



# Express Swim Team

## Trick-or-Treat Express

October 29-30, 2016

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
Sanction Number – ILS16-

### MEET DIRECTOR

Judy Busse/Kris Busse  
PO Box 358  
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### ENTRY CHAIRPERSON

Judy Busse  
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### SAFETY CHAIRPERSON

Judy Busse

### MEET REFEREE

Kimberly Mozdziejz-Frank  
[kitome@att.net](mailto:kitome@att.net)

**Location** Downers Grove North High School  
4436 Main Street  
Downers Grove, IL 60515

**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 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.

<b>Entry Deadline</b>	<b><u>Entries will not accept entries before Friday, September 30, 2016 at 8:00 am.</u></b> 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 <b>NOT</b> 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.
<b>Entry Confirmation</b>	Teams will be notified of entry receipt within 24 hours and notified of their acceptance status within 48 hours of receipt of the entry.
<b>Coaches</b>	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.
<b>Officials</b>	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.
<b>Timers</b>	Teams may be asked to provide timers for the meet. Attending teams will be notified in advance if timing assistance is needed .
<b>Meet Results</b>	Results will be posted on the host website within 24 hours of the meet's conclusion. Daily results will be posted.
<b>Awards</b>	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.
<b>Rules</b>	<p><b>USA SWIMMING AND ISI RULES</b> will be strictly enforced:</p> <ul style="list-style-type: none"> <li>• <b>Audio/Visual</b> - 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.</li> <li>• <b>Certification</b> - The competition course has not been certified in accordance with 104.2.2C(4).</li> <li>• <b>Deck Changing</b> - 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.</li> <li>• <b>Starts</b>- 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.</li> </ul>
<b>Admission</b>	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.
<b>Concessions</b>	Food and beverages will be for sale in the observation balcony. <b>No FOOD IS ALLOWED ON DECK.</b> 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 - Trick-or-Treat Express October 29-30, 2016

<b>#1 - Saturday AM – October 29, 2016</b>		
<b>Wm-up 7:00 AM/Meet Start 8:00 AM</b>		
1	11-12 200 Medley Relay	2
3	8&Under 100 Medley Relay	4
5	12&Under 200 Individual Medley	6
7	8&Under 25 Backstroke	8
9	11-12 100 Backstroke	10
11	8&Under 25 Butterfly	12
13	11-12 100 Butterfly	14
15	8&Under 50 Backstroke	16
17	11-12 50 Breaststroke	18
19	8&Under 100 Freestyle	20
21	11-12 50 Freestyle	22
<b>#2 - Saturday PM – October 29, 2016</b>		
<b>Wm-up 12:00 N / Meet Start 1:00 PM</b>		
23	9-10 200 Medley Relay	24
25	13&Over 200 Medley Relay	26
27	9-10 100 Individual Medley	28
29	13&Over 200 Individual Medley	30
31	9-10 50 Fly	32
33	13-14 100 Fly	34
35	OPEN 100 Fly	36
37	9-10 50 Breaststroke	38
39	13-14 200 Breaststroke	40
41	OPEN 200 Breaststroke	42
43	9-10 100 Backstroke	44
45	13-14 100 Backstroke	46
47	OPEN 100 Backstroke	48
49	9-10 100 Freestyle	50
51	13-14 100 Freestyle	52
53	OPEN 100 Freestyle	54
<b>#3 – Saturday PM – October 29, 2016</b>		
<b>Wm-up – Conclusion of #2 for 15 minutes</b>		
55	MIXED OPEN 400 IM	

<b>#4 - Sunday AM – October 30, 2016</b>		
<b>Wm-up 7:00 AM / Meet Start 8:00 AM</b>		
57	11-12 200 Free Relay	58
59	8&Under 100 Free Relay	60
61	12&Under 200 Freestyle	62
63	8&Under 25 Breaststroke	64
65	11-12 100 Breaststroke	66
67	8&Under 50 Freestyle	68
69	11-12 50 Backstroke	70
71	8&Under 100 Individual Medley	72
73	11-12 100 Individual Medley	74
75	11-12 50 Butterfly	76
77	8&Under 25 Freestyle	78
79	11-12 100 Freestyle	80
<b>#5 - Sunday PM – October 30, 2016</b>		
<b>Wm-up 12:00 N / Meet Start 1:00 PM</b>		
81	9-10 200 Free Relay	82
83	13&Over 200 Free Relay	84
85	9-10 200 Freestyle	86
87	13&Over 200 Freestyle	88
89	9-10 50 Backstroke	90
91	13-14 200 Backstroke	92
93	OPEN 200 Backstroke	94
95	9-10 100 Butterfly	96
97	13-14 200 Butterfly	98
99	OPEN 200 Butterfly	100
101	9-10 100 Breaststroke	102
103	13-14 100 Breaststroke	104
105	OPEN 100 Breaststroke	106
107	9-10 50 Freestyle	108
109	13-14 50 Freestyle	110
111	OPEN 50 Freestyle	112
<b>#3 – Sunday PM – October 30, 2016</b>		
<b>Wm-up – Conclusion of #2 for 15 minutes</b>		
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"> <li>• Push off one or two lengths from the starting end.</li> <li>• Circle swim only.</li> <li>• NO DIVING.</li> </ul>	Diving lanes: <ul style="list-style-type: none"> <li>• Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times.</li> <li>• ONE WAY SWIMMING ONLY.</li> </ul>	General warm -up lanes <ul style="list-style-type: none"> <li>• CIRCLE SWIM ONLY.</li> <li>• NO DIVING.</li> </ul>
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.

**Express Swim Team**  
**TRICK-OR-TREAT EXPRESS**  
**OCTOBER 29-30, 2016**  
**Sanction # ILS16-**

Entry Chairman:  
Judy Busse  
PO Box 358  
Downers Grove, IL 60515  
[judybusse@gmail.com](mailto: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, September 30, 2016**