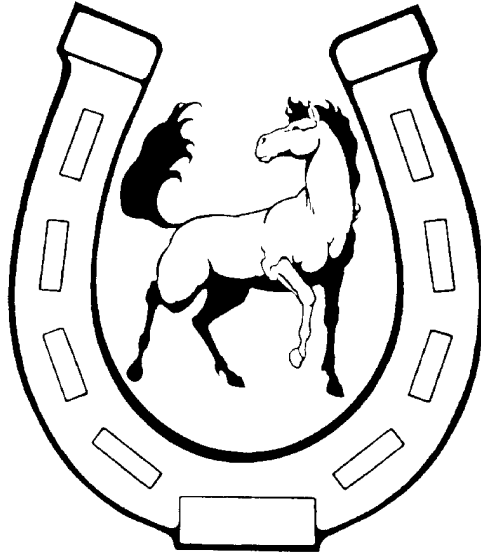


Barrington Swim Club
Fourth Annual
8 and Under Colt Classic
June 6, 2009



Barrington Swim Club
Barrington, Illinois

Held under the sanction of USA Swimming
SANCTION NO. ILL0615-09

Entries accepted:
Monday, May 4th, 2009, 8:00am

Entry Deadline:
Monday, May 25th, 2009

Barrington Swim Club
4th Annual 8 and under Open
June 6, 2009

Sanction: Sanctioned by USA Swimming Inc. and Illinois Swimming Inc.
Sanction Number ILL0615-09

Meet Director Cathy Aschbacher 165 Deer Grove Ln Barrington, IL 60010 847-277-7224 cathya@swimbsc.org	Entry Chairperson Liz Rodney 20851 N Exmoor Barrington, IL 60010 847-756-4676 bscentries@swimbsc.org	Safety Chairperson David Jacobsen Meet Referee Steve Widdowson stevew@swimbsc.org
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Format: Timed Finals
Positive check in required.

Warm Up 10:15 am
Meet Starts 11:15 am

Location: Barrington High School Natatorium
616 W. Main Street
Barrington, IL 60010
(847) 842-3261
On Lake-Cook Road (Main Street in Barrington), third light west of Rt. 59 (Hough Street in Barrington).

Facility: The Barrington High School indoor pool has ten lanes, twenty-five yards, with 29" permanent starting blocks and non-turbulent lane markers. Seating capacity for 600 spectators. Fully automatic Colorado timing system with touch pads and a 10-lane Myriad electronic scoreboard. The pool depth is greater than 72 inches and conforms to USA standards.

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

Eligibility: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 South River Road Suite 30 Des Plaines, IL 60018 or 847-824-1596. A swimmer's age as of June 6th, 2009 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:

Please note that all entries are due no later than Monday, May 25th, 2009 and that no entries will be accepted before 8:00 a.m. Monday, May 4th, 2009. Hand deliveries will only be accepted from a nationally recognized courier service or the U.S. Postal Service. E-Mail entries will be accepted with proper confirming documents and payment within 48 hours.

Entries:

Event entries are limited to four events per day. The event entry restrictions do not apply to relays. Relay swimmers must be entered in at least one individual event. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.

The Summary of Fees statement must be completed and the Release form signed for all entries. This must be received within 48 hours of submission of e-mail entries. Failure to do so shall be sufficient grounds for refusal of the entry.

BSC will be using Hytek Meet Manager for Windows. Entries must be submitted by electronic mail using the appropriate BSC order of events. A print out of the entry must accompany the submission. Entries with 5 or less swimmers may be submitted on the enclosed entry form or copy.

Entry Fees:

The entry fee is \$3.00 for each individual event and \$7.00 for each relay entry. Entry fees must accompany entries. A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to Barrington Swim Club.

Entry Limitations:

Deck entries may be allowed at the Meet Referee's discretion.

Barrington Swim Club reserves the right to limit participation in any event to achieve a reasonable timeline.

Entry Verification:

If you desire verification of entries received, include a stamped self-addressed postal card with your entries.

- Events:** In accordance with USA Swimming Rules; Articles 105 and 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.
- Positive Check In:** All sessions will use positive check in. Check in will close 45 minutes prior to the start of each session. Failure to check in will result in the swimmer being scratched from all events for that session. Late arrivals may be accommodated if there are open lanes available in the slower heats.
- Scoring:** Individual Event Point distribution is as follows:
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay points are as follows:
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2.
- Seeding:** All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes.
- Relay Events:** Relays will be positively checked in with the clerk of course 30 minutes prior to the start of the session. Relays cards will be issued to coaches and must be returned to the head lane timer prior to the start of each heat.
- Awards:** Custom medals will be awarded for swimmer places 1-8. Ribbons will be awarded for swimmer places 9-16. Relays will be awarded custom medals for places 1-3. Team trophies will be awarded 1st-3rd place based on points.
- Admissions:** Admissions will be charged to all spectators over 12 years old. Heat sheets will be available for purchase at each session.
- Volunteers:** All teams will be required to provide timers based on number of entries.
- Concessions:** Food and beverages will be served in the Giddy Up Café, located in the viewing gallery.
- Meet Results:** Results will be posted on the club web site: <http://swimbosc.org>.

Order of Events

June 6 th , 2009		
SESSION 1		
Women	Event	Men
1	50 Freestyle	2
3	100 Medley Relay	4
5	25 Butterfly	6
7	25 Backstroke	8
9	25 Breaststroke	10
11	25 Freestyle	12
13	100 Individual Medley	14
15	100 Freestyle Relay	16

COMPLETE THIS FORM AND MAIL WITH ENTRY FORM AND YOUR CHECK PAYABLE TO:

Barrington Swim Club
c/o Liz Rodney
20851 N Exmoor
Barrington, IL 60010

SUMMARY OF FEES

	Number of Entries	Cost per Entry	Total
8 & Under			
Total # of entries		\$3.00	
Total # of swimmers (ISI surcharge)		\$2.00	
Total # of relays		\$7.00	
TOTAL FEES -->			

Name of Club or unattached: _____
Club Code for Heat Sheet: _____
Complete Mailing Address: _____
Phone _____ Town _____ State _____ Zip _____
Name(s) of coaches attending meet: _____
Name of Officials attending meet: _____

In consideration of acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the Barrington Swim Club, the Barrington High School and School District 220, their representatives, Directors, Officers, 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 event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Coach, club representative, or parent)

Name _____ Title _____ Date _____

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received no later than 12:01am CDT, Monday, May 25, 2008.

CONTROLLED MEET WARM-UP AND SAFETY GUIDELINES

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.

Pool Lane Use		
Push/Pace	Diving	General Warm Up
1&10	3&9	2,4,5,6,7,8

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.
2. **Host Team Responsibilities**
 - a. Marshaling
 - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
 - 2) Marshals shall be current members of USA Swimming.
 - 3) 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 or warm-up procedures.
 - 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 and lane assignments 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.
3. **Miscellaneous:**
 - a. Backstrokes 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.
 - e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

