



**WILDKIT SWIMMING ORGANIZATION  
PENTATHLON**

**November 8, 2009**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
Sanction No. ILS1126-09**

**MEET DIRECTORS**

Mary Gibson  
3905 N Pioneer  
Chicago, Illinois 60634  
(773)589-0475

**SEND ENTRIES TO:**

Kevin Auger, Athletics  
Evanston Township High School  
1600 Dodge Avenue  
Evanston, Illinois 60204  
(847) 424-7371

**FORMAT**

Timed Finals

Sunday - Session 1 Warm Ups 7 A.M.  
Meet Start 7:50 A.M.  
Positive check in will close at 7:30 A.M.

Sunday - Session 2 Warm Ups 10:45 A.M  
Meet Start 11:45 A.M  
Positive check in will close at 11:15 P.M.

Sunday - Session 3 Warm Ups 2:45 P.M.  
Meet Start 3:45 P.M.  
Positive check in will close at 2:15 P.M.

**LOCATION:**

Evanston Township High School  
1600 Dodge Avenue  
Evanston, Illinois 60204

**FACILITY**

The ETHS pool is a 6-lane, 25 yard pool with non-turbulent lane markers.  
Depth at the starting end is 10-1/2 feet. Seating capacity is 1,200 persons.

Small pool will be available for supervised warm-up/warm-down and may be cleared at any time by referee if swimmers are not properly supervised or safety rules are violated.

**TIMING**

A fully-automated timing system with touch pads and full color display will be used. Teams will be asked to assist with timing and officiating. Please include names of officials on attached sheet.

**RULES AND SAFETY**

All current USA Swimming and ISI Rules and Regulations apply, including safety rules which will be strictly enforced.

SCHEDULE	See attached list for event schedule. Heat sheets will be printed. <b>POSITIVE CHECK-IN ½ HOUR BEFORE THE START OF THAT SESSION.</b>
ELIGIBILITY	All 2009 U.S.A. Swimming registered swimmers are eligible. Current registration number, age, and first and last name of each contestant must be on entry sheet. Entries listed as "Registration applied for" will not be accepted. Illinois registration forms may be obtained from Illinois Swimming, Inc., 3166 S. River Rd Suite 30, Des Plaines, IL 60018 847-824-1596 (Phone) 847-824-1726 (Fax). A swimmer's age as of November 8, 2009 will determine their age for events for the meet.
USA SWIMMING, INC. MEMBERSHIP	Insurance regulations require that all swimmers, judges, starters, and referees be current members 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 be on deck.
COACHES	Only coaches will be allowed on deck. Coaches must be currently registered with USA Swimming and must continuously display their current membership registration card at all times while on deck.
ENTRY DEADLINE	Meet information will be mailed no later than October 13, 2009. All entries must be received by October 27, 2009.
ENTRIES	All entries will comply with current USA Swimming and ISI Rules and Regulations. Email your entries as a Hy-Tek .zip file to: <a href="mailto:swim@wildkitaquatics.com">swim@wildkitaquatics.com</a> . Then mail to Kevin Auger, Athletics, Evanston Township High School, 1600 Dodge Avenue, Evanston, Illinois 60204. 1.Hard copy printed from Hy-Tek. 2.Signed release. 3.Check payable to WSO. 4.The enclosed summary sheet and release signed by the coach or club representative. Enter best short course yard times only. Non-conforming times will not be accepted. No deck entries allowed. Host club is not responsible for technical malfunction, oversights, etc., in the transmission. It will remain up to the sender to verify receipt of entries.
ENTRY FEES	The entry fee is \$3.00 per event per swimmer. A \$2.00 per swimmer ISI surcharge also must be included with the entry fee.
EVENTS	All age groups will swim one event in each stroke plus an individual medley (50 free for 8 & unders). 13-14 year olds will swim as seniors. Each swimmer should be entered in all 5 events and should have legal strokes in each event. See attached list for order of events.
SEEDING	All events will be swum in heats with swimmers seeded from slowest to fastest.
AWARDS	Heat winner awards will be given. Ribbons will be awarded to top 10 swimmers in each event. Overall high-point medals will be given to the top 3 places in each age group. High point award will be determined by pentathlon scoring (lowest total cumulative time). 13-14's will receive awards. No awards will be given swimmers 15 & over.
ADMISSION	Adults (ages 12 and over) \$5.00. Heat sheets will be available for \$2.
CONCESSIONS	A concession stand offering food and beverages will be available. Suits, goggles, and other swimming paraphernalia will be offered for sale.

**WILDKIT SWIMMING ORGANIZATION  
PENTATHLON  
November 8, 2009**

SUMMARY OF ENTRY AND RELEASE

Complete this form and mail entry forms and check to:

Kevin Auger  
Athletics  
Evanston Township High School  
1600 Dodge Avenue  
Evanston, Illinois 60204  
(847) 424-7371

**Summary of Fees**

Total Number of Entries: \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Total Number of Swimmers: \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_

**Make checks payable to: Wildkit Swimming Organization**

Name of Club \_\_\_\_\_  
USA Swimming Association \_\_\_\_\_ Club Initial Code for Heat Sheets \_\_\_\_\_  
Names of Coaches Attending Meet \_\_\_\_\_  
Person Submitting Entry \_\_\_\_\_  
Complete Mailing Address \_\_\_\_\_  
Home Phone \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

In consideration of the acceptance of this entry, as a duly authorized representative of the Club identified above, on behalf of the Club and intending for the Club to be legally bound by my signature, I hereby consign, waive, and release any and all rights and claims for damages which may occur against U.S.A. Swimming, Inc., Illinois Swimming, Inc., Evanston Township High School, School District 202, and the Wildkit Swimming Organization 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 Wildkit Swimming Organization's Icebreaker. 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 \_\_\_\_\_  
**This signed release must accompany entry, or entry will not be accepted.**

**WILDKIT SWIMMING ORGANIZATION  
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**TIMERS AND OFFICIALS**

We need timers and officials! All teams entering swimmers are asked to provide timers and ISI officials. Please return this sheet with your entry.

Club Name \_\_\_\_\_

Club Contact \_\_\_\_\_ Phone \_\_\_\_\_

**TIMERS**

_____	_____
_____	_____
_____	_____
_____	_____

**OFFICIALS**

_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone

WILDKIT SWIMMING ORGANIZATION

**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.

## ORDER OF EVENTS

<b>GIRLS</b>	<b>SESSION 1 ~ 7:50 A.M.</b>	<b>BOYS</b>
	Warm Ups 7-7:50 a.m. (Both Pools)	
1	13 & Over 100 Fly	2
3	13 & Over 100 Back	4
5	13 & Over 100 Breast	6
7	13 & Over 50 Free	8
9	13 & Over 200 IM	10

### SESSION 2 ~ 11:30 a.m.

Warm Ups 10:30-11 a.m. (Small Pool)  
11-11:30 a.m. (Both Pools)

11	8& Under 25 Fly	12
13	11 & 12 50 Fly	14
15	8& Under 25 Back	16
17	11 & 12 50 Back	18
19	8 & Under 25 Breast	20
21	11 & 12 50 Breast	22
23	8 & Under 25 Free	24
25	11 & 12 50 Free	26
27	8 & Under 50 Free	28
29	11 & 12 100 IM	30

### SESSION 3 ~3:30 P.M.

Warm Ups 2:30-3 p.m. (Small Pool)  
3-3:30 p.m. (Both Pools)

31	9-10 50 Fly	32
33	9-10 50 Back	34
35	9-10 50 Breast	36
37	9-10 50 Free	38
39	9-10 100 IM	40