



Express Swim Team

Express February “Fast One”

February 4-5, 2017

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number – ILS17-

MEET DIRECTOR

Judy Busse/Kris Busse
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ENTRY CHAIRPERSON

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SAFETY CHAIRPERSON

Judy Busse

MEET REFEREE

Kimberly Mozdzierz-Frank
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Location **Downers Grove North High School** **Downers Grove South High School**
4436 Main Street **OR** **1436 Norfolk**
Downers Grove, IL 60515 **Downers Grove, IL 60516**

Facility The Downers Grove North /South High School pools are 25-yard, eight-lane pools with starting blocks at the deep end of the pool. The start end is 8’ deep and the turn end is 4’ deep with Competitor Non-Turbulent lane lines and a Colorado 6 scoring system with a full color video score board. There are separate diving wells that will be available for warm-up/cool down. A coach must supervise swimmers in the warm-up/cool down pools at all times. Spectator seating is available for approximately 400/600.

Meet Schedule/Format This is USA Sanctioned Open Meet with the following standard age categories for girls and boys: 8 & Under, 9-10, 11 - 12, 13-14 & OPEN. All events will be Positive Check-in, Timed Finals. . Positive check-in will close 40 minutes prior to the first event for each session. Swimmers not checking in will be considered a scratch for that session’s events

#1-Saturday AM	(8&Under, 11-12)	Warm Ups: 7:00 AM	Meet Start: 8:00 AM
#2-Saturday PM	(9-10, 13-14, OPEN)	Warm-ups: 12:00 Noon	Meet Start: 1:00 PM
#3-Saturday-400 IM	(OPEN)	Warm-ups: for 15min after #2	Meet Start: Conclusion of Warm-ups
#4-Sunday AM	(8&Under, 1-12))	Warm-ups: 7:00 AM	Meet Start: 8:00 AM
#5-Sunday PM	(9-10, 13-14, OPEN)	Warm-ups: 12:00 Noon	Meet Start: 1:00 PM
#6-Sunday-500 Free	(OPEN)	Warm-ups: for 15min after#5	Meet Start: Conclusion of Warm-ups

Eligibility All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. A swimmer’s age on the first day of the meet will determine their age for the entire meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Entries Team entries must be submitted via e-mail using Hy-tek, Commlink or SDIF files The “Entry Summary and Release” form must be completed, signed and submitted to the entry chair along with a check for full payment of the entry fees.

Entry Limits **Swimmers may swim a maximum of 4 individual events and 1 relay per session with a maximum of 5 individual events per day.** The host team reserves the right to swim additional heats if time allows. The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session. **DECK ENTRIES MAY BE PERMITTED** if space is available.

Entry Fees The entry fees are \$4.00 per event, \$12 per relay event, ISI surcharge of \$2.00 per swimmer, and a facilities surcharge of \$6.00 per swimmer. Make checks payable to Express Swim Team.

Entry Deadline	Entries will not accept entries before Friday, January 5, 2017 at 8:00 am. Entries will be accepted in the order that they are received until the meet reaches the allowable time limits. Entries received before the acceptance time will be returned. Hand delivered, phoned or faxed entries will NOT be accepted. An entry is not complete until all necessary paperwork including, Entry Summary Sheet, Release and entry fees have been received. All entry requirements are to be received within 72 hours of entry submission.
Entry Confirmation	Teams will be notified of entry receipt within 24 hours and notified of their acceptance status within 48 hours of receipt of the entry.
Coaches	All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.
Officials	Officials are needed. Any Official interested in working or training should contact the Meet Referee for assignments and Schedule. Express Swim Team greatly appreciates any assistance offered by Officials attending the meet.
Timers	Teams may be asked to provide timers for the meet. Attending teams will be notified in advance if timing assistance is needed .
Meet Results	Results will be posted on the host website within 24 hours of the meet’s conclusion. Daily results will be posted.
Awards	Individual Awards will be presented to the top 16 finishers in each event for ages 14 and under. Relay Awards will be presented to the top 4 relay teams for 14 and under events. No awards will be presented to swimmers participating in OPEN events.
Rules	<p>USA SWIMMING AND ISI RULES will be strictly enforced:</p> <ul style="list-style-type: none"> • Audio/Visual - 202.3.4 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. No photographs may be taken from behind the starting blocks. • Certification - The competition course has not been certified in accordance with 104.2.2C(4). • Deck Changing - Changing into or out of swimsuits or part of a swimsuit other than in locker rooms or other designated areas is not appropriate and is prohibited. • Starts- FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. In accordance with USA Swimming Rules; Articles 105, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches and swimmers to contact the Meet Referee, prior to competition, with specific requests.
Admission	Admission will be charged for each day of the meet. Heat Sheets will also be available for purchase. Admission is \$5.00. No charge for children.
Concessions	Food and beverages will be for sale in the observation balcony. No FOOD IS ALLOWED ON DECK. A Hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.

Order of Events - Express February "Fast One" February 4-5, 2017

#1 - Saturday AM – February 4, 2017			#4 - Sunday AM – February 5, 2017		
Wm-up 7:00 AM/Meet Start 8:00 AM			Wm-up 7:00 AM / Meet Start 8:00 AM		
1	11-12 200 Medley Relay	2	57	11-12 200 Free Relay	58
3	8&Under 100 Medley Relay	4	59	8&Under 100 Free Relay	60
5	12&Under 200 Individual Medley	6	61	12&Under 200 Freestyle	62
7	8&Under 25 Backstroke	8	63	8&Under 25 Breaststroke	64
9	11-12 100 Backstroke	10	65	11-12 100 Breaststroke	66
11	8&Under 25 Butterfly	12	67	8&Under 50 Freestyle	68
13	11-12 100 Butterfly	14	69	11-12 50 Backstroke	70
15	8&Under 50 Backstroke	16	71	8&Under 100 Individual Medley	72
17	11-12 50 Breaststroke	18	73	11-12 100 Individual Medley	74
19	8&Under 100 Freestyle	20	75	11-12 50 Butterfly	76
21	11-12 50 Freestyle	22	77	8&Under 25 Freestyle	78
			79	11-12 100 Freestyle	80
#2 - Saturday PM – February 4, 2017			#5 - Sunday PM – February 5, 2017		
Wm-up 12:00 N / Meet Start 1:00 PM			Wm-up 12:00 N / Meet Start 1:00 PM		
23	9-10 200 Medley Relay	24	81	9-10 200 Free Relay	82
25	13&Over 200 Medley Relay	26	83	13&Over 200 Free Relay	84
27	9-10 100 Individual Medley	28	85	9-10 200 Freestyle	86
29	13&Over 200 Individual Medley	30	87	13&Over 200 Freestyle	88
31	9-10 50 Fly	32	89	9-10 50 Backstroke	90
33	13-14 100 Fly	34	91	13-14 200 Backstroke	92
35	OPEN 100 Fly	36	93	OPEN 200 Backstroke	94
37	9-10 50 Breaststroke	38	95	9-10 100 Butterfly	96
39	13-14 200 Breaststroke	40	97	13-14 200 Butterfly	98
41	OPEN 200 Breaststroke	42	99	OPEN 200 Butterfly	100
43	9-10 100 Backstroke	44	101	9-10 100 Breaststroke	102
45	13-14 100 Backstroke	46	103	13-14 100 Breaststroke	104
47	OPEN 100 Backstroke	48	105	OPEN 100 Breaststroke	106
49	9-10 100 Freestyle	50	107	9-10 50 Freestyle	108
51	13-14 100 Freestyle	52	109	13-14 50 Freestyle	110
53	OPEN 100 Freestyle	54	111	OPEN 50 Freestyle	112
#3 – Saturday PM – February 4, 2017			#3 – Sunday PM – February 5, 2017		
Wm-up – Conclusion of #2 for 15 minutes			Wm-up – Conclusion of #2 for 15 minutes		
55	MIXED OPEN 400 IM		113	MIXED OPEN 500 Freestyle	

WARM-UP PROCEDURE

GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3 point entry.
- No sprinting or pace work allowed during this general warm-up.
- All lanes will be used for general warm-up.

SPECIFIC WARM-UP (LAST 15 MINUTES)

Push/pace lanes: <ul style="list-style-type: none"> • Push off one or two lengths from the starting end. • Circle swim only. • NO DIVING. 	Diving lanes: <ul style="list-style-type: none"> • Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. • ONE WAY SWIMMING ONLY. 	General warm -up lanes <ul style="list-style-type: none"> • CIRCLE SWIM ONLY. • NO DIVING.
Push/pace Lanes are 1 and 8	Diving/sprint Lanes are 2,3,6,7	General warm-up Lanes are 4 and 5

At conclusion of the 15 minute specific warm-up period, all swimmers **MUST** clear the pool. The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

COACHES RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.	Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.	Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.
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HOST TEAM RESPONSIBILITIES

Marshaling:

- A minimum of four marshals who report to and receive instructions from the Meet Referee and or the Meet Director shall be on deck during the entire warm-up session.
- One Marshall, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- The Host Team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
- Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

MISCELLANEOUS

- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- Swimmers are required to exit the pool upon the 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.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.

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EXPRESS FEBRUARY "FAST ONE"
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Entry Chairman:
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PO Box 358
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judybusse@gmail.com
630.926.2220

Summary of Fees

Individual Event Fees:

Total Number of Individual Entries _____ @ \$4.00 each = \$ _____

Relay Event Fees:

Total Number of Relay Team Entries _____ @ \$12.00 each = \$ _____

Swimmer Surcharge:

Total Number of Swimmers Attending Meet _____ @ \$ 2.00 each = \$ _____

Facility Surcharge:

Total Number of Swimmers Attending Meet _____ @ \$ 6.00 each = \$ _____

Grand Total = \$ _____

*Please make all checks payable to: **Express Swim Team***

Name of Club _____ Club Initials _____

Names of coaches attending Meet _____

Mailing Address Name _____

Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

e-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; Express Swim Team, and Community High School District 99, 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 included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative)

Date

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

Entries will not be accepted before Friday, January 5, 2017