

**HOMEWOOD FLOSSMOOR SWIM CLUB**

**10<sup>th</sup> Annual St. Nick's**

**"Swim Your Own Age" Novelty Meet**

**Saturday, December 5, 2009**

**USA Swimming Sanction #ILS09-1206**

- Meet Director:** Jen Sesto (708)826-8401 [hfwimclub@aol.com](mailto:hfwimclub@aol.com)
- Entry Chair:** Chris Baker  
3625 W. 198<sup>th</sup> Street  
Flossmoor, IL 60422  
(708)309-8162  
(773)344-5498  
[hfwimclub@aol.com](mailto:hfwimclub@aol.com)
- Meet Referee:** Mary Maze
- Safety Coordinator:** Debbie Mathews
- Sanction:** Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
Sanction #ILS09-1206
- 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 events.
- Saturday, December 5, 2009
- Session 1: 9 & 10 individual events and relays  
Warm ups begin at 9:00 AM  
Meet starts at 10:00 AM
- Session 2: 6 & Under, 7, 8, 11 and 12 individual events and relays  
Warm ups begin 30 minutes after the conclusion of the AM events,  
But no earlier than 12:00 noon.  
Meet starts one (1) hour after start of afternoon warm ups,  
But no earlier than 1:00 PM.

HFSC reserves the right to adjust the morning session start time earlier or later based on the timeline. Coaches/entry persons will be notified of a change via email no later than December 1, 2009. Information will also be posed on the HFSC website at [www.homewoodflossmoorswim.org](http://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 NOT 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 four (4) individual events, the entry chair will take the first four events and disregard the rest of the entered events for that swimmer.
- This is a swim your own age meet. You may not swim up or down in age for individual events.
- 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 the swimmer's first and last name and age.
- Event Limitations:** All swimmers are limited to four (4) individual events per day and two (2) relay events. No swimmer may swim more than six (6) events combined. A swimmer **must** be entered in an individual event in order to compete in a relay event. The host club reserves the right to limit events 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 December 5, 2009 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 1<sup>st</sup> through 8<sup>th</sup> place.  
Relay events 1<sup>st</sup> through 8<sup>th</sup> place.
- Awards:** Awards for individual events 1<sup>st</sup> through 8<sup>th</sup> place.  
Awards for relay events 1<sup>st</sup> through 8<sup>th</sup> 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 [hfsclub@aol.com](mailto:hfsclub@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, \$7.00 per relay. 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. 198<sup>th</sup> Street  
 Flossmoor, IL 60422  
 (708)309-8162  
 (773)344-5498

- Entry Deadlines:** **Entries will not be accepted prior to November 6, 2009 at 8:00 A.M. or after November 20, 2009. Entries will be accepted electronically via e-mail to the meet entry chairperson at [hfsclub@aol.com](mailto:hfsclub@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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**USA Swimming Sanction #ILS09-1206**  
**MEET SUMMARY**

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

Chris Baker  
3625 W. 198<sup>th</sup> Street  
Flossmoor, IL 60422  
E-mail to: hfswimclub@aol.com

**Summary of Fees:**

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

9 & 10 # of Entries \_\_\_\_\_ @ \$3.00 each = \_\_\_\_\_

11 – 12 # 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: \_\_\_\_\_

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**AM Session**

Warm up: 9:00 AM

Meet starts: 10:00 AM

Girls Events

1	9 Only 100 I.M.
3	10 Only 100 I.M.
5	10 & Under 200 Medley Relay
7	9 Only 50 Free
9	10 Only 50 Free
11	9 Only 50 Back
13	10 Only 50 Back
15	9 Only 50 Breast
17	10 Only 50 Breast
19	9 Only 50 Fly
21	10 Only 50 Fly
23	10 & Under 200 Free Relay

Boys Events

2
4
6
8
10
12
14
16
18
20
22
24

**PM Session**

Warm up: 12:00 PM

Meet starts: 1:00 PM

Girls Events

25	7 & Under 100 I.M.
27	8 Only 100 I.M.
29*	11-12 100 I.M.
31	8 & Under 100 Medley Relay
33	11-12 200 Medley Relay
35	6 & Under 25 Free
37	7 Only 25 Free
39	8 Only 25 Free
41*	11-12 50 Free
43	7 & Under 25 Back
45	8 Only 25 Back
47*	11-12 50 Back
49	7 & Under 25 Breast
51	8 Only 25 Breast
53*	11-12 50 Breast
55	7 & Under 25 Fly
57	8 Only 25 Fly
59*	11-12 50 Fly
61	8 & Under 100 Free Relay
63	11-12 200 Free Relay

Boys Events

26
28
30*
32
34
36
38
40
42*
44
46
48
50
52
54*
56
58
60*
62
64

\* The 11-12 ages will swim together but will be scored separately for individual events.

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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 183<sup>RD</sup>  
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