

HICKORY WILLOW'S 26th ANNUAL WINTER SPLASH January 8th, 9th & 10th 2010



SANCTION: By United States Swimming and Illinois Swimming Inc.
Sanction # ILS10-0102

LOCATION: A. A. Stagg High School
111th Street & Roberts Road (8000 W.) Palos Hills, IL 60465

Meet information including complete meet packet, team manager import file, results, meet backup and directions can be found at the Hickory Willow Meet info site:
[HTTP://HOME.COMCAST.NET/~HWSAINFO/](http://home.comcast.net/~hwsainfo/)

FACILITY: Six lane, 25 yard competition pool. Starting area has a 14-foot depth. Seating capacity for 550+ spectators. Fully automatic IST timing system with touch pads, button back-up and 6 line electronic scoreboard. The meet will be computerized using the latest version of Hy-Tek Meet Manager.

MEET DIRECTOR: Glenn Gabriel

ENTRY CHAIRMAN: Glenn Gabriel (708) 598-3964 or e-mail – GJGABRIEL@COMCAST.NET

SAFETY COORDINATOR: Keith Moulton

REFEREE: Glenn Gabriel (708) 598-3964 or e-mail GJGABRIEL@COMCAST.NET

TYPE OF MEET: This is an A-B-C No Cut Meet using USA Swimming National Time Standards. All events will be seeded timed finals. Heats will be arranged slowest to fastest, according to seed times submitted.

MEET SCHEDULE:

Friday P.M. session	Warm-up 5:00 P.M.	Meet starts 6:00 P.M.
Doors Open 6:45 A.M.	Saturday-Sunday	
Saturday-Sunday A.M. session:	Warm-up 7:00 A.M.	Meet starts 8:00 A.M.
Saturday-Sunday P.M. session:	Warm-up not to start before 12:00 P.M.	
	Meet will start 1 hour after warm-up begins.	

ELIGIBILITY: All USA Swimming Registered Swimmers are eligible. All USA Swimming and I.S.I. Rules apply including I.S.I. safety rules, which will be strictly enforced. All swimmers must be registered prior to entry deadline. Registration applications may be obtained from Illinois Swimming, Inc., 3166 S River Rd STE 30, Des Plaines, IL, 60018. "Applied for registration will not be accepted". For additional info write to above address or call (630) 844-0476. Swimmers age as of January 8th, 2010 will determine a swimmer's age for this meet.

USA SWIMMING, INC. MEMBERSHIP: Insurance regulations require that all swimmers, coaches & officials be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, & officials who are not current members of **USA** Swimming may not participate in the meet or be on deck. All coaches and officials must display their current USA member registration card at all times while on deck.

ENTRY LIMITATIONS: All swimmers will be limited to **two** individual events on Friday and **four** individual entry events plus **1 relay** event per day on Saturday and Sunday. Deck entries will not be permitted.

ENTRY FEES: \$3.00 per individual event, \$7.00 per relay, plus a \$2.00 per swimmer ISI surcharge. Make check payable to: **HICKORY WILLOW SWIM ASSOC. or (HWSA)**

E-MAIL ENTRIES: The following guidelines must be followed for e-mail entries.

1. Official entry forms (see entry forms section below), and all entry fees are due within **72 hours** of our receiving the entry.
2. E-mail entries must be in the form of a Commlink or SDIF file. The file must be zipped so that it arrives to the entry chair intact.
3. The clubs entire entry should be sent in one e-mail.

ENTRY DEADLINE: Entries will not be accepted before **8:00 am, CST Friday, December 11th, 2009**. No entries will be accepted after 5:00pm, Monday, December 28th, 2009. Please use E-Mail, U. S. Post Office, FEDEX, or any other overnight courier service. Sign release for drop-off with no signature required.

E-MAIL ENTRIES TO: **GJGABRIEL@COMCAST.NET**

MAIL ENTRIES AND FORMS TO: **Glenn Gabriel**
9241 S Kean Ave
Hickory Hills IL 60457

For questions contact Glenn Gabriel at :(708) 598-3964 or e-mail: GJGABRIEL@COMCAST.NET

ENTRY FORMS: This is a Hy-Tek Meet Manager meet using the latest version software. All clubs are encouraged to use that software to submit their entry via e-mail or other electronic media. Submit best short course yard times. In the case of a no time, please estimate a time for proper seeding purposes. Your mailing should include:

- Hy-Tek meet entry diskette if this is not an e-mail or manual entry.
- Manual entry form if this is not a Hy-Tek entry.
- Summary of Fees Statement completed and signed.
- Check made payable to Hickory Willow Swim Assoc or 'HWSA'.

Failure to submit completed entry documentation will be sufficient grounds for refusal of the entry.

ENTRY FILE FOR TEAM MANAGER: The '**HYV**' file for team manager event set-up can be found at <http://home.comcast.net/~hwsainfo/>

POSITIVE CHECK-IN: This will be a positive check-in meet. Swimmers must check in at the clerk of course 30 minutes prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets.

BULLPEN: A bullpen will be provided for the swimmers. Heat sheets will be posted at both ends of the pool. All events and heats will be announced.

RELAYS: Relay cards will be distributed to the coaches prior to the start of the meet. Please fill out the cards and return them to the pool office within 2 hours after the start of the meet.

SCRATCHES: Swimmers will be allowed to scratch an event with the clerk of course at positive check-in or with the head referee prior to the start of the scratched event. Failure to notify will result in the swimmer disqualification for the remainder of the day's scheduled events, including relays (the team may substitute other swimmers).

CHANGES: Swimmers wanting to change seed times may do so prior to the start of each session. Swimmer must present appropriate proof of time.

SPECIAL CONSIDERATIONS: FINA starting procedures & rules (whistle commands & no recall) will be in effect for this meet. **Fly over starts** may be used depending on the **time line**. Swimmers will be instructed on proper procedure in the bullpen area. 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.

RULES & SAFETY: All current USA Swimming & ISI Rules & Regulations apply. ISI & USA Swimming safety rules will be strictly enforced. The 4-hour time limit for 12 and under events will be adhered to.

AWARDS and SCORING:

Heat winners will be awarded novelty items.

High point trophies will be awarded to the top 3 scoring boys & girls in each age group up to age 14.

Age group 13 and 14 will be swum together with the open group but scored separately.

The Open age group will receive a trophy for the top swimmer.

Team plaque for 1st - 3rd place. Host team will not be eligible for the team plaque.

Scoring is as stated in USA Swimming Rules & Regulations manual for the top twelve.

Relays - 32-26-24-22-20-18-14-10-8-6-4-2

Individual – 16-13-12-11-10-9-7-5-4-3-2-1

There will be no scoring for the 8 & under group on Friday's session.

MEET RESULTS: One copy of printed meet results will be mailed to all clubs represented with 5 or more swimmers. **Results will be posted on the Hickory Willow info site:**

[HTTP://HOME.COMCAST.NET/~HWSAINFO/](http://HOME.COMCAST.NET/~HWSAINFO/)

ADMISSION: \$3.00 per day. **HEAT SHEETS:** \$6.00, which includes all 5 sessions.

CONCESSIONS: Refreshments will be available on all days. A dining area will be set up down the hallway from the pool and bleacher area. **This will be the only area that food and drink *will* be allowed.** Coolers will be required to be checked in at this area. A complete line of swimmer apparel and accessories will be provided for sale.

PARKING AND ENTRANCE AREA: Please use the doors on the WEST side of the building, located behind the main building (South side). Parking is available on the EAST & WEST & SOUTH side of the building.

OFFICIALS: If anyone with a current official's card and USS Membership would like to help out on deck please contact: Glenn Gabriel (708) 598-3964 or e-mail – GJGABRIEL@COMCAST.NET

TIMERS: Hickory Willow parents generally volunteer to work as timers for all sessions, but if anyone would like to enjoy the up-close, on-deck experience, please come to our timer's meeting.

HOTEL INFORMATION:

Hickory Willow has reserved rooms for the meet at:

Doubletree Hotel Chicago/Alsip

5000 West 127th Street, Alsip, Illinois, 60803

Tel: 1-708-371-7300 Fax: 1-708-371-9949

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January 8th, 9th & 10th 2010

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc. **Sanction # ILS10-0102**

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
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

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.

HICKORY WILLOW MEET SCHEDULE

FRIDAY P.M. 1/8/10

Warm-up - 5:00 P.M.

Pool Cleared - 5:50 P.M.

Positive Check-in Closes – 5:30 P.M.

Meet Starts 6:00 P.M.

Girls			Boys	
Event #	Age	Event	Event #	
1	10 & U	200 I.M.	2	
3	11-12	400 I.M.	4	
5	Open	400 I.M.	6	
7	10 & U	200 FREE	8	
9	11-12	500 FREE	10	
11	Open	500 FREE	12	

SATURDAY A.M. 1/9/10

Warm-up - 7:00 A.M.

Pool Cleared - 7:45 A.M.

SUNDAY A.M. 1/10/10

Positive Check-in Closes – 7:30 A.M.

Meet Starts 8:00 A.M.

Girls			Boys		Girls			Boys	
Event #	Age	Event	Event #		Event #	Age	Event	Event #	
13	8 & U	50 Free	14		57	8 & U	100 I.M.	58	
15	Open	100 Free	16		59	Open	50 Free	60	
17	Open	200 I.M.	18		61	8 & U	25 Free	62	
19	8 & U	50 Fly	20		63	Open	200 Breast	64	
21	Open	200 Fly	22		65	8 & U	50 Breast	66	
23	8 & U	25 Breast	24		67	Open	100 Back	68	
25	Open	100 Breast	26		69	8 & U	25 Back	70	
27	8 & U	50 Back	28		71	Open	200 Free	72	
29	Open	200 Back	30		73	8 & U	25 Fly	74	
31	8 & U	100 Free Relay	32		75	Open	100 Fly	76	
33	Open	400 Free Relay	34		77	8 & U	100 Medley Relay	78	
					79	Open	400 Medley Relay	80	

*Warm-up - Not before 12:00 P.M.
Pool Cleared – 45 min after start of Warm-up*

*Positive Check-in Closes – 12:30 P.M.
Meet Starts 1 Hour after start of Warm-up.*

Girls			Boys			Girls			Boys		
Event #	Age	Event	Event#	Event #	Age	Event	Event #	Event #	Age	Event	Event #
35	11-12	100 Free	36	81	11-12	50 Free	82				
37	9-10	100 Free	38	83	9-10	50 Free	84				
39	11-12	200 I.M.	40	85	11-12	100 Fly	86				
41	9-10	50 Fly.	42	87	9-10	100 Fly	88				
43	11-12	50 Fly	44	89	11-12	50 Back	90				
45	9-10	100 Back	46	91	9-12	50 Back	92				
47	11-12	100 Back	48	93	11-12	100 Breast	94				
49	9-10	50 Breast	50	95	9-10	100 Breast	96				
51	11-12	50 Breast	52	97	11-12	100 I.M.	98				
53	10 & U	200 Free Relay	54	99	9-10	100 I.M.	100				
55	12 & U	400 Free Relay	56	101	11-12	200 Free	102				
				103	10 & U	200 Medley Relay	104				
				105	12 & U	400 Medley Relay	106				

Complete this form and mail it with your check to:

Glenn Gabriel
9241 S Kean Ave
Hickory Hills IL 60457

Make check payable to: **HICKORY WILLOW SWIM ASSOC. or (HWSA)**

Total # of Individual entries _____ @ \$3.00 each = \$ _____

Total # of Relay entries _____ @ \$7.00 each = \$ _____

Total # of Swimmers _____ (ISI surcharge) @ \$2.00 each = \$ _____

TOTAL FEES = \$ _____

NAME OF CLUB _____

CLUB CONTACT _____

CLUB CODE FOR HEAT SHEET _____ USA SWIMMING LSC IL ILLINOIS, OTHER LSC _____

COMPLETE MAILING ADDRESS: _____

CITY, STATE, ZIP _____ HOME PHONE _____

E-MAIL ADDRESS _____

NAME(S) OF COACHES ATTENDING MEET

In consideration of the 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 United States Swimming Inc., Hickory Willow Swim Association, Consolidated District 230, A.A. Stagg H.S., their representatives, directors, officers, employees, or successors, for any and all injuries 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 meet are duly registered as current athlete members of USA Swimming.

SIGNATURE (Coach, Club Representative, or Parent)

_____ TITLE _____ DATE _____

THE ENTRY WILL NOT BE ACCEPTED UNLESS THIS FORM IS SIGNED AND A CHECK ACCOMPANIES THE ENTRY. ENTRIES MUST BE RECEIVED NO EARLIER THAN 8:00 A.M., FRIDAY, DECEMBER 11TH AND NO LATER THAN MONDAY, DECEMBER 28TH.

