

HOMEWOOD FLOSSMOOR SWIM CLUB

3rd Annual

MAKE THE CUT TIME TRIAL

February 21, 2010

USA Swimming Sanction #ILS10-0216

Meet Director: Jen Sesto
(708)826-8401
hfwimclub@aol.com

Entry Chair: Chris Baker
3625 W. 198th Street
Flossmoor, IL 60422
(773)344-5498
(708)309-8162
hfwimclub@aol.com

Meet Referee: Mary Maze

Safety Coordinator: Debbie Mathews

Sanction: Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction #ILS10-0216

Location: Homewood Flossmoor Community High School
999 Kedzie Avenue
Door 13
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.

Rules: All USA Swimming, Inc. and Illinois Swimming, Inc. rules apply. A copy of the ISI warm up procedures is enclosed. All rules will be strictly enforced.

Meet Schedule: This will be a positive check-in meet for all sessions.

February 21, 2010:

Session 1: Warm ups begin at 9:00
Positive check in closes at 9:15
Meet starts at 10:00

Session 2: Mixed Open, 1650 Freestyle
Warm ups begin immediately after the conclusion of Session 1
but not before 11:30. There will be a 20 minute warm up.

HFSC reserves the right to start the morning session later if the meet is not full. Coaches/entry persons will be notified of a change via email no later than February 17, 2010. Information will also be posted on the HFSC website at www.homewoodflossmoorswim.org.

- Events:** All events are timed finals and swum slowest to fastest. Please submit short course YARD times (SCY) to ensure proper seeding. **DECK ENTRIES WILL BE ACCEPTED.** The host club reserves the right to limit events based on the 4/10 hour rule. If a swimmer is entered in more than three (3) individual events, the entry chair will take the first three events and disregard the rest of the entered events for that swimmer.
- Relay cards will be distributed to coaches in their Coach's Packet and *must* be returned to the computer table 45 minutes prior to the start of the relays. Relay cards must be filled out with swimmer's first and last name and age.
- Event Limitations:** All swimmers are limited to three (3) individual events per day and two (2) relays per day. The host club reserves the right to limit events/heats based on timeline restrictions.
- Scratches:** **This is a positive check-in meet for all sessions.** Check-in must be complete forty-five (45) minutes prior to the start of the session. Swimmers not checking in will be considered scratched for the session. Positive check-in sheets will be available at the Clerk of Course table.
- Eligibility:** Only USA Swimming, Inc. registered athletes are eligible. All swimmers must be registered prior to the meet entry deadline. Entrant's age as of February 21, 2010 will be determined the age for the meet. Illinois Swimming, Inc. registration applications may be obtained at 3166 S. River Road, Suite 30, DesPlaines, Illinois 60018, or call (847)824-1726.
- Scoring:** Individual events 1st through 8th place.
- Meet Results:** One copy of the final results will be emailed to all represented clubs. Clubs entering five (5) or less swimmers must pay for a snail mail copy. In addition, orders will be taken for individuals requesting meet results at a cost of \$10.00 each. Orders may be placed at the admission table.
- Coaches Information:** All coaches must be USA Swimming, Inc. member coaches. In order to receive the coach's packet and deck privileges, coaches will be asked to display current USA coach membership cards to the meet director and sign a check-in sheet. Coaches must continuously display credentials while on deck.
- Concessions:** Food and beverages will be available throughout the meet. No food will be allowed in the spectator area. **Water only will be allowed.**
- Admission:** **ENTER THROUGH DOOR 13.** An admission fee will be charged per day. A psych sheet will be available for a fee covering all sessions. Parking is free.
- Entry Procedure:** *HyTek entries are preferred via email to hfswimclub@aol.com. Please submit the disk with your signed team waiver, hard copy of the entry, and a signed check within 72 hours. DO NOT submit lane entry cards. The host team will prepare the necessary cards from the provided information. Please ensure the entry is completed in full and legible. The attached entry, summary sheet and signed release must accompany all entries. Please mail your entry, signed waiver, and check for full amount of fees to the entry chair listed on the front page. Entries will be accepted electronically via e-mail. Entries

delivered by U.S. Postal Service or a nationally recognized courier service will also be accepted. Please send entries signature-released. ***NO FAX OR HAND-DELIVERED ENTRIES WILL BE ACCEPTED.*** Failure to comply with any of these requirements is sufficient cause for refusal of entries.

Timers: Any team having five (5) or more swimmers per session is required to provide two times for that session.

Warm ups/down: All warm ups/down must be supervised by a coach.

Entry Time Limit: All entries will be accepted in the order in which they are received subject to the 4/10 hour rule. All entries received after this time will be returned immediately.

Entry Fees: Individual events are \$3.00 per event. Deck entries are \$4.00 per event. A \$2.00 ISI swimmer surcharge per athlete is applied. Please make checks payable to the HOMEWOOD FLOSSMOOR SWIM CLUB (HFSC), and mail with the entry form and summary sheet to:

Chris Baker
HFSC
3625 W. 198th Street
Flossmoor, IL 60422
(773)344-5498
(708)309-8162

Entry Deadlines: **Entries will not be accepted prior to February 5, 2010 or after February 15, 2010. Entries will be accepted electronically via e-mail to the meet entry chairperson at hfwimclub@aol.com.** Entries delivered by the U.S. Postal Service or a nationally recognized courier service will also be accepted. Please send signature-release entries. ***NO FAX OR HAND-DELIVERED ENTRIES WILL BE ACCEPTED.*** Failure to comply with any of these requirements is sufficient cause for refusal of entries.

If you desire verification of entries received and accepted, please include a self-addressed stamped envelop or postcard.

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MEET SUMMARY

Complete this form, mail it with entry forms and check payable to HFSC. Mail to:

Chris Baker
3625 W. 198th Street
Flossmoor, IL 60422
(773)344-5498
(708)309-8162

E-mail to: hfs swimclub@aol.com

Summary of Fees:

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

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

Relays # of Entries _____ @ \$7.00 each = _____

TOTAL # of Swimmers _____ @ \$2.00 each = _____

Name of Club for heat sheet: _____

Club Code: _____ USA Affiliation: _____ (LSC)

Club Contact: _____ Phone #: _____

Email Address: _____

Club Address: _____

City: _____ State: _____ Zip Code: _____

Coaches Attending: _____

Release:

In consideration of the 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 entered in this meet are duly and currently registered with USA Swimming, Inc.

Signature (USA Coach, Club representative, or parent):

Name: _____ Title: _____

Date: _____

HOMEWOOD FLOSSMOOR SWIM CLUB
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SESSION 1: WARM UPS 9:00; MEET STARTS 10:00

WOMEN	EVENT	MEN
1	OPEN 200 MEDLEY RELAY	2
3	OPEN 400 MEDLEY RELAY	4
5	OPEN 200 IM	6
7	OPEN 100 FREE	8
9	12 & U 50 BACK	10
11	OPEN 100 BACK	12
13	12 & U 50 BREAST	14
15	OPEN 100 BREAST	16
17	12 & U 50 FLY	18
19	OPEN 100 FLY	20
21	OPEN 200 FREE	22
23	12 & U 100 IM	24
25	OPEN 400 IM	26
27	OPEN 200 BACK	28
29	OPEN 200 BREAST	30
31	OPEN 200 FLY	32
33	OPEN 50 FREE	34
35	OPEN 200 FREE RELAY	36
37	OPEN 400 FREE RELAY	38
39	OPEN 500 FREE	40

SESSION 2: 20 MINUTE WARM UP IMMEDIATELY AT THE CONCLUSION OF SESSION 1, BUT NOT BEFORE 11:30.

	EVENT	
41	OPEN MIXED 1650 FREE	

The 1650 Free will be positive check-in only. Check-in closes 30 minutes prior to the end of the Session 1. This event will be limited to the top three (3) heats. HFSC reserves the right to limit events in accordance with the timeline guidelines. This event will be swum fastest to slowest.

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The Homewood Flossmoor Swim Club would appreciate your assistance in helping to provide officials and timers for this meet. If you could list a team contact person or the names of your officials, we will follow up. Please provide a timer contact for your team as well. **Please note that any team having five (5) or more swimmers per session is required to provide two timers for that session.**

Thank you in advance for your support.

Team Name: _____

Team Officials Contact:

Name: _____

Telephone _____ Email _____

Official List – Referees, Starters or Judges:

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Team Timer Contact:

Name: _____

Telephone _____ Email _____

Name: _____

Telephone _____ Email _____

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.

HFSC HOTEL INFORMATION

BAYMONT INN & SUITES
7255 WEST 183RD
TINLEY PARK, IL
708 633-1200

COMFORT SUITES
18400 SPRING CREEK DR.
TINLEY PARK, IL
708 342-1425

FAIRFIELD INN
18511 NORTH CREEK DR
TINLEY PARK, IL
708 633-1050

HAMPTON INN
18501 NORTH CREEK DR.
TINLEY PARK, IL
708 633-0602

WINGATE HOTEL
18421 NORTH CREEK DR.
TINLEY PARK, IL
708 532-9300