

NORTH AQUATICS CLUB

PICK YOUR POISON CLOSED INVITATIONAL PENTATHLON

NOVEMBER 6, 2011

(End of daylight savings time: Clock Change)

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction Number _____

MEET DIRECTOR/REFEREE

Mary Maze

Mary_maze@sbcglobal.net

ENTRY CHAIRPERSON

Gary De Graff

8437 Horizon Court

Tinley Park, IL 60487

coachdegraff@yahoo.com

SAFETY CHAIRPERSON

Karen Thrun

thrun60487@aol.com

LOCATION: Lincoln-Way North High School, 19900 S. Harlem, Frankfort, IL 60423. Aquatics Center is located in the Southeast corner of the school. Please enter through door #11.

FACILITY: 6 lane, 25 yard competition pool; starting end 14 foot depth; turn end 6 foot depth with fully automatic Daktronics Timing system with automatic touchpad's. 6 lane, 25 yard cool down pool available to all supervised swimmers. Seating capacity for 500+ spectators.

FORMAT: Timed finals pentathlon. Each swimmer may compete in 5 events in IM sequence: Butterfly, Backstroke, Breaststroke, Freestyle, and IM (or 100 free for 8 and under). Each swimmer may choose the distance of the various strokes, but is limited to only 1 entry for each stroke. Swimmers do not have to choose the same distances for each stroke. 9-10 and 11-12 shall be swam together, but scored separately. 13-14 and 15 and over shall be swam together as open events, but scored separately.

POSITIVE CHECK IN: Positive check in will end 15 minutes after warm-ups begin. Late entries will be able to swim at the meet director's discretion, only if there are open lanes in slower heats.

TIME FINALS: All events will be deck seeded timed finals. Heats will be arranged slowest to fastest, according to seed times submitted. There will be a bull pen for all 12 and under events only.

MEET SCHEDULE:

Doors Open: 6:30 AM

AM Warm up begins: 7:00 AM

Positive Check In Closes: 7:15 AM

Meet starts: 8:00 AM

Afternoon session warm up: not before 12 noon

Positive check in closes 12:15 PM or 45 minutes prior to the start of the afternoon session

Meet starts: 1 hour after warm ups.

IN THE EVENT THE MORNING SESSION IS EXPECTED TO BE COMPLETED BEFORE 11:30 AM, THE AFTERNOON SESSION WARM UP/ START TIME MAY BE MOVED UP. ALL PARTICIPATING TEAMS WILL BE NOTIFIED OF ANY CHANGE BY EMAIL NO LATER THAN OCTOBER 28, 2011.

RULES AND SAFETY: All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

EVENTS: FINA starting procedures & rules (whistle commands & no recall) will be in effect for this meet. In accordance with USA Swimming Rules: Articles 105 & 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

ELIGIBILITY: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy, Suite 245, Des Plaines, IL 60018; phone number 847-824-1596; ilswimoffice@sbcglobal.net. A swimmer's age as of November 6, 2011 will determine their age for the meet.

USA SWIMMING, INC. MEMBERSHIP: Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches and officials who are not current members of USA Swimming may not participate in the meet or be on deck.

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.

ENTRY DEADLINE: the Entry Chairperson will begin accepting entries on October 3, 2011. Entry deadline is 5:00 PM on October 21, 2011. Teams will be invited until sessions are filled to the 4-hour rule for each session. In the event this meet is not full, the entry deadline may be extended by the meet director. Emailed Hy-Tek .cl2 file (zipped) entries are preferred and will be accepted by Gary De Graff at coachdegraff@yahoo.com. Hard copy, signed release forms and payment must be received within 5 business days of notification of acceptance into the meet. No phone, fax or hand delivered entries will be accepted. Please enter times in short course yards. **PLEASE ESTIMATE TIMES FOR THOSE SWIMMERS WITH NO TIMES. "NO TIME" ENTRIES WILL NOT BE ACCEPTED.**

ENTRY BY MAIL: Gary De Graff, 8437 Horizon Court, Tinley Park, IL 60487

ENTRIES: All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Hy-Tek Meet Manager 3.0 for will be used. Meet host will accept no responsibility for transmission errors of faxed or emailed entries. It will remain up to the sender to verify receipt of entries. Any team submitting entries may be required to provide two timers for each session. Meet hosts shall refund any entry fees received for events/swims cancelled to meet the requirements of the daily time limits.

ENTRY FEES: \$3.00 per individual event plus a \$2.00 ISI surcharge per swimmer. Make checks payable to NAC.

AWARDS: An individual award will be given to each swimmer in each session. High point awards shall be given to the top 3 finishers who compete in all 5 events and score the most points in the following age groups for each girls and boys: 8 and under; 9-10; 11- 12, 13-14, 15 and up. Swimmers relative placement in the IM shall be used to break any ties in the high point standings.

ADMISSION: \$6.00 per day **PSYCH/HEAT SHEET:** Included

RESULTS: One copy of printed meet results will be emailed to the email address given on the entry release form. Results will be posted on the NAC website at <http://www.nacsharks.org>.

AM SESSION
WARM UP 7:00 AM MEET BEGINS 8:00 AM

EVENT NUMBER	AGE GROUP	SEX	DISTANCE	STROKE
1	8 AND UNDER	GIRLS	25	FLY
2	8 AND UNDER	GIRLS	50	FLY
3	8 AND UNDER	BOYS	25	FLY
4	8 AND UNDER	BOYS	50	FLY
5	13-14, 15 and Up	GIRLS	50	FLY
6	13-14, 15 and Up	GIRLS	100	FLY
7	13-14, 15 and Up	BOYS	50	FLY
8	13-14, 15 and Up	BOYS	100	FLY
9	13-14, 15 and Up	MIXED	200	FLY
10	8 AND UNDER	GIRLS	25	BACK
11	8 AND UNDER	GIRLS	50	BACK
12	8 AND UNDER	BOYS	25	BACK
13	8 AND UNDER	BOYS	50	BACK
14	13-14, 15 and Up	GIRLS	50	BACK
15	13-14, 15 and Up	GIRLS	100	BACK
16	13-14, 15 and Up	BOYS	50	BACK
17	13-14, 15 and Up	BOYS	100	BACK
18	13-14, 15 and Up	MIXED	200	BACK
19	8 AND UNDER	GIRLS	25	BREAST
20	8 AND UNDER	GIRLS	50	BREAST
21	8 AND UNDER	BOYS	25	BREAST
22	8 AND UNDER	BOYS	50	BREAST
23	13-14, 15 and Up	GIRLS	50	BREAST
24	13-14, 15 and Up	GIRLS	100	BREAST
25	13-14, 15 and Up	BOYS	50	BREAST
26	13-14, 15 and Up	BOYS	100	BREAST
27	13-14, 15 and Up	MIXED	200	BREAST
28	8 AND UNDER	GIRLS	25	FREE
29	8 AND UNDER	GIRLS	50	FREE
30	8 AND UNDER	BOYS	25	FREE
31	8 AND UNDER	BOYS	50	FREE
32	13-14, 15 and Up	GIRLS	50	FREE
33	13-14, 15 and Up	GIRLS	100	FREE
34	13-14, 15 and Up	BOYS	50	FREE
35	13-14, 15 and Up	BOYS	100	FREE
36	13-14, 15 and Up	MIXED	200	FREE
37	8 AND UNDER	GIRLS	100	FREE
38	8 AND UNDER	GIRLS	100	IM
39	8 AND UNDER	BOYS	100	FREE
40	8 AND UNDER	BOYS	100	IM
41	13-14, 15 and Up	GIRLS	100	IM
42	13-14, 15 and Up	GIRLS	200	IM
43	13-14, 15 and Up	BOYS	100	IM
44	13-14, 15 and Up	BOYS	200	IM
45	13-14, 15 and Up	MIXED	400	IM

PM SESSION
WARM UP 12:00 NOON MEET BEGINS 1:00 PM

EVENT NUMBER	AGE GROUP	SEX	DISTANCE	STROKE
46	9-10 & 11-12	GIRLS	50	FLY
47	9-10 & 11-12	GIRLS	100	FLY
48	9-10 & 11-12	BOYS	50	FLY
49	9-10 & 11-12	BOYS	100	FLY
50	9-10 & 11-12	MIXED	200	FLY
51	9-10 & 11-12	GIRLS	50	BACK
52	9-10 & 11-12	GIRLS	100	BACK
53	9-10 & 11-12	BOYS	50	BACK
54	9-10 & 11-12	BOYS	100	BACK
55	9-10 & 11-12	MIXED	200	BACK
56	9-10 & 11-12	GIRLS	50	BREAST
57	9-10 & 11-12	GIRLS	100	BREAST
58	9-10 & 11-12	BOYS	50	BREAST
59	9-10 & 11-12	BOYS	100	BREAST
60	9-10 & 11-12	MIXED	200	BREAST
61	9-10 & 11-12	GIRLS	50	FREE
62	9-10 & 11-12	GIRLS	100	FREE
63	9-10 & 11-12	BOYS	50	FREE
64	9-10 & 11-12	BOYS	100	FREE
65	9-10 & 11-12	MIXED	200	FREE
66	9-10 & 11-12	GIRLS	100	IM
67	9-10 & 11-12	GIRLS	200	IM
68	9-10 & 11-12	BOYS	100	IM
69	9-10 & 11-12	BOYS	200	IM
70	9-10 & 11-12	MIXED	400	IM

ISI Safety Requirements
Warm-up Procedures

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.

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.

C. MARSHALLING

1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or the Meet Director
2. The Meet Director shall be on deck during the entire warm-up session. One Marshall shall act as the safety coordinator, who should be a USA swimming member.
3. Marshals shall be current members of USA Swimming
4. 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 requirements or warm-up procedures.
5. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from the next individual event.
6. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
7. Warm-up times and lane assignments shall be posted at several locations around the pool area.
8. An announcer shall be on duty for the entire warm-up period to announce lane and time changes and to assist with the conduct of the warm-up.
9. Hazards in locker rooms, on the deck, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

D. Miscellaneous

1. 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recall start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks during competition

THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.

Unattached Swimmers

Unattached swimmers must have an identified coach member of USA Swimming taking responsibility for such swimmer throughout the meet. Please contact the meet director with this information prior to arriving at the meet.

NOTE: The host team reserves the right to assign warm-up lanes. Information will be emailed and placed in coaches' packets.

**NORTH AQUATICS CLUB
PICK YOUR POISON PENTATHLON
LINCOLN-WAY NORTH HIGH SCHOOL
NOVEMBER 6, 2011**

TEAM SUMMARY AND RELEASE FORM

Complete this form and mail it along with your entry forms and a check payable to NAC to the meet entry person no later than October 21, 2011.

Gary De Graff
8437 Horizon Court
Tinley Park, IL 60487

cell (708)267-2151
email: coachdegraff@yahoo.com

SUMMARY OF FEES

Total # of Entries _____ @ \$3.00 = _____

Total # of Swimmers ISI _____ @ \$2.00 = _____

TOTAL MEET FEES _____

NAME OF CLUB: _____

CLUB CODE: _____ LSC: _____

COACHES ATTENDING _____

CONTACT FOR ENTRIES: _____

MAILING ADDRESS: _____

EMAIL: _____ PHONE: _____

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.; North Aquatics Club; Lincoln-way High School District #210, 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)

This signed release must accompany the entry or the entry will not be accepted.
Entries will not be accepted before **OCTOBER 3, 2011**