

Lyons Swim Club
2010 Lyons Classic
Sanction # ILS10-0103

January 8, 9 and 10, 2010

Meet Director: Franny Naughton 708-784-1434
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Entry Chairman: Franny Naughton Phone: 708-784-1434
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Location: Lyons Township High School Swimming Pool
South Campus
4900 Willow Springs Road, Western Springs, IL 60558

Facility: The Lyons Township High School South Campus pool has six lanes, is 25 yards long with starting blocks, non-turbulent lane markers and a depth of 12'6" to 7'8". The facility has seating capacity for 640 spectators and fully automatic electronic timing system with touch pads and electronic scoreboard.

Safety Coordinator: Julie Rosenberger

Meet Referee: Jim Wing

Schedule:

Friday

Session 1:

Warm ups: 5:30p.m.
Positive check in closes: 5:50
Meet begins: 6:30

Saturday and Sunday AM

Sessions 2 and 5 :
8 & U, 9-10

Warm ups: 7:00 a.m.
Positive check in closes: 7:20 a.m.
Meet begins: 8:00 a.m.

Saturday and Sunday Mid-day

Session 3 and 6:
11-12

Warm ups: 10:45
Positive check in closes: 11:10 a.m.
Meet begins: 11:45 a.m.

Saturday and Sunday PM

Sessions 4 and 7
Senior

Warm ups: 2:15
Positive check in closes: 2:40
Meet begins: 3:15

This is a positive check-in meet. All swimmers must check-in prior to each session. If a swimmer does not check-in, he/she will be scratched from their events from that day. Swimmers need to check-in each day if they are entered in multiple sessions. Positive check-in is according to the schedule above.

- Meet Entries: All entries shall comply with the current Illinois Swimming, Inc. rules. Current 2009 registration numbers, age, first name, middle initial, and last name must appear on all entry blanks. Age for this meet will be the swimmers age as of January 8, 2010. Entries will be accepted beginning **December 5, 2009 at 8:00 a.m. in the order that they are received.** E-mail entries are the preferred method of entering this meet. You may also use US Post Office, FedEx or any other overnight or courier service. If you use e-mail, please e-mail your zipped files beginning at 8:00 a.m. to meetentries@lyonssc.com. A completed, signed Entry Summary Sheet, provided in this packet, and payment in full must be received by the entry chair within 72 hours of receipt of your e-mail entry. An entry is not completed until all necessary paperwork including entry summary sheet, meet worker sign up sheet and a check for entry fees made payable to Lyons Swim Club are received. **All entries must be received by January 2, 2010.** Updated seed times will be accepted up to one week prior to the meet. Deck entries will not be accepted.
- Entry Limitations: The 8 & under and 9-10 swimmers are limited to a total of three (3) individual events and one (1) relay each day. Relay swimmers must be entered in at least one individual event. The 11- 12 and Senior swimmers are limited to four (4) individual events each day. Deck entries will not be permitted.
- Seeding: Submit swimmers' best time to assure proper seeding. Swimmers will be seeded from slowest to fastest.
- Awards: 'A' Individual Events First through sixth
 'B' Individual Events First through sixth
 'C' Individual Events First through sixth
 Relay Events First through third
 Prizes will be awarded for individual heat winners.
- Meet Results: Results will be posted throughout the meet. Results will be sent via e-mail to each team within 24 hours. In addition, results will be posted on our club website, www.lyonssc.com, within 24 hours.
- Coaches: Coaches must be current USA swimming coaches to be allowed to be on deck and must continuously display their current USA coaching membership card at all times.
- Timers/Officials: There will be a need for officials and timers. Any team with six or more swimmers in a session will be required to provide timers for that session. Please list worker information on the Meet Worker Sign up Sheet. Lane timer assignments for that team will be emailed prior to the meet. Swimmers **must** provide their own timers and counters for the 500 freestyle.
- Concessions: Food and beverages will be available during all sessions. All food and drink must remain in the concession area. A hospitality room is provided for coaches and officials. There is absolutely no smoking allowed on school grounds or in the building.
- Admissions: Adults: \$4.00 Seniors: \$2.00

Children 12 and under: free
 Heat sheets will be available at all sessions for \$2.00.

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

A. 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.

Session 1

Girls	Event	Boys
1	Senior 400 IM	2
3	10 & under 200 Free	4
5	Senior 200 Fly	6
7	11-12 200 Free	8
9	Senior 500 Free	10

Session 2

Girls	Event	Boys
11	9-10 100 Free	12
13	8 & under 50 Free	14
15	9-10 50 Back	16
17	8 & under 25 Back	18
19	9-10 50 Breast	20
21	8 & under 25 Breast	22
23	9-10 200 Medley Relay	24
25	8 & under 100 Medley Relay	26

Session 3

Girls	Event	Boys
27	11-12 200 IM	28
29	11-12 50 Back	30
31	11-12 100 Butterfly	32
33	11-12 50 Free	34
35	11-12 100 Breast	36

Session 4

Girls	Event	Boys
37	Senior 200 Breast	38
39	Senior 100 Fly	40
41	Senior 100 Free	42
43	Senior 100 Back	44
Sunday	Senior 200 Free	45

Session 5

Girls	Event	Boys
46	9-10 100 IM	47
48	8 & under 100 IM	49
50	9-10 50 Fly	51
52	8 & under 25 Fly	53
54	9-10 50 Free	55
56	8 & under 25 Free	57
58	9-10 200 Free Relay	59
60	8 & under 100 Free Relay	61

Session 6

Girls	Event	Boys
62	11-12 100 Free	63
64	11-12 50 Breast	65
66	11-12 100 Back	67
68	11-12 50 Butterfly	69

Session 7

Girls	Event	Boys
70	Senior 200 Back	71
72	Senior 200 IM	73
74	Senior 50 Free	75
76	Senior 100 Breast	77
78	Senior 200 Free	Saturday

**Lyons Township High School
4900 Willow Springs Road
Western Springs, IL. 60558**

Directions to **South Campus**:

FROM THE WEST: Take I-88 to 294 South to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

FROM THE EAST: Take I-55 South to 1st Avenue (IL-171) north to 47th St. Turn left (east) on 47th St. Continue on 47th St. to Willow Springs Rd. Turn left on Willow Springs Rd. to 49th st. School is on the right.

OR

Take 290 West to LaGrange Rd. South. Continue on LaGrange Rd. South to Ogden Avenue. Turn right on Ogden to Gilbert/ Willow Springs Rd. Turn Left on Gilbert/ Willow Springs Rd. continue to 49th Street. The school is on the right.

FROM THE SOUTH: Take 294 North to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

FROM THE NORTH: Take 294 South to Ogden Avenue east. Continue on Ogden to Gilbert/Willow Springs Road. Turn right. Continue on Willow Springs Road to 49th St. School is on the right.

Summary Sheet

Lyons Classic Lyons Swim Club

Complete this form and mail with the entry forms and your check payable to: **Lyons Swim Club.**

Summary of Fees

of Entries _____ @ \$3.00 each \$ _____

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

of Relays _____ @ \$7.00 each = \$ _____

Total Fees = \$ _____

Name of Club _____

Club Code for Heat Sheet _____

Complete Mailing Address _____

E-Mail Address _____

Home Phone _____ Contact Person _____

Alternate Phone # _____

Names of coaches attending _____

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., Illinois Swimming, Inc., Lyons Swim Club, Lyons Township High School, High School District #204, 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/ approved event are duly registered as current athlete members of USA Swimming."

Signature (Coach, Club Representative or Parent) Title _____ Date _____

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY YOUR ENTRY OR THE ENTRY WILL NOT BE ACCEPTED. ENTRIES MUST BE RECEIVED NO LATER THAN January 2, 2010.

