

**Fourth Annual
St. Charles Swim Team & TYR
Chicagoland Championships
February 12, 13 & 14, 2010
Sanction #IL ILS10-0207**

Meet Director: Lori Falk & Alan Jania, 1050 Dunham Road St. Charles, IL 60174
meetdirector@stcswim.com

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

Meet Referee: Al Reynolds, xfl5@sbcglobal.net

Location: **John B Norris Recreation Center**, 1050 Dunham Road, St. Charles, Illinois 60174

St. Charles North High School, 255 Red Gate Road, St. Charles, Illinois 60175

Pool: **John B. Norris Rec. Center** will be host will be host to **Friday Time Finals, Saturday and Sunday Prelims for 13 & Over and Saturday and Sunday Finals for 10 & Under, 11-12's, 13-14's and Open events.** Indoor 6 lane 50 meter pool will be divided into two 25 yard pools. The competition pool ranges in depth from 12 ft. deep at the start end to 5 ft. deep at the turn end. The shallow pool will be used for continuous warm-up and warm-down throughout the meet, ranges in depth from 3.5 to 4.5 feet in depth. The pools have 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.

St. Charles North High School will be host to **Saturday and Sunday Prelims for 12 & Under.** Indoor 8 lane 25 yard pool ranging in depth 12 ft. deep at the start end to 4 ft. deep at the turn end. The pool has Kiefer lane lines, a Daktronics timing system with 8-lane time display board. Beep horn systems with strobes will be used.

Meet Schedule:	Session	Pool	Warm-Up	Meet Start
	Session 1 Timed Final	Norris Center	4:00-4:50 PM	5:00 PM
	Session 2 Pre-Lim	Norris Center	7:00- 7:50AM	8:00 AM
	Session 3 Timed Final	Norris Center	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 4 Pre-Lim	North High School	8:00- 8:50AM	9:00 AM
	Session 5 Timed Final	North High School	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 6 Finals	Norris Center	4:00-4:50 PM	5:00 PM
	Session 7 Pre-Lim	Norris Center	7:00- 7:50AM	8:00 AM
	Session 8 Timed Final	Norris Center	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 9 Pre-Lim	North High School	8:00- 8:50AM	9:00 AM
	Session 10 Timed Final	North High School	Warm-up immediately following end of Session 2 Start 30 minutes after warm-up	
	Session 11 Finals	Norris Center	4:00-4:50 PM	5:00 PM

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Check-In: THIS IS A POSITIVE CHECK-IN MEET. Check-in will close 20 minutes after warm-up starts.

Distance events will be swum immediately after last swim of previous session. All Distance (400 IM, 500 Free and 1000 Free) events will be swum fastest to slowest. Distance swimmers will be responsible for supplying timers and counters.

Entries: Enter swimmers at their short course yard times. All entries shall comply with current 2009 USA and ISI rules. Current 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.ilsim.org. **Unless unattached, all entries must be received from a USA Swimming Certified Coach.**

Friday Night all events are timed finals. Swimmers entered on Friday night must be able to prove times at an A National Time. Saturday and Sunday will offer Prelim/Final format for 10 & under, 11 & 12, 13 & 14 and Senior Events. There is a **MINIMUM** of a National "BB" Time Standard to be entered in the Prelim/Final portion of the meet. All Preliminary heats will be swam in the morning with the top 6 10 & under, top 12 11 & 12, 13 & 14 and senior qualifiers returning for evening Finals. All Prelim heats will be swam slowest to fastest with the last 3 heats circle seeded.

Saturday and Sunday will offer a Mid-Day Distance session. There is a **MINIMUM** of National "BB" Time Standard to be entered in the mid-day session of the meet. All Mid-Day Distance events will be swam fastest to slowest alternating girl / boy heats.

Eligibility: All USA swimming, Inc. registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as applied for will not be accepted. A swimmers age for the meet will be their age as of February 12, 2010.

Seeding: Enter Swimmers at their long course meter times to assure proper seeding. Upgrading of a swimmer's time will not be allowed after the entry deadline. To meet ISI time requirements there may be some cuts in the distance events. St. Charles reserves the right to swim its own swimmers in all events

Entry Forms: All entries must be submitted on the St. Charles Invitational entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You may e-mail entries to Scott Sheehan at sgsheehan@yahoo.com. Please send the following complete information to the entry chair:

- 1) A paper copy of your entry (and diskette, if file is not e-mailed);
- 2) Signed release form;
- 3) Payment for meet;
- 4) Officials volunteering to work meet.

Entry Limit: Each individual may enter up to 4 events per day (3 Prelim / Final Events and 1 Timed Final Event). If the individual is entered in more than 3 Prelim / Final Events the entry will be made by the order of events starting with event #1 until the limit is satisfied. **The 10 & Under 200 Free, 10 & Under 200 IM, 11-12 200 IM, 12 & Under 500 Free, 13-14 & Open 500 Free, 13-14 & Open 400 IM's and Open 1000 Free may be limited to the top five heats. St. Charles reserves the right to swim their swimmers. St. Charles reserves the right to limit participation in any event to achieve a reasonable time line. 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.

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- Check-In:** **THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for **all morning sessions 20 minutes after warm-ups begin. A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event.
- Entry Fees:** Entry fees are \$ **4.50** for each individual swimming in a Prelim/Final event. Entry fees are **\$3.00** for the timed finals. A \$2 surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Swim Team Parent's Association.**
- Entry Deadline:** Entries will not be accepted before **Friday, January 8, 2010.** We will accept entries until the timeline capacity. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self-addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.
- Awards:** Awards for individual events will be given in the form of medals for places 1-6; ribbons for places 7-12 only in Timed Final and Final events. No "open" events will be awarded during Timed Final or Final events. The age groups to be awarded will include 10 & under and 11-12. **We request that coaches pick up award packets immediately following the meet; awards will NOT be mailed to participating teams.**
- Coaches:** Information packets will be available to all club coaches with swimmers entered in the meet. You must present your USA coaches registration card to receive the packet. The meet packet will be available in the Coaches office.
- 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
- Volunteers:** USA officials who would like to work the meet should call the Meet Referee to be assigned positions. xl5@sbcglobal.net
- Security:** Only U.S.A. Swimming registered Coaches and tagged volunteers will be allowed on the deck. All questions after the start of the meet should be directed to the meet referee.
- Parking:** Outside SCST parking signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. *At Norris Rec. Center- Do not park in the lot in front of the pool.* Park in any other lot where parking is permitted; be conscious of areas marked for fire lanes. Do not enter through the main entrance to the building. Entry to the meet will be at the east entrance of the building. **We must enforce this in order to continue to use this facility.** *At North High School-Entry to the meet will be at Door 1.*
- Timers:** Any team with more than five swimmers in a session may have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be notified of lane assignments prior to the meet. All teams in the finals (P.M. Sessions) will be assigned a lane for volunteer timers. A sign-up form will be available in the pool area during the afternoon sessions.
- Admissions:** An admission fee will be charged per day. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet.

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Concessions: Food and Beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.

Code of Conduct: The SCST will strictly adhere to the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

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.
- b. Coaches shall actively supervise their swimmers throughout the warm-up session.

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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."

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.

Miscellaneous:

a. Backstrokers 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.

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Session 1

Friday PM (Timed Finals)

Age Groups (10 & Under, 11-12, 13-14 and Open)

Pool – Norris Rec. Center

Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
1	Open 500 Free	2
3	13-14 500 Free	4
5	11-12 200 IM	6
7	10 & Under 200 IM	8
9	Open 400 IM	10
11	13-14 400 IM	12

Session 2

Saturday AM (Prelims)

Age Groups (13-14, Open)

Pool – Norris Rec. Center

Warm-Up 7:00 – 7:50 am

Start 8:00 am

W	Event Description	M
13	13-14 200 Free	14
15	Open 200 Free	16
17	13-14 100 Fly	18
19	Open 100 Fly	20
21	13-14 200 Breast	22
23	Open 200 Breast	24
25	13-14 50 Free	26
27	Open 50 Free	28
29	13-14 100 Back	30
31	Open 100 Back	32

Session 3

**Saturday 1000 Free
(Timed Finals)**

Age Groups (Open)

Pool – Norris Rec. Center

Warm-Up Immediately following
completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
33	Open 1000 Free	

Session 4

Saturday AM (Prelims)

Age Groups (10 & Under, 11-12)

**Pool – St. Charles North High
School**

Warm-Up 8:00 – 8:50 am

Start 9:00 am

W	Event Description	M
35	11-12 200 Free	36
37	10 & Under 100 IM	38
39	11-12 100 Fly	40
41	10 & Under 50 Fly	42
43	11-12 50 Breast	44
45	10 & Under 50 Breast	46
47	11-12 50 Free	48
49	10 & Under 50 Free	50
51	11-12 100 Back	52
53	10 & Under 100 Back	54

Session 5

**Saturday 500 Free
(Timed Finals)**

Age Groups (12 & Under)

**Pool – St. Charles North High
School**

Warm-Up Immediately following
completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
55	12 & Under 500 Free	

Session 6

Saturday PM (Finals)

Age Groups

(Top 6 10 & Under,
Top 12 11-12, 13-14 and Open)

Pool – Norris Rec. Center

Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
35	11-12 200 Free	36
37	10 & Under 100 IM	38
13	13-14 200 Free	14
15	Open 200 Free	16
39	11-12 100 Fly	40
41	10 & Under 50 Fly	42
17	13-14 100 Fly	18
19	Open 100 Fly	20
43	11-12 50 Breast	44
45	10 & Under 50 Breast	46
21	13-14 200 Breast	22
23	Open 200 Breast	80
47	11-12 50 Free	48
49	10 & Under 50 Free	50
25	13-14 50 Free	26
27	Open 50 Free	28
51	11-12 100 Back	52
53	10 & Under 100 Back	54
29	13-14 100 Back	30
31	Open 100 Back	32

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Session 7

Sunday AM (Prelims)
Age Groups (13-14, Open)
Pool – Norris Rec. Center
Warm-Up 7:00 – 7:50 am

Start 8:00 am

W	Event Description	M
57	13-14 200 IM	58
59	Open 200 IM	60
61	13-14 100 Breast	62
63	Open 100 Breast	64
65	13-14 200 Back	66
67	Open 200 Back	68
69	13-14 100 Free	70
71	Open 100 Free	72
73	13-14 200 Fly	74
75	Open 200 Fly	76

Session 8

Sunday 1000 Free
(Timed Finals)
Age Groups (Open)
Pool – Norris Rec. Center
Warm-Up Immediately following

completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
	Open 1000 Free	78

Session 9

Sunday AM (Prelims)
Age Groups (10 & Under, 11-12)
Pool – St. Charles North High School
Warm-Up 8:00 – 8:50 am

Start 9:00 am

W	Event Description	M
79	10 & Under 200 Free	80
81	11-12 100 IM	82
83	10 & Under 100 Breast	84
85	11-12 100 Breast	86
87	10 & Under 50 Back	88
89	11-12 50 Back	90
91	10 & Under 100 Free	92
93	11-12 100 Free	94
95	10 & Under 100 Fly	96
97	11-12 50 Fly	98

Session 10

Sunday 500 Free
(Timed Finals)
Age Groups (12 & Under)
Pool – St. Charles North High School
Warm-Up Immediately following

completion of Prelims

Start 30 minutes after the completion of Prelims

W	Event Description	M
	12 & Under 500 Free	100

Session 11

Sunday PM (Finals)
Age Groups
(Top 6 10 & Under,
Top 12 11-12, 13-14 and Open)

Pool – Norris Rec. Center
Warm-Up 4:00 – 4:50 pm

Start 5:00 pm

W	Event Description	M
79	10 & Under 200 Free	80
81	11-12 100 IM	82
57	13-14 200 IM	58
59	Open 200 IM	60
83	10 & Under 100 Breast	84
85	11-12 100 Breast	86
61	13-14 100 Breast	62
63	Open 100 Breast	64
87	10 & Under 50 Back	88
89	11-12 50 Back	90
65	13-14 200 Back	66
67	Open 200 Back	68
91	10 & Under 100 Free	92
93	11-12 100 Free	94
69	13-14 100 Free	70
71	Open 100 Free	72
95	10 & Under 100 Fly	96
97	11-12 50 Fly	98
73	13-14 200 Fly	74
75	Open 200 Fly	76

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

Summary of Fees:

10 & Under Girls # of Entries _____ @ \$3.00 each = \$ _____
Boys # of Entries _____ @ \$3.00 each = \$ _____

11-12 Girls # of Entries _____ @ \$4.50 each = \$ _____
Prelim/Final Boys # of Entries _____ @ \$4.50 each = \$ _____

11-12 Timed Girls # of Entries _____ @ \$3.00 each = \$ _____
Final Boys # of Entries _____ @ \$3.00 each = \$ _____

Senior Girls # of Entries _____ @ \$4.50 each = \$ _____
Prelim/Final Boys # of Entries _____ @ \$4.50 each = \$ _____

14 & Under Girls # of Entries _____ @ \$3.00 each = \$ _____
Timed Final Boys # of Entries _____ @ \$3.00 each = \$ _____

Total # of Swimmers Attending: _____ @ \$2.00 each = \$ _____

Grand total= \$ _____

Name of Club _____ Club Initials _____

Names of coaches attending meet:

Mailing Address: Name _____ Address _____

City, State, Zip _____

Home _____ Work _____

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 currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

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

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Club: _____

Officials who may be interested in volunteering:

Name	Address	Phone & Certification
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Thanks!

St. Charles Swim Team

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Norris Recreation Center / St. Charles East High School

1050 Dunham Rd. St. Charles, IL, 60174

Route 64

Route 64 to Dunham Road. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

East - West Toll way

1-88 East - West Toll way to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Dunham Rd. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

1-90 Northwest Toll way

1-90 Northwest Toll way to Route 25. South on Rt. 25 to Dunham Rd. Norris Rec. Center, which is on the North side of St. Charles East High School

North High School

255 Red Gate Road, St. Charles, IL, 60175

Route 64

Route 64 Route 31. North on Rt. 31 to Red Gate Road. West on Red Gate to St. Charles North Entrance.

East - West Tollway

1-88 East - West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Rt. 31. North on Rt. 31 to Red Gate Road. West on red Gate to St. Charles North Entrance.

1-90 Northwest Tollway

1-90 Northwest Tollway to Route 31. South on Rt. 31 to Red Gate Road

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

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St. Charles Meet Entry Form	Event #													
	Event Name													
	Qual. time													
Name	Age	USS#												
f														
2														
3														
4														
5														
e														
7														
8														
9														
W														
ff														
12														
13														
14														
Relays	Ev #	Event Name	'A'	'B'	"C"	'D'	"E"	"F"	"G"		Totals	# I.E.s	X3.00	

