



2010 SPEEDO INVITATIONAL

Hosted by the Academy Bullets Swim Club

January 8-10, 2010

At Marmion Academy 1000 Butterfield Rd., Aurora, IL 60504	At Vaughan Athletic Center 2121 W New Indian Trail, Aurora, IL 60506
--	---

USA SWIMMING Sanction # XXXXXXXX

MEET DIRECTOR	MEET REFEREES		ENTRY CHAIR
Maria Gray 36W790 Hickory Drive St. Charles, Illinois 60175 (630) 549-0169 mariagray790@comcast.net	<u>Vaughan Center</u> Bob Van Oost (847) 809-9278 rvanoost@ameritech.net	<u>Marmion Academy</u> Bob Welch (630) 661-3255 rjwelch@sbcglobal.net	Todd Capen 2421 Sunrise Cir. Aurora, IL 60504 (847) 571-7644 or (630) 499-1207 NuDas@aol.com

SAFETY DIRECTOR	HOST COACHES	E-mail Entries
Bill Schalz billschalz@gmail.com	Bill Schalz, Todd Capen, Kelly Capen, Mike Laurich Academy Bullets Office: (847) 571-7644	NuDas@aol.com

NEW FORMAT

This year, we will be conducting the Speedo Invitational at two facilities. By adding a second facility, we will be able to increase the size of the meet while decreasing the amount of time everyone will spend at the pool. Also, the increased numbers will improve the level of competition for all swimmers in the meet. 12&U swimmers will compete at Marmion while 13/14 & Senior age groups compete at Vaughan.

- TYPE OF MEET:** This is a novelty meet which will have the following non-standard age categories:
Boys and Girls: 10&Under, 11-12, 13-14, Senior
- RULES:** In accordance with the 2009 USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire meet.
- FACILITIES:** **Marmion Academy:** A 25 yard, eight lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is eight feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all eight lanes.
- Vaughan Athletic Center:** A 25 yard, eight lane (9' wide lanes) pool with non-turbulent lane lines. The pool is twelve feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all eight lanes.
- ADMISSION:** Admission to the meet is \$4.00 per day. Admission for non-swimming children under 12 years of age will be free for all sessions. Psyche sheets for all Saturday and Sunday Sessions will be \$8.00. Heat sheets will be available for \$2 per session.
- RESULTS:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- CONCESSIONS:** Food and beverages will be available for sale. Food will not be allowed in any area of the building other than the concession area and the Coaches / Officials Hospitality Area. Concessions at the Vaughan Pool are being sold by the Vaughan Athletic Center staff and not the Academy Bullets Swim Club.



SCHEDULE:

<u>FRIDAY SESSION:</u> Warm ups: 4:30 PM Meet Starts: 5:30 PM POSITIVE CHECK IN CLOSSES AT 5:00 PM	<u>SATURDAY AND SUNDAY MORNING SESSIONS:</u> Warm ups: 8:00 AM Meet Starts: 9:00 AM POSITIVE CHECK IN CLOSSES AT 8:30 AM	<u>SATURDAY AND SUNDAY AFTERNOON SESSIONS:</u> Warm ups: 12:00 PM Meet Starts: 1:00 PM POSITIVE CHECK IN CLOSSES AT 12:30 PM	<u>SATURDAY 1650 SESSION:</u> Vaughan Center. We will have a 30 Minute Warm-up after Saturday Afternoon session. POSITIVE CHECK IN CLOSSES AT 3:30 PM
<p><i>**Please note that the 13/14 and Open Sessions at the Vaughan Center will run a bit differently than past years, due to the limited number of 13 & Older Boys able to compete during the IHSA season. 13/14 Girls will swim in the AM session on Saturday and Sunday. Senior Girls, Senior Boys, and 13/14 Boys will swim in the PM session on Saturday and Sunday. Although the 13/14 Boys will be entered in and competing in the Senior events, they will be awarded separately.**</i></p>			

TIME LIMIT: Entries will be accepted until the maximum time limit for each session is reached. Entries received thereafter will be returned immediately. Acceptance of entries will be on a first received, first entered basis.

ENTRIES: All entries will comply with current 2009 United States Swimming, Inc. and Illinois Swimming, Inc. rules. Current 2009 registration number, age, first name, middle initial, and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is registered or has been duly certified in accordance with the United States Swimming Code and Rule Book. "Applied For" entries will not be accepted. Illinois Swimming will impose a \$100 fine per event for any athlete competing in the meet who is not a USA Swimming registered member.

HY-TEK FORMAT Academy Bullets Swim Club (the host club) will use Hytek Meet Manager for Windows for this meet. Entries may be submitted on computer disk or via email attachment using files generated for Hytek Commlink II. Such entries must comply with the 2009 USA Swimming and Illinois Swimming, Inc. rules discussed above. Data disks must be accompanied by a "hard copy" print out of your Commlink entry data file. As with manually prepared entries, Hy-Tek disk entries must be accompanied by a signed release and check in full payment of the entry fees. Hytek disk entries are subject to the same deadlines as manually prepared entries. If you have any questions regarding Hytek entry, **contact Todd Capen at 847-571-7644.**

- ENTRY DEADLINES:**
- **ENTRIES WILL NOT BE ACCEPTED PRIOR TO: FRIDAY, DECEMBER 4th, 2009 @ 8:00 AM**
 - **ALL ENTRIES MUST BE RETURNED TO THE ENTRY CHAIRPERSON NO LATER THAN DECEMBER 22nd. ENTRIES MUST BE SENT VIA PROFESSIONAL MAIL CARRIER SERVICE.**
 - **E-MAIL ENTRIES MUST BE SENT TO THE EMAIL ADDRESS ON PAGE 1.**
 - **HAND DELIVERED ENTRIES & FAX ENTRIES WILL NOT BE ACCEPTED.**
 - **DECK ENTRIES WILL NOT BE PERMITTED.**

ENTRY VERIFICATION : We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.

ENTRY FEES: Entry fees are \$3.00 per individual event and \$7.00 per relay event. A surcharge of \$2.00 per swimmer will be charged and sent to ISI.

SWIMMERS WITH DISABILITIES: In accordance with USA Swimming Rules; Article 105, 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 the competition, with specific requests.



ENTRY Swimmers are limited to four individual events each day.

LIMITATIONS:

The following events also have the additional limitation that only the four fastest heats based on times submitted for entry will swim:

* The host team reserves the right to swim additional heats, if time allows.

* The host team reserves the right to swim all of their swimmers on Friday night not in the top 4 heats.

A copy of Friday Evening's Session will be available at www.academybullets.com on the Monday prior.

FRIDAY EVENTS TO BE LIMITED

400 IM Senior

200 Free 10&U

200 Fly Senior

200 IM 12&U

500 Free 12&U

500 Free Senior

SATURDAY EVENTS TO BE LIMITED

1650 Free Senior Girls

1650 Free Senior Boys

POSITIVE CHECK IN:

All swimmers must check-in prior to warm-ups of each session.

If a swimmer fails to do so, he/she will be scratched from that session.

Coaches are asked to please remind all of their swimmers of this procedure.

SEEDING:

All events will be timed finals swum slowest to fastest, with the exception of the 1650 free, which will be swum fastest to slowest, alternating girls and boys. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be treated as non-conforming times and will be seeded accordingly.

AWARDS:

12 & Under: 1-8 place-custom draped medals. 9-16 place-regular Ribbons.

13-14: 1-8 place-custom draped medals.

No awards will be given in Senior events.

COACHES:

Team packets containing psyche sheets will be available Friday night and Saturday morning. See the Academy Bullets coaches for your packet. Coaches must be current USA SWIMMING member coaches to be allowed on deck and must continuously display their current USA SWIMMING membership card at all times while on deck.

OFFICIALS

There will be a need for officials. Anyone willing to work should contact the entry chair by phone or email.

AND TIMERS:

Each team will be asked to supply timers for the meet. Your cooperation will be greatly appreciated and will help to ensure a great meet for the swimmers.

1650 FREE

Due to the number of expected entries and the fact that the lanes at Vaughan are 9' wide, we are planning on swimming 2 swimmers per lane for the 1650 Free events, with a staggered start. All swimmers competing in the 1650 event need to provide their own timers (2) and counters (1). The hosting team will NOT provide timers or counters for these events. Coaches need to inform their swimmers entered in these events of this provision. Details on whether or not we will be running 2 swimmers per lane will be emailed out to coaches once all entries have been received.

SCHEDULE OF EVENTS FOR THE 2010 SPEEDO INVITATIONAL

JANUARY 8-10, 2010

Schedule for Marmion Academy

Session 1M FRIDAY			
WOMEN	W-up	4:30 PM Start 5:30 PM	MEN
1		12 & Under 200 IM	2
3		10&U 200 Free	4
5		12&U 500 Free	6

Session 2M SATURDAY			
WOMEN	W-up	8:00 AM Start 9:00 AM	MEN
7		10&U 100 IM	8
9		10&U 50 Free	10
11		10&U 100 Fly	12
13		10&U 50 Back	14
15		10&U 100 Breast	16

Session 3M SATURDAY			
WOMEN	W-up	12:00 PM Start 1:00 PM	MEN
17		11-12 100 Free	18
19		11-12 50 Breast	20
21		11-12 100 Back	22
23		11-12 50 Fly	24
25		11-12 100 IM	26

Session 4M SUNDAY			
WOMEN	W-up	8:00 AM Start 9:00 AM	MEN
27		10&U 100 Free	28
29		10&U 50 Fly	30
31		10&U 100 Back	32
33		10&U 50 Breast	34

Session 5M SUNDAY			
WOMEN	W-up	12:00 PM Start 1:00 PM	MEN
35		11-12 200 Free	36
37		11-12 50 Back	38
39		11-12 100 Fly	40
41		11-12 50 Free	42
43		11-12 100 Breast	44

Schedule for Vaughan Athletic Ctr.

Session 1V FRIDAY			
WOMEN	W-up	4:30 PM Start 5:30 PM	MEN
101		Senior 400 IM	102
103		Senior 200 Fly	104
105		Senior 500 Free	106

Session 2V SATURDAY			
WOMEN	W-up	8:00 AM Start 9:00 AM	MEN**
107		13-14 Girls 200 Back	Swim
108		13-14 Girls 200 IM	With
109		13-14 Girls 100 Free	Senior
110		13-14 Girls 100 Breast	Boys

Session 3V SATURDAY			
WOMEN	W-up	12:00 PM Start 1:00 PM	MEN
111		Senior 200 Back	112
113		Senior 200 IM	114
115		Senior 100 Free	116
117		Senior 100 Breast	118

Session 4V SATURDAY			
WOMEN	30 Minutes After Session 3V		MEN
119		Senior 1650 Free***	120

Session 5V SUNDAY			
WOMEN	W-up	8:00 AM Start 9:00 AM	MEN
121		13-14 200 Breast	
122		13-14 100 Fly	Swim
123		13-14 50 Free	With
124		13-14 100 Back	Senior
125		13-14 200 Free	Boys

Session 6V SUNDAY			
WOMEN	W-up	12:00 PM Start 1:00 PM	MEN**
127		Senior 200 Breast	128
129		Senior 100 Fly	130
131		Senior 50 Free	132
133		Senior 100 Back	134
135		Senior 200 Free	136

**Please note that the AM Sessions at Vaughan are 13/14 Girls Only.

The 13/14 Boys will compete in the PM Session with the Senior Boys. 13/14 Boys will be awarded separately.**

The 1650 events will be swum fastest to slowest, alternating Girls then Boys. We are planning on swimming 2 swimmers per lane. Details will be emailed out to coaches once all entries have been received.

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.
- 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"> • Push off one or two lengths from the starting end. • Circle swim only. • NO DIVING. 	Diving lanes: <ul style="list-style-type: none"> • Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. • ONE WAY SWIMMING ONLY. 	General warm -up lanes <ul style="list-style-type: none"> • CIRCLE SWIM ONLY. • NO DIVING.
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.
--	--	--

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 backstroker 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.



2010 SPEEDO INVITATIONAL

Hosted by the Academy Bullets Swim Club

COMPLETE THIS FORM AND EMAIL OR MAIL ALONG WITH ENTRY FORMS TO:

Todd Capen
2421 Sunrise Circle
Aurora, IL 60504
(847)571-7644 or (630) 499-1207
NuDas@aol.com

8 AND UNDER	# OF ENTRIES _____	\$3.00 @ =	\$ _____
10 AND UNDER	# OF ENTRIES _____	\$3.00 @ =	\$ _____
11 - 12 YR. OLDS	# OF ENTRIES _____	\$3.00 @ =	\$ _____
13 - 14 YR. OLDS	# OF ENTRIES _____	\$3.00 @ =	\$ _____
SENIORS	# OF ENTRIES _____	\$3.00 @ =	\$ _____
TOTAL NUMBER OF SWIMMERS (ISI SURCHARGE)		\$2.00 @ =	\$ _____
		TOTAL FEE =	\$ _____

NAME OF CLUB _____ CLUB CODE _____

COMPLETE MAILING ADDRESS: _____

PHONE (DAY) _____ PHONE (EVE) _____

COACHES ATTENDING: _____

**ALL COACHES MUST BE USA SWIMMING REGISTERED MEMBER COACHES.*

In consideration of the acceptance of this entry, I, intending to 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., Academy Bullets Swim Club, Marmion Academy; 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 the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (COACH OR CLUB REPRESENTATIVE) TITLE DATE

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY FORMS OR THE ENTRY WILL NOT BE ACCEPTED. THE DEADLINE FOR ALL ENTRIES IS DECEMBER 22.

ENTRIES WILL NOT BE ACCEPTED PRIOR TO: FRIDAY, DECEMBER 4, 2009 at 8:00 AM
MAKE CHECKS PAYABLE TO ACADEMY BULLETS SWIM CLUB