

**ULTIMATE SWIMMING & HINSDALE SWIM CLUB**  
**2010 SPRING MEET**

**FEBRUARY 19, 20 & 21, 2010**

Sanctioned by USA Swimming and Illinois Swimming, Inc  
USA Swimming Sanction # IL S10-0215

**MEET DIRECTOR**

Claudia Karagianis  
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**MEET ENTRY CHAIRMAN**

Jim Audet  
[JimAudet@aol.com](mailto:JimAudet@aol.com)

**MEET REFEREE**

Jim Audet  
[JimAudet@aol.com](mailto:JimAudet@aol.com)

**ULTIMATE SWIM CLUB**

Pierre Ruffin  
Head Coach

**HINSDALE SWIM CLUB**

Matt Rowe  
Head Coach

**Location:** Proviso West High School, 4701 Harrison Street, Hillside, IL 60162

**Facility:** The pool is six lanes and 25 yards in length. It is equipped with non-turbulent lane markers and permanent starting blocks into 10 feet of water. **In accordance with ISI/USA swimming regulations, all starts in 3½ ft water depth end shall be in-water starts.** A horn start and fully automatic timing with touch pads will be used.

The competition course has not been certified in accordance with 104.2.2C(4)

**Admissions:** Admission charge for Friday's session will be \$ 2.00 for adults and children under 12 free. Admission charge for spectators for all other sessions will be \$5.00 for adults and \$1.00 for children 6 and older. Psyche sheets covering all sessions will be available for \$8.00. Heat sheets for each session are included in the purchase price of the psyche sheet.

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### Friday February 19<sup>th</sup>

**Session 1: Warmups 5:00 pm**

**Meet Starts 6:00 pm**

**(Friday swimmers are limited to one event)**

| <b>GIRLS AGE GROUP</b> | <b>EVENT</b> | <b>BOYS</b> |
|------------------------|--------------|-------------|
| 1 10 & U               | 200 IM       | 2           |
| 3 11 – 12              | 200 IM       | 4           |
| 5 OPEN                 | 400 IM       | 6           |
| 7 10 & U               | 200 FREE     | 8           |
| 9 11 – 12              | 200 FREE     | 10          |
| 11 OPEN                | 500 FREE     | 12          |

### Saturday February 20<sup>th</sup>

**Session 2: Warm-ups 7:00 am**

**Meet Starts 8:00 am**

| <b>GIRLS</b> | <b>AGE GROUP</b> | <b>EVENT</b>   | <b>BOYS</b> |
|--------------|------------------|----------------|-------------|
| 13           | 10 & U           | 100 FREE       | 14          |
| 15           | 11 – 12          | 100 FREE       | 16          |
| 17           | 10 & U           | 50 BREAST      | 18          |
| 19           | 11 – 12          | 50 BREAST      | 20          |
| 21           | 10 & U           | 50 BACK        | 22          |
| 23           | 11 – 12          | 50 BACK        | 24          |
| 25           | 10 & U           | 100 FLY        | 26          |
| 27           | 11 – 12          | 100 FLY        | 28          |
| 29           | 10 & U           | 200 FREE RELAY | 30          |
| 31           | 11 - 12          | 200 FREE RELAY | 32          |

### Sunday February 21<sup>st</sup>

**Session 4: Warm-ups 7:00 am**

**Meet Starts 8:00 am**

| <b>GIRLS</b> | <b>AGE GROUP</b> | <b>EVENT</b> | <b>BOYS</b> |
|--------------|------------------|--------------|-------------|
| 53           | 10 & U           | 100 IM       | 54          |
| 55           | 11 – 12          | 100 IM       | 56          |
| 57           | 10 & U           | 100 BREAST   | 58          |
| 59           | 11 – 12          | 100 BREAST   | 60          |
| 61           | 10 & U           | 50 FREE      | 62          |
| 63           | 11 – 12          | 50 FREE      | 64          |
| 65           | 10 & U           | 50 FLY       | 66          |
| 67           | 11 – 12          | 50 FLY       | 68          |
| 69           | 10 & U           | 100 BACK     | 70          |
| 71           | 11 – 12          | 100 BACK     | 72          |
| 73           | 10 & U           | 200 MED RLY  | 74          |
| 75           | 11 - 12          | 200 MED RLY  | 76          |

### Saturday February 21<sup>th</sup>

**Session 3: Warmups 12:00 pm**

**Meet Starts 1:00 pm**

| <b>GIRLS</b> | <b>AGE GROUP</b> | <b>EVENT</b> | <b>BOYS</b> |
|--------------|------------------|--------------|-------------|
| 33           | 8 & U            | 50 FREE      | 34          |
| 35           | 13-14/SENIOR     | 200 FREE     | 36          |
| 37           | 8 & U            | 25 FLY       | 38          |
| 39           | 13-14/SENIOR     | 50 FREE      | 40          |
| 41           | 8 & U            | 25 BACK      | 42          |
| 43           | 13-14/SENIOR     | 100 BREAST   | 44          |
| 45           | 8 & U            | 100 FREE RLY | 46          |
| 47           | 13-14/SENIOR     | 200 FLY      | 48          |
| 49           | 13-14/SENIOR     | 200 BACK     | 50          |
| 51           | 13-14/SENIOR     | 200 FREE RLY | 52          |

### Sunday February 21<sup>st</sup>

**Session 5: Warmups 12:00 pm**

**Meet Starts 1:00 pm**

| <b>GIRLS</b> | <b>AGEGROUP</b> | <b>EVENT</b> | <b>BOYS</b> |
|--------------|-----------------|--------------|-------------|
| 77           | 8 & U           | 25 FREE      | 78          |
| 79           | 13-14/SENIOR    | 200 IM       | 80          |
| 81           | 8 & U           | 25 BREAST    | 82          |
| 83           | 13-14/SENIOR    | 100 FREE     | 84          |
| 85           | 8 & U           | 100 IM       | 86          |
| 87           | 13-14/SENIOR    | 100 FLY      | 88          |
| 89           | 8 & U           | 100 MED RLY  | 90          |
| 91           | 13-14/SENIOR    | 100 BACK     | 92          |
| 93           | 13-14/SENIOR    | 200 BREAST   | 94          |
| 95           | 13-14/SENIOR    | 200 MED RLY  | 96          |

**NOTE: THIS MEET WILL REQUIRE POSITIVE CHECK-IN**

**Positive Check-In:** All swimmers must check-in prior to each session. Check-in station will be located immediately north of the admissions area. Check-in will close for each session 20 minutes after the start of warm-ups for that session. All swimmers who do not check-in for a session will be scratched for that session.

**Swimmers must physically present themselves at the check-in station to be checked in.** Deck entries will not be permitted. There will be a separate check-in for 500 free on the pool deck. The 500 check-in will close at the start of the warm-up of that session.

**Eligibility:** USA Swimming registered swimmers and FINA swimmers are eligible. Entries listed "Registration Applied For" will not be accepted. All swimmers must be registered prior to the entry deadline. USA Swimming registration forms can be obtained from Illinois Swimming, Inc: 3166 S River Road Suite 30 Des Plaines, IL 60018. Phone: (847) 824-1596. FAX: (847) 824-1726. In all events swimmers must swim in their own age group. Age for this meet shall be the swimmer's age as of February 19th, 2010. Relay swimmers must be entered in at least one individual event.

**Qualifying Times:** Yard times must be submitted.

**Rules:** 2010 USA Swimming, Inc. and ISI rules will govern the meet. All USA Swimming and ISI Swimming rules and ISI safety rules will be strictly enforced including the ISI individual scratch rule.

**Coaches:** Coaches must continuously display their current USA Swimming coaching membership cards at all times while on deck.

**Seeding:** All events will be pre-seeded after the close of positive check-in. Submit contestant's best time to ensure proper seeding. Each event will be swum in heats with swimmers seeded from slowest to fastest. 500 free will be seeded fastest to slowest with alternating heats.

**Entries & Forms:** We are now accepting **e-mail entries**. All entries must be submitted in yard times on the enclosed entry form or in Hy-Tek Meet Manager generated format. The enclosed Summary of Fees Statement must be completed and the Release Form signed. **These must be returned together with the entry forms and your check (within 48 hours if e-mailing entry).** Failure to do so shall be sufficient grounds for refusal of the entry.

**Swimmer's USA Swimming Numbers/Age:** All swimmers USA Swimming registration numbers must be included on the entry forms. ISI swimmers list only the last nine digits. If not registered in ISI, list all twelve digits. Swimmer's age must be shown in the column indicated. Failure to comply with entry requirements is sufficient cause to reject entries.

**USA Swimming Membership:** Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA Swimming coaching membership card at all times while on deck.

**Entry Limitation: Swimmers are limited to four events per session, not counting relays.** Entries will be accepted in the order received subject to the 4-hour/10 hour time limit. Entries received thereafter shall be returned immediately. Deck entries will not be accepted. Swimmers must participate in one individual event to be eligible to swim on relay teams.

**Long Event Entry Limit:** Due to the 4 hour/10-hour limitation, it may be necessary to limit entries for the following events: 400 I.M. and 500 Freestyle. Entries for these events will be determined by fastest seed times. Swimmers must provide their own back-up timer and counter for the 500s. No exceptions.

**Entry Fees:** Individual events are \$3.00 each. Relays are \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI for the Athlete Travel Reimbursement Fund. Make checks payable to **HINSDALE SWIM CLUB**.

**Entry Deadline:** Entries (including e-mails) will not be accepted before **9:00am, Saturday, January 16th, 2010.** If you desire written verification of entries received, include a self-addressed, stamped postcard. E-mail entries will be notified via e-mail within 48 hours. No deck entries will be accepted. Entries shall not be considered received until delivered to entry chairperson. **ABSOLUTELY NO HAND DELIVERIES.**

**Awards:** Individual Events: Ribbons will be awarded for 1st – 6th place. There will be no individual event awards for seniors. Relays: Ribbons for 1st– 3rd place. There will be no relay awards for seniors. Coaches are to pick up awards at the end of the meet **before** receiving their final results.

**Scoring:** No individual scoring will be kept.

**Results:** Preliminary results will be posted as available. Final results will be posted on the HSC website, HinsdaleSwimming.org.

**Concessions:** Concessions available. Hospitality and meals provided for coaches and officials while working the meet.

**Timers:** All entered teams will be required to provide timers. Schedule of timers will be based on team entry size. Timer schedule will be sent out after entries are closed.

**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     |

**A. 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. Marshalling
    - 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.

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USA Swimming Sanction # S10-0215

**Complete all information** on this form and mail with entry forms and check to:

**Jim Audet  
23 East Birchwood Avenue  
Hinsdale, IL 60521**

Make checks payable to: **HINSDALE SWIM CLUB**

8&U No. of Swimmers \_\_\_\_ No. of Entries \_\_\_\_ @ \$3.00 ea. \$ \_\_\_\_\_

9-10 No. of Swimmers \_\_\_\_ No. of Entries \_\_\_\_ @ \$3.00 ea. \$ \_\_\_\_\_

11-12 No. of Swimmers \_\_\_\_ No. of Entries \_\_\_\_ @ \$3.00 ea. \$ \_\_\_\_\_

13 & Up No. of Swimmers \_\_\_\_ No. of Entries \_\_\_\_ @ \$3.00 ea. \$ \_\_\_\_\_

Relays No. of Entries \_\_\_\_ @ \$7.00 ea. \$ \_\_\_\_\_

Total Swimmers \_\_\_\_ Surcharge \_\_\_\_\_ @ \$2.00 ea. \$ \_\_\_\_\_

Total Fees \$ \_\_\_\_\_

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

L.S.C. \_\_\_\_\_ Club Initial Code for Heat Sheets (Max. 5 letters) \_\_\_\_\_

Names of Coaches Attending Meet \_\_\_\_\_

Your Team's Volunteer Coordinator Name and Telephone No. \_\_\_\_\_

Person Submitting Entry \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_

Home Telephone ( ) \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages, which may accrue against the USA Swimming, Illinois Swimming, Inc., and Hinsdale Swim Club, Ultimate Swimming, Proviso West High School, District 209, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as representative of any club. I also certify that all swimmers entered in the meet and their coaches are properly registered with USA Swimming. I attest to the fact that all athletes participating in this sanctioned/approved event competing under the name of a USA Swimming chartered club, or under an "Unattached" status, are duly registered athletes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach, Club Representative or Parent

**THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.**

**ENTRIES WILL NOT BE ACCEPTED BEFORE 9:00AM, SATURDAY JANUARY 16, 2010  
NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.**