

Saint Charles Swim Team

Regional Time Trial

July 25 & 26, 2009

Sanction

Long Course Meters

MEET DIRECTOR: Lori Falk, Alan Jania, & Colleen Kuszynski, 1050 Dunham Road St. Charles, IL 60174 meetdirector@stcswim.com

ENTRY CHAIR: Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175 sgsheehan@yahoo.com

MEET REFEREE: Al Reynolds xfl5@sbcglobal.net

LOCATION: John B. Norris Rec. Center, 1050 Dunham Rd. St. Charles IL 60174

POOL: Indoor 6 lane 50 meter pool. The pool has Kiefer lane lines, Paragon starting blocks, and a Daktronics timing system with 6 lane time LCD display board. Beep horn systems with strobes will be used. The pool ranges in depth from 3.5 ft. deep to 12ft. deep at the starting end.

| | | | | |
|-----------------------|-----------------------|-----------------|--|----------------------|
| MEET SCHEDULE: | Saturday AM Session 1 | Warm-ups | 7:00 AM | Start 8:00 AM |
| | Saturday PM Session 2 | Warm-ups | Immediately following Session 1, not before 12:00PM . | |
| | | Start | 1 hour after start of warm-ups | |
| | Sunday AM Session 3 | Warm-ups | 7:00 AM | Start 8:00 AM |
| | Sunday PM Session 4 | Warm-ups | Immediately following Session 3, not before 12:00PM | |
| | | Start | 1 hour after start of warm-ups | |

POSITIVE CHECK-IN CLOSES 20 MINUTES AFTER WARMUPS START

ENTRIES: All entries shall comply with current 2009 USA and ISI rules. A swimmer's age for the meet is his/her age as of July 25, 2009. Current 2008-2009 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA athlete. ISI registration forms may be obtained from Illinois Swimming Inc., www.ilswim.org St. Charles reserves the right to swim St. Charles swimmers with non-conforming times. SCST reserves the right to limit the Open 400 Free, Open 800 Free, and the 12 & U 400 Free events to the top 3 fastest heats depending on the session time line constraints. **All entries must be received from a USA Swimming certified coach**

SEEDING: Enter Swimmers at their long course meter times to assure proper seeding. Upgrading of a swimmers time will not be allowed after the entry deadline. To meet ISI time requirements, there could be some cuts in the longer events. All events are timed finals. **St. Charles Swim Team reserves the right to swim its own swimmers in all events.**

ENTRY FORMS: Computerized entries from Hy-Tek's team Manager are preferred. All written entries must be submitted on the St. Charles Regional Timer Trial Entry Forms. Mail / e-mail entries to Entry Chair at sgsheehan@yahoo.com
Please send the following complete information to the entry chair:

- 1) Paper copy of your entry (and CD/diskette if file is not e-mailed)
- 2) Signed release form
- 3) Payment for meet
- 4) Officials and timers to work the meet.

If forms are not completely filled out, the entry will be considered incomplete.

ENTRY FEES: Individual events are **\$3.00** each. A surcharge of **\$2.00** per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to **St. Charles Swim Team Parent's Association**. Deck Entries will be permitted only if there is space available. No additional heats will be added. A fee of **\$6.00** per individual event is to be paid in full that day.

ENTRY LIMITS: Swimmers will be limited to 3 Individual Events per day. If the individual is entered in more than 3 events, the entry will be made by order of events starting with event #1 until the limit is satisfied. **St. Charles reserves the right to limit participation in any event to achieve a reasonable time line. No refunds will be issued in limited events.** Every effort will be made to accommodate all swimmers. Deck Entries may be allowed at the Meet Referee's discretion. **Entries will be limited to a minimum of the National BB Time Standard and maximum of the appropriate ISI State Time Standard.** We want to stress, this meet is for swimmers trying to achieve Illinois Championship Meet Standards. **Swimmers with existing cuts in that event will not be allowed improve times at this meet and will not be entered in that event for that purpose.**

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- ENTRY DEADLINE:** Entries will not be accepted before **8:00AM, Friday, June 26th, 2009**. Entries will be accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries. Entries submitted before the due date will be returned. If you desire a verification of entries accepted, include a self-addressed stamped post card. For entries submitted via email, complete entry package must be received within 3 business days following confirmation of acceptance.
- CHECK - IN:** **THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for **all sessions 20 minutes** after the start of warm-ups. **A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event
- AWARDS:** Awards for individual events will be medals for places 1 through 6 and ribbons for places 7-12 for the 8 & Unders, 9-10, and 11-12 Age Groups. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.
- COACHES:** A coach's packet will be available to all club coaches with swimmers entered in the meet. You must present your USA swimming coach's registration card to receive the packet. The coach's packet will be available at the Hospitality table.
- RESULTS:** Results will be posted as the meet progresses. Results will be emailed following the meet. A hard copy will be mailed upon request. Live Results will be posted on the St. Charles Swim Team Website at www.stcswim.com/liveresults
- SECURITY:** **Only USA Swimming registered Coaches** will be allowed on the deck. Coaches must display current USA Swimming registration cards at all times while on deck. Teams must provide proof of each coach's current USA Swimming registration prior to the start of the meet for a coach scheduled to be on deck. All questions concerning the meet after the start of the meet should be directed to the Meet Referee. **Parents will NOT be allowed on deck.**
- ADMISSION** An admission fee will be charged per day. A psych sheet will be available for a fee covering all the sessions. Wrist bands will be issued at the admission's table and must be worn at all times during the meet session.
- OFFICIALS:** USA Officials who would like to work the meet should contact the Meet Referee, Al Reynolds, Xf15@sbcglobal.net, to be assigned positions.
- TIMERS:** Any team with more than 5 swimmers in a session will have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be emailed lane assignments prior to the meet. Timer forms are located in the back of this meet packet.
- PARKING:** Outside SCST Parking Signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. **PLEASE DO NOT PARK IN THE FRONT PARKING LOT.** Park in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building. **We must enforce these rules in order to continue to use this facility.** Thank you in advance for your cooperation.
- CODE OF CONDUCT:** The SCST will strictly adhere to the USA Swimmer and Parental Swimming Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

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SAFETY REQUIREMENTS:

WARM UP:

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.

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 |

SAFETY

GUIDELINES:

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.

Host Team Responsibilities

- a. Marshaling
 - 1) A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
 - 2) Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue.
 - 3) Marshals shall full have the authority to warn or order to cease and desist, and, with concurrence of the referee to remove or have removed from the swimming venue anyone behaving in an unsafe manor or using profane or abusive language or whose actions are disrupting the orderly conduct of the meet.
- 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 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."

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ORDER OF EVENTS

Saturday Morning, Session 1

| Girls Event # | Min Standard | Max Standard | Event | Boys Event # | Min Standard | Max Standard |
|---------------|--------------|--------------|-----------------|--------------|--------------|--------------|
| 1 | 6:31.09 | 5:38.79 | Open 400 IM | 2 | 6:13.19 | 5:16.19 |
| 3 | 1:16.19 | 1:03.89 | Open 100 Free | 4 | 1:11.49 | 57.59 |
| 5 | 3:27.99 | 3:02.29 | Open 200 Breast | 6 | 3:17.19 | 2:50.09 |
| 7 | 1:24.29 | 1:13.19 | Open 100 Back | 8 | 1:20.59 | 1:08.59 |
| 9 | 3:02.29 | 2:39.99 | Open 200 Fly | 10 | 2:51.99 | 2:33.89 |
| 11 | 5:42.99 | 4:52.29 | Open 400 Free | 12 | 5:27.99 | 4:33.89 |

Saturday Afternoon, Session 2

| Girls Event # | Min Standard | Max Standard | Event | Boys Event # | Min Standard | Max Standard |
|---------------|--------------|--------------|-------------------|--------------|--------------|--------------|
| 13 | 3:23.59 | 2:31.19 | 12 & U 200 Free | 14 | 3:13.99 | 2:31.89 |
| 15 | 40.79 | 35.19 | 10 & U 50 Free | 16 | 40.19 | 35.89 |
| 17 | 36.39 | 31.59 | 11-12 50 Free | 18 | 35.29 | 31.49 |
| 19 | 2:02.29 | 1:44.39 | 10 & U 100 Breast | 20 | 1:59.79 | 1:48.89 |
| 21 | 1:41.89 | 1:31.09 | 11-12 100 Breast | 22 | 1:40.89 | 1:34.09 |
| 23 | 49.89 | 42.49 | 10 & U 50 Back | 24 | 50.09 | 43.29 |
| 25 | 42.29 | 37.29 | 11-12 50 Back | 26 | 42.19 | 37.69 |
| 27 | 1:55.19 | 1:37.59 | 10 & U 100 Fly | 28 | 1:53.19 | 1:42.99 |
| 29 | 1:30.79 | 1:20.49 | 11-12 100 Fly | 30 | 1:29.49 | 1:22.59 |

Sunday Morning, Session 3

| Girls Event # | Min Standard | Max Standard | Event | Boys Event # | Min Standard | Max Standard |
|---------------|--------------|--------------|-----------------|--------------|--------------|--------------|
| 31 | 3:01.29 | 2:39.69 | Open 200 Back | 32 | 2:54.09 | 2:31.09 |
| 33 | 2:44.39 | 2:17.99 | Open 200 Free | 34 | 2:35.19 | 2:08.79 |
| 35 | 1:36.39 | 1:23.49 | Open 100 Breast | 36 | 1:28.09 | 1:16.59 |
| 37 | 35.19 | 29.29 | Open 50 Free | 38 | 32.79 | 26.69 |
| 39 | 1:22.89 | 1:11.49 | Open 100 Fly | 40 | 1:26.99 | 1:08.89 |
| 41 | 3:05.69 | 2:38.09 | Open 200 IM | 42 | 2:55.99 | 2:27.69 |
| 43 | 11:41.99 | 10:08.09 | Open 800 Free | 44 | 11:21.79 | 9:26.79 |

Sunday Afternoon, Session 4

| Girls Event # | Min Standard | Max Standard | Event | Boys Event # | Min Standard | Max Standard |
|---------------|--------------|--------------|------------------|--------------|--------------|--------------|
| 45 | 3:46.49 | 2:51.99 | 12 & U 200 IM | 46 | 3:44.79 | 2:53.19 |
| 47 | 1:48.89 | 1:31.79 | 10 & U 100 Back | 48 | 1:45.69 | 1:33.69 |
| 49 | 1:31.09 | 1:20.69 | 11-12 100 Back | 50 | 1:31.39 | 1:21.69 |
| 51 | 54.89 | 47.99 | 10 & U 50 Breast | 52 | 55.09 | 49.69 |
| 53 | 45.59 | 41.49 | 11-12 50 Breast | 54 | 47.09 | 42.59 |
| 55 | 1:32.99 | 1:19.19 | 10 & U 100 Free | 56 | 1:31.09 | 1:19.89 |
| 57 | 1:19.59 | 1:08.99 | 11-12 100 Free | 58 | 1:17.39 | 1:09.39 |
| 59 | 48.59 | 40.49 | 10 & U 50 Fly | 60 | 46.89 | 42.09 |
| 61 | 39.39 | 34.79 | 11-12 50 Fly | 62 | 39.59 | 35.39 |
| 63 | 6:00.09 | 5:19.99 | 12 & U 400 Free | 64 | 5:54.39 | 5:24.19 |

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ENTRY FEE AND RELEASE FORM

Entry Chair: Scott Sheehan, 40W043 Jack London Street, St. Charles, IL 60175 sgsheehan@yahoo.com

Summary of Fees:

| | | | | |
|---|-------|-------------------------|-----------------|----------|
| 10 & Under | Girls | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| | Boys | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| 11 & 12 | Girls | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| | Boys | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| 13 & 14 | Girls | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| | Boys | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| Senior | Girls | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| | Boys | Number of Entries _____ | @ \$3.00 each = | \$ _____ |
| Total Number of Swimmers Attending Meet _____ | | | @ \$2.00 each = | \$ _____ |
| | | | Grand Total = | \$ _____ |

Name of Club _____ Club Initials _____

Names of coaches attending Meet _____

Mailing Address Name _____

Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; St. Charles Swim Team; Norris Recreation Center; and St. Charles Swim Team Parents Association, their Representatives, 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 correctly registered with USA Swimming.

Signature (Coach, Parent, or Club Representative)

This signed release must accompany the entry or the entry will not be accepted.

Entry must be received by Friday, July 17th. Entries will accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.

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Club: _____

Timer Volunteer Sheet:

Saturday

AM: 1. _____
 2. _____

Saturday PM 1. _____
 2. _____

Sunday AM 1. _____
 2. _____

Sunday PM 1. _____
 2. _____

Official Volunteer Sheet:

| Name and Phone # | | Level | Fri. AM | Fri. PM | Sat. AM | Sat. PM | Sun. AM | Sun PM |
|------------------|--|-------|---------|---------|---------|---------|---------|--------|
| | | | | | | | | |
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Entries Due By Friday, July 17th, 2009 Age Group _____ Boys / Girls Team Code _____

| Name | Age | USS # | Event # | Event Name | Boys / Girls | Team Code |
|---------------|-----|-------|---------|------------|---------------------------|----------------------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| Totals | | | | | Individual Entries | @ \$3.00 = \$ |

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Directions to Norris Recreation Center / St. Charles High School from Chicago (37 mi.):

1. West on Route 64 to Kirk Road. North on Kirk Road, one - half mile to Fox Chase Blvd. Turn Left, and follow road around to High School/Norris Center
2. West on 1-88 East - West Tollway to Kirk Road to Route 64. Continue north on Kirk Rd to Fox Chase Blvd. Turn Left and follow road around to High School/Norris Center
3. 1-90 Northwest Tollway to Route 25. South to Dunham Rd. to High School/Norris Center

Please visit www.st-charles.il.us for hotel information.