at 8:00 am. Hand delivered, phoned or faxed entries will NOT be accepted. All team entries must be e-mailed. Please e-mail your zipped, commlink files beginning at 8:00 am, Central Standard Time on Friday, January 15, 2010. A completed and signed Entry Summary Sheet, provided in this packet, and payment in full must be received within 72 hours of receipt of your e-mailed entry. An entry is not complete until all necessary paperwork including, Entry Summary Sheet, Volunteer Sheet, Summary of Fees Report and check for entry fees made payable to FOX Valley Swim Team are received. Entries that are expressed mail should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postal card with your entries.

E-Mail Entries to:  
Sonia Hertogs - meetentries@foxswimteam.com

Mail Entries to:  
Sonia Hertogs  
1255 Leverenz Rd.  
Naperville, IL 60564

## 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.

## ENTRY LIMITATIONS

**ABSOLUTELY NO DECK ENTRIES WILL BE PERMITTED**, except for corrections made of mistakes made by the entry chairperson. Swimmers may swim a **maximum of 3 individual events plus one relay per session** except for Friday evening. **On Friday evening, swimmers age 12 & under are limited to 1 event and swimmers 13 & over are limited to 2 events.**

## ADDITIONAL LIMITATIONS

The host team reserves the right to limit all events 200 yards or greater.

The host team reserves the right to swim additional heats if time allows. The host team reserves the right to swim it's own swimmers.

The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session.

The 1000 free is offered. The top 24 qualifying times for girls and top 24 qualifying times for boys will swim (fastest to slowest).

Should limitations be necessary, a copy of those sessions will be sent to each team so that the affected swimmers may be notified.

Any swimmer entered in more than the maximum number of events on the meet entry will be scratched from the last event(s) entered until the maximum of 3 events on Saturday and Sunday and 1 event (2 events age 13 and up) on Friday is reached. Relay swimmers must be entered in at least one individual event.

## ENTRY FORMS

Team entries should be submitted via e-mail using Hy-tek software. A hard copy printout of the entry, showing team's name, meet name, swimmers current registration number, age, first name, middle initial and last name must be part of the meet packet. If Hy-tek is not used, the entries must be submitted on the enclosed entry form. Do not submit entry cards. The enclosed "Entry Summary Sheet" must be completed and a copy of the "Team Manager Fees Report" enclosed. The Release Form **MUST BE SIGNED** and returned with your entry. These must be returned together with your check payable to: FOX Valley Swim Team. Failure to enclose all required paperwork shall be sufficient grounds for refusal of the entry. **ENTRY PACKETS WILL BE ACCEPTED ONLY AT THE ABOVE ADDRESS FOR THE MEET ENTRY CHAIRPERSON.**

**ENTRY FEES** The entry fees are \$3.00 per individual event, \$7.00 per relay, ISI surcharge of \$2.00 per swimmer, and a Neuqua Valley High School surcharge of \$2.00 per swimmer. Make checks payable to the Fox Valley Swim Team.

## ENTRY VERIFICATION

An e-mail will be sent confirming receipt of entry within 48 hours.

## **ENTRY DEADLINE & TIME LINE LIMIT**

**Friday, January 29, 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 original team entry has been processed.

## **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, 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 each session. A separate positive check-in for the Midday session, 1000 Free will be held beginning at 9:00 am and will close 60 minutes later (10:00 am). 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 the slower heats.

## **OFFICIALS/MEET WORKERS**

Officials are needed. Anyone willing to officiate should call the Meet Referee. **SWIMMERS IN THE 1000 MUST PROVIDE 1 TIMER AND A LAP COUNTER TO BE ABLE TO SWIM.**

## **RESULTS**

Results will be posted on the host website within 24 hours of the meets conclusion.

## **AWARDS**

Awards will be given as follows:

"A" Individual Events	Custom Medals	1 <sup>st</sup> thru 8 <sup>th</sup>
"B" Individual Events	Rosette Ribbons	1 <sup>st</sup> thru 8 <sup>th</sup>
"C" Individual Events	Straight Ribbons	1 <sup>st</sup> thru 8 <sup>th</sup>
Relays	Custom Medals	1 <sup>st</sup> thru 3 <sup>rd</sup>

## **ADMISSIONS AND PSYCH SHEETS**

Admission is \$2.00 for the Friday evening session. Saturday admission is \$5.00 and Sunday admission is \$5.00. No charge for children. A Psych Sheet covering all sessions will be available at a cost of \$6.00.

## **CONCESSIONS**

Food and beverages will be available for sale in the school commons/cafeteria area and in the observation balcony. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.

## **SWIMMER WAITING AREAS**

On Saturday and Sunday the swimmers waiting area will be located in the commons. **NO swimmers will be allowed on deck unless their event is close.** On Friday evening all swimmers will be allowed on the deck.

## **HOTELS**

Red Roof Inn 1698 Diehl Road, Naperville (630) 369-2500  
Fairfield Inn and Suites 1847 W Diehl Road, Naperville (630) 548-0966  
Super 8 Motel 4228 Longmeadow Drive, Aurora (630) 898-5419

## **DIRECTION TO NEUQUA VALLEY HIGH SCHOOL**

From Chicago, North, & West: I88 West to Route 59 South. 6 miles South on Rt. 59 to 95<sup>th</sup> Street. Jewel grocery store on your left. Turn left (East). 1 mile to Neuqua Valley High School on your right (South) side of the street.

From the South: I55 North to Route 59 North (10-15miles) to 95<sup>th</sup> Street. Turn right (East). School is on right (South) side of the street.

## WARM-UP PROCEDURE

### 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.

**FOX Valley Swim Team**  
**11th Annual Winter Classic**  
**February 12-14, 2010**  
**Order of Events**

**PLEASE NOTE, 11/12 GIRLS – AM SESSION, 11/12 BOYS –PM SESSION**

**Session 1; Friday**

Warm-ups: 5:00 - 5:45 PM  
 Positive Check-in Ends: 5:20 PM  
 Meet Begins: 6:00 PM

GIRLS	AGE GROUP	EVENT	BOYS
1	12 & Under	200 IM	2
3	Senior	400 IM	4
5	12 & Under	200 Free	6
7	Senior	500 Free	8

*1 event maximum entry for 12 & under,  
 2 events maximum entry for 13 & over  
 All events may be limited to 4 fastest heats.*

**Session 2; Saturday Morning**

Warm-ups: 7:00 - 7:45 AM  
 Positive Check-in Ends: 7:20 AM  
 Meet Begins: 8:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
9	Senior	200 Free	10
11	11/12	50 Free	
12	Senior	100 Breast	13
14	11/12	100 Breast	
15	Senior	200 Fly	16
17	11/12	50 Fly	
18	Senior	100 Back	19
20	11/12	100 Back	
21	Senior	50 Free	22
23	11/12	200 Free Relay	

*3 individual event maximum entry*

**Session 3; Saturday Midday**

Warm-ups in the cool down pool prior to the start of the session  
 Positive check-in ends 11:10am

GIRLS	AGE GROUP	EVENT	BOYS
NA	Senior	1000 Freestyle	24

**Session 4; Saturday Afternoon**

Warm-ups: immediately after the midday session but not before 12:30pm (TBA one week prior to the meet)  
 Positive Check-in Ends: (20min after the start of warm ups)  
 Meet Begins: one hour after the start of warm ups

GIRLS	AGE GROUP	EVENT	BOYS
	11/12	50 Free	25
26	10 & Under	50 Free	27
28	8 & Under	50 Free	29
	11/12	100 Breast	30
31	10 & Under	100 Breast	32
33	8 & Under	25 Breast	34
	11/12	50 Fly	35
36	10 & Under	50 Fly	37
38	8 & Under	25 Fly	39
	11/12	100 Back	40
41	10 & Under	100 Back	42
43	8 & Under	100 Free Relay	44
45	10 & Under	200 Free relay	46
	11/12	200 Free Relay	47

*3 individual event maximum entry*

**Session 5; Sunday Morning**

Warm-ups: 7:00 - 7:45 AM  
 Positive Check-in Ends: 7:20 AM  
 Meet Begins: 8:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
48	11/12	100 Free	
49	Senior	100 Free	50
51	11/12	50 Back	
52	Senior	200 Back	53
54	11/12	100 IM	
55	Senior	200 IM	56
57	11/12	100 Fly	
58	Senior	100 Fly	59
60	11/12	50 Breast	
61	Senior	200 Breast	62
63	11/12	200 Medley Relay	

*3 individual event maximum entry*

**Session 6; Sunday Midday**

Warm-ups in the cool down pool prior to the start of the session  
 Positive check-in ends 11:10am

GIRLS	AGE GROUP	EVENT	BOYS
64	Senior	1000 Freestyle	NA

**Session 7; Sunday Afternoon**

Warm-ups: immediately after the midday session but not before 12:30pm (TBA one week prior to the meet)  
 Positive Check-in Ends: (20min after the start of warm ups)

Meet Begins one hour after the start of warm ups

GIRLS	AGE GROUP	EVENT	BOYS
	11/12	100 Free	65
66	10 & Under	100 Free	67
68	8 & Under	25 Free	69
	11/12	50 Back	70
71	10 & Under	50 Back	72
73	8 & Under	25 Back	74
	11/12	100 IM	75
76	10 & Under	100 IM	77
78	8 & Under	100 IM	79
	11/12	100 Fly	80
81	10 & Under	100 Fly	82
83	8 & Under	100 Medley Relay	84
	11/12	50 Breast	85
86	10 & Under	50 Breast	87
	11/12	200 Medley Relay	88
89	10 & Under	200 Medley Relay	90

*3 individual event maximum entry*

Please return this form with your entries.

**FOX VALLEY SWIM TEAM  
10th ANNUAL Winter CLASSIC**

**February 12- 14, 2010**

Volunteer Sheet

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

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

**ISI Officials Volunteers**

Name & Phone Numbers	Level	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____

Please return this form with your entries.

Questions, please call Tom Gradle, Meet Referee, at (630) 904-4288 or e-mail at [officials@foxswimteam.com](mailto:officials@foxswimteam.com)



**Fox Valley Swim Team 11th Annual Winter Classic**

**February 12-14, 2010**

Entry Deadline: January 29, 2010

**USA Sanction #ILS**

Individual Events x \$3.00 = \_\_\_\_\_  
 Relay Events x \$7.00 = \_\_\_\_\_

	Age Group _____	Sex _____	Event No. Description	Session #				Session #			
				#	#	#	#	#	#	#	#
Club Code: _____			USA #	Seed Time	Seed Time	Seed Time	Seed Time	Seed Time	Seed Time	Seed Time	Seed Time
Last Name	First Name										
1											
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18											
19											
20											

Relays Event # \_\_\_\_\_

"A" "C"

"B" "D"

Relays Event # \_\_\_\_\_

"A" "C"

"B" "D"