

**Homewood Flossmoor Swim Club  
Is Proud to Host the  
South Suburban Swim Conference  
Blue Division Championship  
July 13<sup>th</sup>, 2009**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
Sanction #ILL0736-09**

- Meet Director: Jen Sesto  
hfswimclub@aol.com
- Entry Chair: Sue Shollenberger  
hfswimclub@aol.com  
708-560-7331  
17071 Belle St.  
Oak Forest, IL 60452
- Meet Referee: Sue Shollenberger      Safety Coordinator: Debbie Mathews
- Location: Homewood Flossmoor Community High School  
999 Kedzie Avenue  
Door 15  
Flossmoor, IL. 60422
- Pool: The HF Community High School pool has eight lanes, 25 yards. A 2 ½' bulkhead separates the competition and warm up/down area. Permanent slanted starting blocks are used. Competitor non-turbulent lane lines with 15-meter markers are in place. The pool is 14' deep at the starting end and 5' at the bulkhead. Colorado System 6 timing with full eight-lane scoreboard will be used. Seating capacity is 600.
- Meet Schedule:
- |                              |         |
|------------------------------|---------|
| Doors will not open before:  | 3:30 pm |
| Warm-ups will take place at: | 3:45 pm |
| Coaches/Scratch Meeting:     | 4:45 pm |
| Timers' Meeting:             | 5:10 pm |
| Meet Start:                  | 5:30 pm |
- Rules/Safety: All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. All events are timed finals.
- Eligibility: Entrants age as of July 13<sup>th</sup>, 2009 will determine their age for the meet. In accordance with South Suburban Conference By-Laws, swimmers must either (1) appear on the June 15<sup>th</sup> roster or (2) have competed in one dual meet during the season. An official copy of each meet result must be submitted to the host club with results highlighted.
- USA Swimming, Inc. 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 must be received by 5:00pm on July 9<sup>th</sup>, 2009.** All entries must be submitted on Hy-tek. Please email entries to [hfwimclub@aol.com](mailto:hfwimclub@aol.com). Conference Championship Rules apply. All events are timed finals. Each team can enter only two swimmers and one relay team per event. Swimmers are limited to (2) individual plus (2) relay events. All entries must 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. The enclosed Release form must be signed and returned within 48 hours of your entry.
- Results: Results will be emailed and also posted on the HFSC website.
- Timers/Officials: Each team is responsible for providing 2 timers on one lane for the entire meet. We would greatly appreciate the help of any officials willing to volunteer their time on deck. Please contact the Meet Referee Sue – [shollek@sbcglobal.net](mailto:shollek@sbcglobal.net).
- Admission: \$3.00 for adults. Heat sheets available at the door for \$5.00.
- Concessions: Will be available along with Maui Wowi.
- T-shirts: Vendor will have Conference apparel for sale in the lobby.
- Kiefer: Kiefer Swim Shop will be on site.
- Bag Tags: Can be purchased.
- Scoring/Awards
- |                   |   |
|-------------------|---|
| Individual Events | 16-13-12-11-10-9-7-5-4-3-2-1  |
| Relays            | 32-26-24-22-20-18-14-10-8-6-4-2   |
| Awards            | Individual events: 1 <sup>st</sup> -6 <sup>th</sup> place Medals 7-12 <sup>th</sup> Ribbons |
|                   | Relays: 1 <sup>st</sup> -3 <sup>rd</sup> place Medals 4-6 <sup>th</sup> Ribbons             |
| Team Awards       | 1 <sup>st</sup> -3 <sup>rd</sup> Trophies.  |

## Events

Girls	Event Description	Boys
Event Number		Event Number
1	8 & Under 100 Medley Relay	2
3	10 & Under 200 Medley Relay	4
5	12 & Under 200 Medley Relay	6
7	14 & Under 200 Medley Relay	8
9	18 & Under 200 Medley Relay	10
11	8 & Under 25 Freestyle	12
13	10 & Under 50 Freestyle	14
15	12 & Under 50 Freestyle	16
17	14 & Under 100 Freestyle	18
19	18 & Under 100 Freestyle	20
21	8 & Under 25 Breast	22
23	10 & Under 50 Breast	24
25	12 & Under 50 Breast	26
27	14 & Under 100 Breast	28
29	18 & Under 100 Breast	30
31	8 & Under 50 Free	32
33	10 & Under 100 IM	34
35	12 & Under 100 IM	36
37	14 & Under 200 IM	38
39	18 & Under 200 IM	40
41	8 & Under 25 Back	42
43	10 & Under 50 Back	44
45	12 & Under 50 Back	46
47	14 & Under 100 Back	48
49	18 & Under 100 Back	50
51	8 & Under 25 Fly	52
53	10 & Under 50 Fly	54
55	12 & Under 50 Fly	56
57	14 & Under 100 Fly	58
59	18 & Under 100 Fly	60
61	8 & Under 100 Free Relay	62
63	10 & Under 200 Free Relay	64
65	12 & Under 200 Free Relay	66
67	14 & Under 200 Free Relay	68
69	18 & Under 200 Free Relay	70

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

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

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Mailing Address Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

e-mail address \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound on behalf of myself, my club and all participants in the meet from my club; hereby waive, consign and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., Homewood Flossmoor Swim Club, HF Community High School, School District #233, their representatives, directors, officers, 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 event are duly registered as current athlete members of USA Swimming, Inc.

Signature (Coach, Parent, or Club Representative)

\_\_\_\_\_ Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

This signed release must be returned to the host club, HFSC, or entry will not be accepted.

# 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.