

Northern Illinois Winter Swim Conference

NIWSC Championship Meet

North Division

March 5, 2016

The Buffalo Grove Park District will be hosting the 2016 NIWSC North Division Championship Meet on Saturday March 5, 2016. This meet will be conducted in accordance with the NIWSC Rules and By-laws.

9 AM – Pool opens to all teams and spectators

10 – 12 PM – Warm-ups

10:30 AM – Scratch meeting

12:15 PM – Competition will begin

MEET STAFF:

Head Coach: Marcelo Oliver

Mobile phone: (224) 588-6832

Aquatics Supervisor: Dani Hoefle

Office phone: (847) 850-2110

LOCATION:

Buffalo Grove High School

1100 W Dundee Rd.

Buffalo Grove, IL 60089

Entry Chairperson: Rick Lambert

Meet Referees: Kearin Hansen, Sue Szala, Mark Anderson

PARKING:

Parking is available at the Buffalo Grove High School. Please enter through Door 9 for access to the pool.

HOSPITALITY: A coaches' and volunteer hospitality area will be provided in the deck office. Please do not bring food from hospitality onto the deck. Hospitality is for coaching staff only. No swimmers or volunteers will be allowed in this area. All other guests will have access to the concessions stand for items to purchase.

ADMISSION & HEAT SHEETS: Admission is \$1, Heat Sheets are \$2 (spectators 7 and under are free). Please make sure you relay this to your entire team as we had some confusion last year.

POOL DECK AREA:

Each team will have a designated area on the deck. This area is for swimmers, coaches and volunteers only. Parents must view the meet from the balcony.

SPECTATOR AREA:

We have a viewing balcony for spectators. Space will be limited, so we ask that swimmers do not stay in spectator area for an extended period of time during the meet. It also tends to get very warm in the balcony due to the number of spectators. So dress accordingly.

MEETING AREA:

We will have a meeting area just outside the locker room doors where parents can meet up with their swimmers during the meet. Swim results will be posted in the area as well.

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DECK NOISE:

Our pool is very noisy during meets. As such, we will need complete silence on the deck before the start of every event. Please help us achieve this by informing your swimmers and parents ahead of time for the need to be silent before each start.

BULL PEN:

A bull pen or "on deck" holding area will be used for swimmers in the hallway outside the locker rooms. Only swimmers are allowed inside of Bull Pen.

FOOD & CONCESSION STAND:

The concession stand is located up the stairs in the spectator view area. **Food and coolers are not** allowed in any area on the pool deck. **Glass is not** allowed in any area of the pool at any time. Swimmers that need to eat should meet their parents outside the locker rooms in the meeting area.

POOL INFORMATION:

- 25-yard, 8-lane, plus warm down pool.
- Warm down pool: During the meet, supervised warm-down or warm-up swimming is allowed. **ALL unsupervised swimmers** will be asked to get out of the warm down pool.
- Lanes 2, 3, 4, 5, 6 will be used during competition.
- Starting blocks will be installed in the deep end of the pool.
- 8 and under 25-yard events will start from the bulkhead.
- Diving is allowed from the bulkhead.
- ONLY officials and coaches are allowed to cross the bulkhead. No swimmers, no volunteers.
- We will be using a Colorado timing system.
- Meet Mobile – NISC 2016 North Division Winter

FIRST AID

First aid is available for all patrons. First aid is located in the pool office.

BATHROOMS

The bathroom/locker room is located on the first floor foyer.

NIWSC WINTER 2016 DUAL MEET RESULTS:

All NIWSC North Division host teams must upload their MM "**BACKUP**" file to the entry chairperson – Rick Lambert: rick.lambert97@gmail.com, so times and meets attended for swimmers can be verified.

Results cannot be entered in the conference database without the birthdates of all the swimmers. If your team has had a dual meet with another NIWSC division team, please send those results as well. If you did not host a meet, but wish to ensure that we have all of your team's results, feel free to send those too. If all meet results are not submitted, times cannot be verified.

Events, times, ages, and number of meets participated in must be verified. Swimmers will NOT be allowed to participate in the championship meet without being verified. Events participated in without verified times will be seeded as NT.

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SWIMMER ELIGIBILITY:

- A swimmer's age at 11:59 PM on December 1, 2015 will be used to determine his/her age for this meet.
- Non-high school swimmers must swim in at least 3 meets, high school swimmers 2 meets, during the current season in order to be eligible to swim in the Divisional Championships.
- Swimmers may swim a maximum of 3 individual and 1 relay, or 2 individual and 2 relay events.
- A swimmer may swim up 2 age groups but may not swim in a lower age group.
- A swimmer may not swim the same/corresponding events in two different age groups.
- Each team may enter a maximum of two swimmers in each individual event and one relay in each relay event.
- Body-writing, non-medical bracelets or jewelry is NOT allowed to be worn. Events, however, can be written on each swimmer's hand.

CHAMPIONSHIP MEET ENTRIES:

The meet will be run using Meet Manager for Windows. Meet entries should be submitted in yard times. Either send a **TM Export as "MEET ENTRIES"** or if you use MM to build your meet, **Export as "Entries for Meet Manager merge of same meet."**

Meet entries must be emailed to Rick Lambert: rick.lambert97@gmail.com

Please also supply us with a mobile number where your team contact can be reached immediately should we have a question with your meet entries.

All meet entries MUST include the date of the NIWSC meet in which they achieved that time. All meet entries MUST be received by 5:00 PM Sunday, February 28, 2016. Any problems/questions please email Marcelo Oliver at hurricanes@bgparks.org

This is to allow for verification of times and eligibility and for the production of heat sheets. Any entries received after the deadline will be seeded as NT, no exceptions. The NIWSC may also impose a \$50 fine per day for late entries. All entries will be loaded into Meet Manager by Wednesday, March 2, 2016.

If you have Team Manager and enter your lineups in the program, you can e-mail a "Meet Entries" report but please be sure to check the box to show "unconverted times" and "include proof of time." Provided there are no problems with the entries, a complete pre-scratch meeting lineup will be e-mailed to you on Thursday, March 3, 2016.

TIMES:

To be eligible for this meet, times must have been recorded in a NIWSC meet during the current season. NT's **are** allowed.

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SCRATCH MEETINGS:

A scratch meeting will be held in the pool office at 10:30 AM. Seeding will be on the basis of submitted, verified times. We will be using lanes 2 – 6 for competition. The fastest time will be seeded in lane 4, then 3, 5, 2, 6. There will be a maximum of two heats per event, with the slower heat swimming first. There will be no exhibition heats or swimmers.

MEET PROGRAM HEAT SHEETS:

Please bring extra copies of the heat sheets emailed to you on Thursday, March 3. We will have extra heat sheets for coaches and volunteers if requested. Please do not distribute meet programs to your team, as we will be selling meet programs. The revenue helps to offset the cost of hosting the meet.

PARTICIPATING TEAMS:

Buffalo Grove	McHenry	Zion
Arlington Heights	Vernon Hills	

WARM-UPS:

Warm-ups will be from 10 AM to 12 PM and lane/time assignments are:

Lane 1	Arlington Heights
Lane 2	McHenry
Lane 3	Zion
Lane 4	Vernon Hills
Lane 5	Buffalo Grove
Lane 7-8	One-way sprints
Warm-down pool	Open to lap swimming only. No diving - No stopping.

Late warm-ups and warm downs will be allowed under the supervision of a team coach in the warm-down pool.

Warm-ups may be conducted by the coaches under the following safety guidelines:

- Feet first entry only, during general warm-up.
- Starts must be supervised by a coach from each team.
- Swimmers must not attempt a deck or block (forward or back) start if there is a swimmer in the starting area of the water in that lane.
- Swimmers may swim in one direction only in lanes being used as sprint lanes and must exit the pool upon completion of a length.
- Coaches are required to instruct their swimmers about these safety requirements.
- No playing in the pool at any time during the conference meet.
- Any coaches and/or swimmers found violating these safety rules may be removed from the warm-up/warm-down area.

AWARDS:

First and second place trophies will be awarded to the top two scoring teams. Medals shall be awarded for first place and rosette ribbons shall be awarded for second through sixth place in individual events. Medals shall be awarded for first place and rosette ribbons shall be awarded for second through fourth place in relay events.

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SCORING:

Scoring will be as follows:

Place:	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Individual Events:	16	13	12	11	10	9	7	5	4	3	2	1
Relay Events:	32	26	24	22	20	18						

VOLUNTEERS:

Each team will be responsible for providing timers and stopwatches for one lane during the entire meet. Three timers must be provided for each team's designated lane. Bring extra watches, in case of watch malfunctions.

- ✓ Volunteer Lane assignments are:

Lane 2	Arlington Heights
Lane 3	Zion
Lane 4	Buffalo Grove
Lane 5	Vernon Hills
Lane 6	McHenry
- ✓ Awards will be labeled and placed in a box for each team.
- ✓ Each team will be responsible for providing a bull-pen supervisor as follows:

11:30 – 1:30 PM	Zion, Vernon Hills & McHenry
1:30 PM – end of meet	Buffalo Grove, Arlington Heights
- ✓ Volunteers do not have to work the entire meet if their respective teams prefer to work in shifts.
- ✓ Volunteers may be given bottled water from a Hurricanes coach or lifeguard. No entry to the hospitality area will be allowed.
- ✓ **WE WILL NOT START THE MEET UNTIL ALL TEAMS PROVIDE THE REQUIRED VOLUNTEERS.**

GENERAL SAFETY:

This may be a very crowded meet and strict safety rules will be enforced. These will include:

- Warm-up rules as indicated above.
- No running on deck.
- No playing in the locker rooms.
- No playing, standing or sitting on the diving boards.
- No playing with any equipment on or near the pool deck.
- No climbing on or over the railings or barricades.
- No arguing with BGPD or BGHS lifeguards or staff.
- No bullying or harassing.

IMPORTANT: Any person, swimmer or adult, in violation of these safety rules, or who disobeys the instructions of lifeguards or pool staff may, without prior warning, be removed from the remainder of the meet. Our lifeguards and pool staff have full authority to stop the meet if it becomes necessary to enforce these safety rules. Anyone noticing a potential safety hazard should immediately bring it to the attention of a Buffalo Grove Park District staff member.

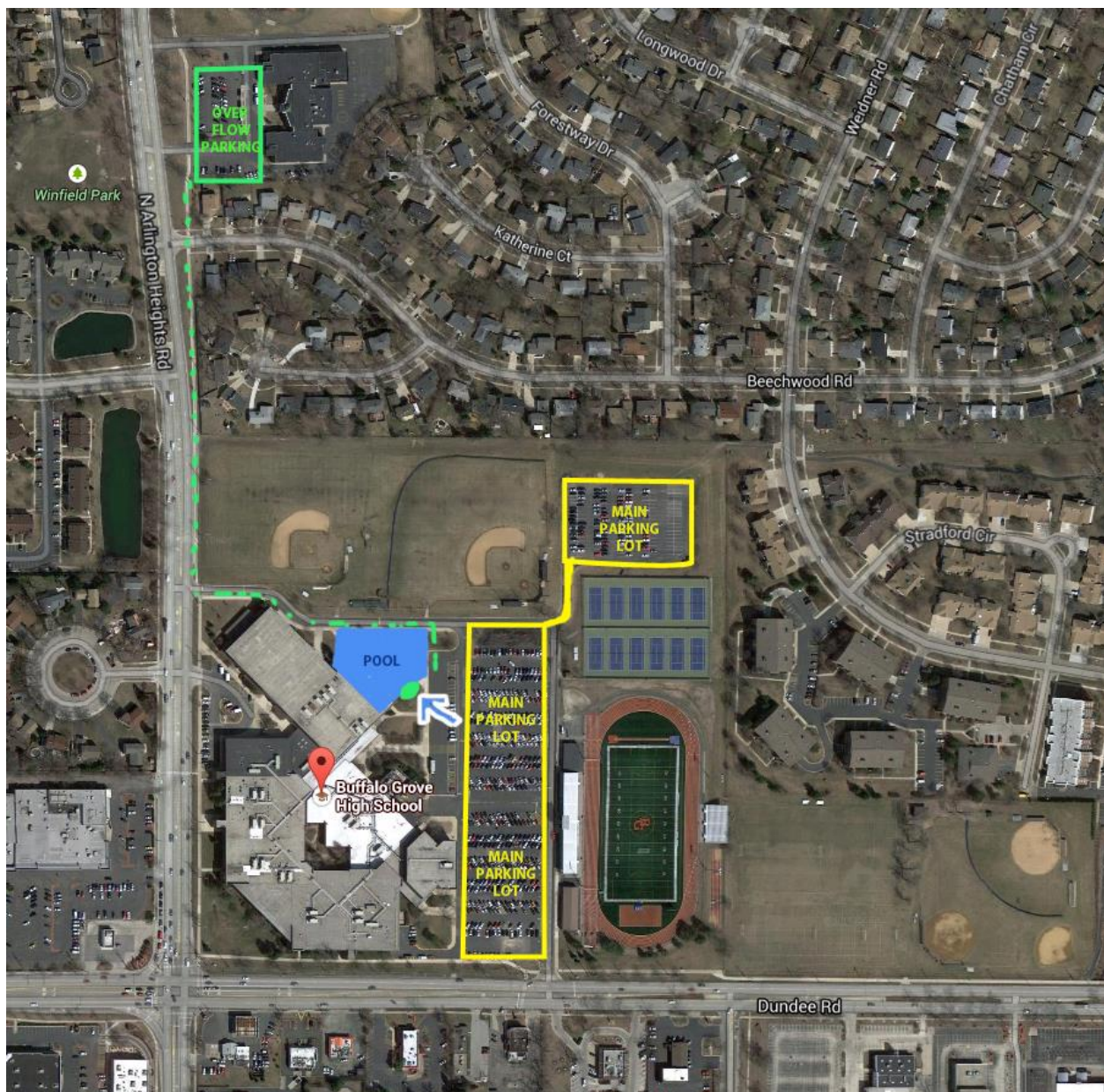
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POOL INFORMATION:

Buffalo Grove High School:

1100 W Dundee Rd
Buffalo Grove, IL 60089

- The closest major intersection is Arlington Heights Rd. and Dundee Rd.
- Coaches can arrive as early as 8:30 am.
- Spectator area and pool deck will open to swimmers and spectators at 9:00 am.
- Yellow parking spaces are in the main lot closest to the pool.
- Green lot should only be used if the yellow lots are 100% filled.



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Order of Events

Girls Event #	Age	Distance	Stroke	Boys Event #
1	Open	200 Yd	Freestyle	2
3	8 & Under	100 Yd	Medley Relay	4
5	9 & 10	200 Yd	Medley Relay	6
7	11 & 12	200 Yd	Medley Relay	8
9	13 & 14	200 Yd	Medley Relay	10
11	15 - 18	200 Yd	Medley Relay	12
13	8 & Under	25 Yd	Freestyle	14
15	9 & 10	50 Yd	Freestyle	16
17	11 & 12	50 Yd	Freestyle	18
19	13 & 14	50 Yd	Freestyle	20
21	15 - 18	50 Yd	Freestyle	22
23	8 & Under	25 Yd	Breaststroke	24
25	9 & 10	50 Yd	Breaststroke	26
27	11 & 12	50 Yd	Breaststroke	28
29	13 & 14	50 Yd	Breaststroke	30
31	15 - 18	100 Yd	Breaststroke	32
33	15-18	500 Yd	Freestyle	34
35	9 & 10	100 Yd	Individual Medley	36
37	11 & 12	100 Yd	Individual Medley	38
39	13 & 14	100 Yd	Individual Medley	40
41	15 - 18	200 Yd	Individual Medley	42
43	8 & Under	25 Yd	Backstroke	44
45	9 & 10	50 Yd	Backstroke	46
47	11 & 12	50 Yd	Backstroke	48
49	13 & 14	50 Yd	Backstroke	50
51	15 - 18	100 Yd	Backstroke	52
53	8 & Under	50 Yd	Freestyle	54
55	9 & 10	100 Yd	Freestyle	56
57	11 & 12	100 Yd	Freestyle	58
59	13 & 14	100 Yd	Freestyle	60
61	15 - 18	100 Yd	Freestyle	62
63	8 & Under	25 Yd	Butterfly	64
65	9 & 10	50 Yd	Butterfly	66
67	11 & 12	50 Yd	Butterfly	68
69	13 & 14	50 Yd	Butterfly	70
71	15 - 18	100 Yd	Butterfly	72
73	8 & Under	100 Yd	Freestyle Relay	74
75	9 & 10	200 Yd	Freestyle Relay	76
77	11 & 12	200 Yd	Freestyle Relay	78
79	13 & 14	200 Yd	Freestyle Relay	80
81	15 - 18	200 Yd	Freestyle Relay	82

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Please supply the following information by Sunday, February 28
so that we can include coaches in the Meet Program:

Team NAME: _____

Head Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____