

New Trier Swim Club
7th Annual TYR Tri-State Challenge
January 22-24, 2010
Sanction #ILS0127-10

Sanction

By USA Swimming, Inc. and Illinois Swimming, Inc. Sanction No. ILS0127-10. All USS and ISI rules apply, including safety rules which will be strictly enforced. Sanction is for a Closed Invitational Swim Meet.

Meet Director

Brian Brown
NTSC
P.O. Box 407
Winnetka, IL 60093
bbbrown618@comcast.net

Entry Chair

Gina Bakakos
NTSC
P.O. Box 407
Winnetka, IL 60093
hydrogin@aol.com

Meet Referee

Steve Good

Safety Chair

Joanna Nicholas

Teams

Academy Bullets
Barrington Swim Club
Hickory Willow Swim Association
J-Hawks Swim Club
Lake Country Swim Club
New Trier Swim Club
St. Charles Swim Team
Scout Aquatics

Pool Locations

New Trier High School
Winnetka Campus – Saturday and Sunday
385 Winnetka Road
Winnetka, IL 60093

New Trier High School
Northfield Campus – Friday
7 Happ Road
Northfield, IL 60093

Pools

The New Trier High School Winnetka Campus pool is an eight lane, 25 yard pool with non-turbulent lane markers. Seating capacity is 1500 persons.

The New Trier High School Northfield Campus pool is a six-lane, 25-yard pool with non-turbulent lane markers. Seating capacity is 900 persons.

Timing

A fully automated IST timing system with touch pads and push button back-up, as well as two watches per lane will be used. There will be an electronic scoreboard showing all lanes.

Volunteer Assistance & Officials

Teams will be asked to assist with timing and officiating. Please include names and phone numbers on enclosed volunteer form. Certified officials should please contact Steve Good at skegood@comcast.net.

Eligibility

Only 2010 USA Swimming registered swimmers are eligible. Entries listed as “applied for” will not be accepted. Age for this meet will be the swimmer’s age as of January 22, 2010. Current registration numbers, ages, and first and last names of all Contestants must appear in the entry file.

Illinois Swimming, Inc. registration applications may be obtained from:

Illinois Swimming
3166 S. River Road
Suite 30
Des Plaines, IL 60018
(847) 824-1596

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 request.

Entry Limits

Each swimmer may enter a maximum of three relay events on Friday. On Saturday and Sunday swimmers may enter three individual events and one relay event each day. All 11-12 and 13 & Over events on Saturday and Sunday will be prelim/final events. All 10 & Under events will be timed final events.

Relays

Each team may enter four relays per event on Friday, and two relays per event on Saturday and Sunday. All relay events will be timed finals.

Time Standards

There will be established time standards for all 11-12 and 13 & Over Individual events. There will be no time standards for 10 & Under events or all relay events.

Meet Schedule

Session I – Friday, January 22, 2010 (NTHS Northfield)

Warm-up at 5:00 p.m.

Session starts at 6:00 p.m.

Session II – Saturday, January 23, 2010 (NTHS Winnetka)

Warm-up at 7:00 a.m.

Positive check-in ends at 7:30 a.m.

Session starts at 8:00 a.m.

Session III – Saturday, January 23, 2010 (NTHS Winnetka)

Warm-up begins immediately after the end of Session II, but not before noon.

Positive check-in ends one half hour after warm-up begins.

Session starts one hour after warm-up begins.

Session IV – Saturday, January 23, 2010 (NTHS Winnetka)

Warm-up begins immediately after the end of Session III, but not before 4:00 p.m.

Session starts one hour after warm-up begins.

Session V – Sunday, January 24, 2010 (NTHS Winnetka)

Warm up at 7:00 a.m.

Positive check-in ends at 7:30 a.m.

Session starts at 8:00 a.m.

Session VI – Sunday, January 24, 2010 (NTHS Winnetka)

Warm-up begins immediately after the end of Session V, but not before 12:00 p.m.

Positive check-in ends on half hour after warm-up begins.

Session starts one hour after warm-up begins.

Session VII – Sunday, January 24, 2010 (NTHS Winnetka)

Warm-up begins immediately after the end of Session VI, but not before 4:00 p.m.

Session starts one hour after warm-up begins.

Seeding

All events will be timed final events. **Please submit all entries in short course yards only.** Non-conforming times will be seeded following conforming times.

All events will require positive check-in. Swimmers will be required to check-in by 30 minutes after the start of warm-up for each session. Failure to check-in properly will result in the swimmer(s) being seeded in open lanes, if any exist.

Entry Fees

\$4.00 per individual event entry

\$10.00 per relay event entry

\$2.00 per swimmer ISI travel surcharge

Awards

Medals will be given to the top eight finishers in each individual event. Ribbons will be awarded to the 9-16 finishers in each individual event. Medals will be given to the top three relays in each event. High point awards will be given to the top three 10 & Under, 11-12 and 13 & Over swimmers for boys and girls. A team trophy will be awarded to the top scoring team.

Entry Forms

PLEASE SUBMIT ALL ENTRIES IN SHORT COURSE YARDS ONLY.

EMAIL OF ENTRIES IS THE REQUIRED ENTRY METHOD.

Please be sure to ZIP the entry file and send it to hydrogin@aol.com, by the entry deadline. Please mail hard copies, forms and payment to the address below to be received within three business days of receipt of the email entry.

Please mail entry according to the following criteria:

A hard copy should accompany a signed Entry and Release Form, Volunteer Sheet and check made payable to the **New Trier Swim Club.**

Please make sure the hard copy shows:

-Team name with meet name

-Each swimmer's last and first names, middle initial, USA Swimming ID and age

-Event numbers and seed times

MAIL ALL ENTRIES TO:

Gina Bakakos

NTSC

P.O. Box 407

Winnetka, IL 60093

Entry Deadline

Entries will be accepted beginning Monday, December 28, 2009 at 8:00 a.m., and all entries must be received by 6:00 p.m. Friday, January 8, 2010.

Verification of Entry

If you desire verification of entries received, please include an email request with your entry.

Coaches

Coaches' packets will be available upon arrival. Registered coaches, officials, and assigned volunteers only, will be allowed on deck. Coaches must be current USA Swimming Coach Members and must continuously display their current USS Coach Member registration card while on deck.

Meet Results

All participating clubs will be sent official results via email.

Admissions

General admission is \$5.00 including a heat sheet. All session passes will be available for \$20.00 and this includes admission and a heat sheet per session.

Concessions

A concession stand offering food and beverages will be available.

Tri-State Challenge
Order of Events

Friday, January 22

Session I

Warm-up 5:00 p.m./Meet starts 6:00 p.m.

<u>Girls</u>	<u>Event Name</u>	<u>Boys</u>
1	10 & Under 400 Medley Relay**	2
3	11-12 200 Medley Relay**	4
5	13 & Over 200 Medley Relay**	6
7	10 & Under Mixed 400 IM Relay**	X
8	11-12 Mixed 400 IM Relay**	X
9	13 & Over Mixed 400 IM Relay**	X
10	12 & Under Mixed Crescendo Free Relay** (50-100-200-500)	X
11	Multi Age Mixed 400 Free Relay** (1-10&Under, 1-11/12, 1-13/14, 1-15&Over)	X
12	13 & Over Mixed Crescendo Relay** (50-100-200-500)	X
13	10 & Under 400 Free Relay**	14
15	11-12 200 Free Relay**	16
17	13 & Over 200 Free Relay**	18

**each team limited to 3 relay entries per event

Saturday, January 23

Session II – Prelims

Warm-up 7:00 a.m./Meet starts 8:00 a.m.

POSITIVE CHECK-IN CLOSSES AT 7:30 A.M.

19	11-12 200 IM	20
21	13 & Over 200 IM	22
23	11-12 100 Back	24
25	13 & Over 100 Back	26
27	11-12 100 Free	28
29	13 & Over 100 Free	30
31	11-12 50 Fly	32
33	13 & Over 200 Fly	34
35	11-12 50 Breast	36
37	13 & Over 200 Breast	38
39	11-12 400 Free Relay (Finals Only)**	40
41	13 & Over 400 Free Relay (Finals Only)**	42

**each team limited to two relay entries

Session III – Timed Finals

Warm-up no earlier than 12:00 p.m./Meet starts no earlier than 1:00 p.m.

POSITIVE CHECK-IN CLOSES 30 MINUTES AFTER WARM-UP BEGINS

43	10 & Under 100 Free	44
45	8 & Under 50 Free	46
47	10 & Under 50 Breast	48
49	8 & Under 25 Breast	50
51	10 & Under 200 IM	52
53	8 & Under 100 IM	54
55	10 & Under 50 Fly	56
57	8 & Under 25 Fly	58
59	10 & Under 100 Backstroke	60
61	10 & Under 200 Free Relay**	62

**each team limited to two relay entries

Session IV – Finals

Warm-up no earlier than 4:00 p.m./Meet starts no earlier than 5:00 p.m.

POSITIVE CHECK-IN CLOSES 30 MINUTES AFTER WARM-UP BEGINS

19	11-12 200 IM	20
21	13 & Over 200 IM	22
23	11-12 100 Back	24
25	13 & Over 100 Back	26
27	11-12 100 Free	28
29	13 & Over 100 Free	30
31	11-12 50 Fly	32
33	13 & Over 200 Fly	34
35	11-12 50 Breast	36
37	13 & Over 200 Breast	38
39	11-12 400 Free Relay (Finals Only)**	40
41	13 & Over 400 Free Relay (Finals Only)**	42

**each team limited to two relay entries

Sunday, January 24

Session V – Prelims

Warm-up 8:00 a.m./ Meet starts at 9:00 a.m.

POSITIVE CHECK-IN CLOSES AT 8:30 A.M.

63	11-12 200 Free	64
65	13 & Over 200 Free	66
67	11-12 100 Fly	68
69	13 & Over 100 Fly	70
71	11-12 50 Free	72
73	13 & Over 50 Free	74
75	11-12 50 Back	76
77	13 & Over 200 Back	78
79	11-12 100 Breast	80
81	13 & Over 100 Breast	82
83	11-12 400 Medley Relay (Finals Only)**	84
85	13 & Over 400 Medley Relay (Finals Only)**	86

**each team limited to two relay entries

Session VI – Timed Finals

Warm-up no earlier than 12:00 p.m./ Meet starts no earlier than 1:00 p.m.

POSITIVE CHECK-IN CLOSES 30 MINUTES AFTER WARM-UP BEGINS

87	10 & Under 100 IM	88
89	10 & Under 50 Free	90
91	8 & Under 25 Free	92
93	10 & Under 100 Fly	94
95	8 & Under 100 Free	96
97	10 & Under 200 Free	98
99	8 & Under 25 Back	100
101	10 & Under 50 Back	102
103	10 & Under 100 Breast	104
105	10 & Under 200 Medley Relay**	106

**each team limited to two relay entries

Session VII – Finals

Warm-up no earlier than 4:00 pm/Meet starts no earlier than 5:00 pm

63	11-12 200 Free	64
65	13 & Over 200 Free	66
67	11-12 100 Fly	68
69	13 & Over 100 Fly	70
71	11-12 50 Free	72
73	13 & Over 50 Free	74
75	11-12 50 Back	76
77	13 & Over 200 Back	78
79	11-12 100 Breast	80
81	13 & Over 100 Breast	82
83	11-12 400 Medley Relay (Finals Only)**	84
85	13 & Over 400 Medley Relay (Finals Only)**	86

**each team limited to two relay entries

New Trier Swim Club
Tri-State Challenge Invitational
January 22-24, 2010
Summary of Entry and Release Form

Complete this form and mail along with hard copy of entry and check to:

Gina Bakakos
NTSC
P.O. Box 407
Winnetka, IL 60093

Summary of Fees:

Total number of swimmers _____ x \$2.00 = \$ _____

Total number of Ind. Prelim/Final entries _____ x \$5.00 = \$ _____

Total number of Ind. Timed Final entries _____ x \$3.00 = \$ _____

Total number of Relay entries _____ x \$10.00 = \$ _____

Total Entry Fee \$ _____

Please make checks payable to New Trier Swim Club

Name of Club _____

USS Association _____ Club Initials _____

Names of coaches attending the meet: _____

Person submitting entry _____ Phone _____

Complete mailing address _____

Email address _____

Release Form

In consideration of the acceptance of the entry, as a duly authorized representative of the Club identified above, on behalf of the Club to be legally bound by my signature, I hereby consign, waive, and release any and all rights and claims of damages which may occur against United States Swimming, Inc., Illinois Swimming, Inc., New Trier Township District 203, and the New Trier Swim Club and their representatives, officers, directors, employees, or successors for any or all injuries suffered by me or by any contestant or representative of the Club in the New Trier Swim Club Shark Frenzy Invitational. The New Trier Swim Club requires that all visiting teams follow rules of conduct with respect to property of New Trier High School, and safety. Any unacceptable conduct may result in ejection from the meet with no refund of admission or entry fee. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Signature: _____ (Coach or Club Representative)

Printed Name: _____ Position with Club: _____

Signed release must accompany entry. Deadline: Friday, January 22, 2010

New Trier Swim Club
Tri-State Challenge Invitational
January 22-24, 2010

Volunteer Sheet

All participating teams will be required to assist with timing and officiating. Please submit appropriate names and phone numbers on this form.

Timer Coordinator/Head Timer

Name _____ Phone _____

ISI Officials

Name	Phone	Certification Level	Sessions Available
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please return this form with your entry.

New Trier Swim Club
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<u>GIRLS</u>		<u>TIME STANDARDS</u>	<u>BOYS</u>	
<u>11-12</u>	<u>13 & Over</u>	<u>Event</u>	<u>13 & Over</u>	<u>11-12</u>
30.09	28.59	50 Free	26.99	29.79
1:05.69	1:02.19	100 Free	58.49	1:05.09
2:23.89	2:14.59	200 Free	2:08.19	2:23.39
34.99		50 Back		35.29
1:15.59	1:10.69	100 Back	1:08.09	1:15.49
	2:33.09	200 Back	2:28.39	
39.09		50 Breast		39.59
1:24.89	1:20.39	100 Breast	1:16.89	1:26.69
	2:54.59	200 Breast	2:49.19	
33.39		50 Fly		33.79
1:15.89	1:10.09	100 Fly	1:06.79	1:16.59
	2:39.89	200 Fly	2:35.19	
2:43.29	2:33.19	200 IM	2:26.89	2:44.99

New Trier Swim Club
Tri-State Challenge Invitational
January 22-24, 2010
Warm-up Procedures

A. WARM-UP PROCEDURES

1. Teams will be assigned to a lane for warm-up during each session. Some teams may be asked to share a lane during the warm-up period. It will be up to the coaches to cooperate during the warm-up so all teams are afforded an equal warm-up opportunity.
2. Unless supervised by their coach, swimmers must enter the pool feet first, while making contact with the deck with the body and a hand from the start end of the pool.
3. Sprint and pace work will be allowed under the supervision of, and at the discretion of the coaches assigned to each lane.

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. 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."
- c. 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.
- d. 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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.