

TYR NASA Winter Blast-Off
Invitational Meet
December 11-13, 2009
Sanction #



TYR NASA Winter Blast-Off

Northwestern University, December 11-13, 2009
Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction#

Teams

NASA
Alligator Aquatics
Cats Aquatics Club
Chicago Latin Swim Club
Glenbrook Aquatics
Lake Forest Swim Club
New Trier Swim Club
Patriot Aquatic Club
Scout Aquatics
Wildcat Aquatics
Wildkit Swimming Organization

<u>Meet Director</u> Andy Grevers Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 agrevers@gmail.com (847) 467-6272 Fax: (847) 467-1405	<u>Entry Chairperson</u> Andy Grevers Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 agrevers@gmail.com (847) 467-6272 Fax: (847) 467-1405	<u>Safety Chairperson</u> Jennifer Mc Nerney <u>Meet Referee</u> Carolyn Yoch cayoch@comcast.net
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Format Short course yard events in a timed finals format. Positive check-in will be required at all sessions. Fly-over starting procedures will be used.

Meet Schedule

Friday, December 11

Warm-ups: 4:15 pm
Positive check-in: 4:00- 4:45 pm
Meet starts: 5:15 pm

Saturday & Sunday AM December 12 & 13

Warm-ups: 7:00 am
Positive Check-in: 6:45-7:30 am
Meet starts: 8:15 am

Saturday & Sunday PM December 12 & 13

Warm-ups: Not before 12:00 noon
Positive Check-in: 11:45 am-12:30 pm
Meet starts: 1:15 pm

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Location	Norris Aquatic Center Northwestern University 2311 Campus Drive Evanston, IL 60208
Facility	Norris Aquatics Center is home to an 8 lane, 25 meter pool with non-turbulent lane markers. Pool depth is 8 feet at the start end and 6 feet at the turn end. Limited lanes in an adjacent warm-down pool will be open during distance events Friday night, and Saturday and Sunday afternoons. The meet will be run using Colorado System 6 timing system, Hy-tek Meet manager version 2.0, and an electronic video scoreboard. Bleacher seating is available for spectators.
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 the entry deadline of December 4th, 2009. Entries listed, as “registration applied for” will not be accepted. A swimmers’ age as of December 11, 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 on the 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	<u>Entries will not be accepted before 8:00am Monday, November 30th, or after 5:00pm Friday, December 4th, 2009.</u> Entries will be accepted in the order in which they are received. Entries received after the meet has filled will be returned.
Entry Limits	Swimmers may enter up to four individual events each day. Deck entries will not be permitted. NASA reserves the right to <u>limit the following events to the fastest 24 or fewer entries if the four-hour rule is affected: Open 500 Free, 9-10 200 Free, 11-12 200 Free, Open 200 Free & all relays.</u>

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Entry Procedure **All entries must be received by 5:00 pm on Friday, December 4th, 2009.** Short Course yard times should be submitted for entry purposes.

Entries must be submitted via e-mail in a zipped, cl2 electronic file. The meet will be run using Hy-Tek Meet Manager version 2.0.

A signed Summary Fee / Release Form (provided in this packet) and a check for the payment in full must accompany all entries.
(For electronic entries, release form and entry check must be received within 72 hours of receipt of the e-mail entries.)

NASA will accept no responsibility for transmission errors of e-mailed entries. It will remain up to the sender to verify receipt of entries.

Entry Fees \$ 3.00 per individual event
 \$ 7.00 per Relay
 \$ 2.00 ISI surcharge per swimmer
 \$ 1.00 facility clean-up charge* per swimmer
 (*Maximum \$50 per club)

Please make checks payable to: **Northwestern Aquatic Swim Association (NASA)** and remit to the above address

Positive Check-in This will be a positive check-in meet. Check-in will close 30 minutes after warm-ups begin. Swimmers failing to check-in on time will not be allowed to swim that session.

Coaches Meeting A coaches' meeting will be held on the pool deck if necessary. A coaching representative from each team is requested to attend the meetings.

Awards Ribbons will be awarded for places 1-8 for 8 & under, 9-10 and 11-12 age groups. No ribbons will be awarded to the senior age group.

Officials & Timers We will need help from all clubs with officiating. Please ask your volunteer officials to plan to work all sessions they are attending. **All teams are required to provide timers for one to two lanes at each session (2 – 4 volunteers)**, depending on the number of entries from each team. Please provide the name of a timer coordinator with your entry. Timer coordinators and coaches will be notified of lane assignments by e-mail on or before Monday, December 7th.

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- Admissions** A \$5.00 admission fee including heat sheets will be charged to spectators over 14 years of age.
- Parking** Parking is available free of charge in the campus lots to the West and South of the Norris Aquatic Center. You may not park in the lot before 4:00pm on Friday, December 11th.
- Concessions** A full concession stand will be available at all sessions throughout the weekend.
- Facility Rules** Locker rooms and showers are available, however, **NO LOCKER SPACE IS AVAILABLE**. Lockers are reserved for members of the facility only. All belongings are to be kept on the pool deck.
- Facility staff and officials will monitor the locker rooms during the meet. Any swimmers damaging property, violating facility rules, or engaging in un-sportsman-like behavior will be asked to leave the facility and be barred from further competition at the meet.
- Participant and spectator entry is limited to the pool facility. No swimmers or spectators are to enter any other section of the sports pavilion. Violation of facility rules and restrictions may result in disqualification of the swimmer(s) from the meet.
- Coaches are asked to inform their swimmers of these rules and consequences before the meet.**
- Lost & Found** Items found during the meet should be taken to the admissions table. Items not claimed by the end of the meet will be turned over to the Norris Aquatic Center lost and found.
- Warm-Up** **General Warm-up** (first 30-45 minutes)
- 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.
- No sprinting or pace work allowed during this general warm-up session.
Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
- Specific Warm-up** (last 30-45 minutes)
- Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**

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Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)

General Warm-up Lanes - **NO DIVING.** Circle swim only. 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

Safety Guidelines Coaches Responsibilities

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

Host Team Responsibilities

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.

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.

The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."

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.

Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

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Miscellaneous Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.

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 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.

Warm-up procedures shall be enforced for any breaks scheduled during the competition.

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.

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Order of Events

Session I – Friday PM
4:15pm Warm-up, 5:15pm Meet Start

Girls Event #		Boys Event #
1	9-10 100 IM	2
3	11-12 200 IM	4
5	Senior 200 IM	6
7	9-10 200 Free	8
9	11-12 200 Free	10
11	Senior 500 Free	12

Session II – Saturday AM
7:00am Warm-up, 8:15am Meet Start

13	9-10 50 Back	14
15	11-12 50 Back	16
17	9-10 100 Breast	18
19	11-12 100 Breast	20
21	9-10 50 Free	22
23	11-12 50 Free	24
25	9-10 100 Fly	26
27	11-12 100 Fly	28
29	9-10 200 Medley Relay	30
31	11-12 200 Medley Relay	32

Session III – Saturday PM
Warm-up will not begin before Noon

33	Senior 50 Free	34
35	8 & Under 50 Free	36
37	Senior 200 Breast	38
39	8 & Under 25 Breast	40
41	Senior 100 Back	42
43	8 & Under 25 Fly	44
45	Senior 200 Fly	46
47	8 & Under 100 Medley Relay	48
49	Senior 200 Medley Relay	50
	10 Minute Break	
51	Senior 200 Free	52

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Order of Events (Continued)

Session IV – Sunday AM
7:00am Warm-up, 8:15am Meet Start

Girls Event #		Boys Event #
53	11-12 100 IM	54
55	9-10 50 Breast	56
57	11-12 50 Breast	58
59	9-10 100 Back	60
61	11-12 100 Back	62
63	9-10 100 Free	64
65	11-12 100 Free	66
67	9-10 50 Fly	68
69	11-12 50 Fly	70
71	9-10 200 Free Relay	72
73	11-12 200 Free Relay	74

Session V – Sunday PM
Warm-up will not start before Noon

75	Senior 100 Free	76
77	8 & Under 25 Free	78
79	Senior 200 Back	80
81	8 & Under 25 Back	82
83	Senior 100 Breast	84
85	8 & Under 100 IM	86
87	Senior 100 Fly	88
89	8 & Under 100 Free Relay	90
91	Senior 200 Free Relay	92

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Summary of Entries/Fees

	Total # of Entries _____	@ \$3.00 = _____
Relays	Total # of Relays _____	@ \$7.00 = _____
ISI Surcharge	Total # of Swimmers _____	@ \$2.00 = _____
Facility Clean-up* * Maximum \$50 per team	Total # of Swimmers _____	@ \$1.00 = _____
		TOTAL FEES = _____

(Include a check payable to Northwestern Aquatic Swim Association)

Club Name: _____

Coaches attending meet: _____

Club mailing address:

Contact for entry questions: _____

Phone: _____ **Email:** _____

Timer Coordinator Contact: _____

Phone: _____ Email: _____

Team Waiver

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Illinois Swimming, Inc., Northwestern Aquatic Swim Association, and Northwestern University, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I attest that our athletes entered in this sanctioned event are duly and currently registered with USA Swimming.

Signature _____
Coach, Club Representative, or Parent

Date _____

Print Name _____