



AQUATICS
Scout Spooktacular
Invitational
October 26-27, 2019

Sanctioned by USA Swimming & Illinois Swimming. Sanction No.: ILS1030-19

TEAMS: Blue Devil Swim Club, Highland Park Aquatic Club, Iguanas Swim Club, Maverick Swim Club, NASA Wildcat Aquatics, New Trier Aquatics, Scout Aquatics, Wildkit Swimming Organization

LOCATION Lake Forest High School (see attached directions)
1285 N. McKinley Rd
Lake Forest, IL 60045

FACILITY Scout Aquatic Center. 8 Lane, 25-yard competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4-lane 20-yard warm-down area. Electronic timing system with 8-lane scoreboard readout Water depth at the start is 14 feet and at turn end is 4.9 feet. There is seating for approximately 500 spectators in pool area. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Director
Carolyn Grevers

Safety Coordinator
Flo Burke

Meet Referee
Marilyn Wieland

Entries
Carolyn Grevers
1285 N McKinley Road
Lake Forest, IL 60045
cgrevers@yahoo.com
224-436-3195

FORMAT Timed finals with positive check-in. Check-in sheets will be posted outside prior to the start of warm-ups, and will be removed 40 minutes prior to the start of the session. If you are not checked-in, you will be scratched from that session.

<u>Session</u>	<u>Warm-up</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Saturday & Sunday AM (13 & over, 8 & Under)	7:30 AM	7:50 AM	8:30 AM

Saturday & Sunday PM (9-10, 11-12)	12:30 PM*	12:50 PM	1:30 PM
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* denotes an approximation

ELIGIBILITY Swimmer's age as of October 26, 2019 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "Registration applied for" will not be accepted.

ENTRIES Swimmers may enter up to 3 individual events and 1 relay per day. Entry times should be in Short Course Yards. Teams must submit their entry via email. Please send a zipped Team Manager Entry Export. A printed Team Manager entry report, a signed release with fee summary and the full amount of fees due must be received with 72 hours of the entry email.

EMAIL ENTRIES The following guidelines must be followed for e-mail entries.

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours of receipt of entry.
2. E-mail entries must be in the form of a zipped Team Manager Entry Export.
3. Your club's entire entry must be sent in one email.
4. Late entries and entry changes from teams accepted into the meet will be taken until the timeline is full.

The host club accepts no responsibility for receipt or quality of transmission.

ENTRY FEES

- \$4.00 per individual entry
- \$7.00 per relay entry
- \$2.00 surcharge per swimmer entered
- \$12.00 surcharge per swimmer entered for admissions

Make all checks out to *Scout Aquatics*, with one check per club.

ENTRY DEADLINE Entries must be sent to the Entry Chair. They will not be accepted before 8:00 am (CST) on October 7, 2019 and will not be accepted after 11:59 pm (CST) October 18, 2019. Entries **MUST** be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of the entry deadline, preferably via email or fax.

LIMITATIONS The host club reserves the right to limit the number of heats swum for any distance greater than or equal to 200 yards for 13 & over or any distance greater than or equal to 200 yards for 12 & under, in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will be refunded.

RULES & SAFETY

All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced. In addition:

- Only athletes, officials, coaches, and approved volunteers will be permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited.

USA SWIMMING MEMBERSHIP

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. 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, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SWIMMERS WITH DISABILITIES

In accordance with USA Swimming Rules, Articles 105 and 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 with specific requests.

AWARDS

Ribbons will be awarded for 1st - 8th place for individual events; relay events will be awarded ribbons for 1st - 3rd place finishes. Heat winners will be recognized with a special themed award/prize.

CLERK

The host club reserves the right to assign 12 & Under events to a clerk of the course.

SEEDING

All events will be seeded slowest to fastest. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded. Non-conforming times will be seeded after the slowest conforming times.

STARTS

At the meet referee’s discretion, fly-over starts may be implemented in order to ensure that each session is completed in a timely manner. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

CONCESSIONS Food and beverage will be available. Food may be eaten in the Athletic Foyer of LFHS and in the Field House. **NO FOOD OR DRINK WILL BE ALLOWED ON THE POOL DECK.**

PARKING Participants and spectators are able to park in the paver lot in front of the school and in the lot behind Lake Forest High School. The door at the Northeast corner of LFHS provides the easiest access to the pool. No smoking is allowed anywhere on the high school campus by state law.

RESULTS Final results will be mailed and/or emailed to all participating clubs.

DRONES Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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ORDER OF EVENTS

Session 1

Saturday Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	*13 & O 200 IM	2
3	8 & U 50 Free	4
5	13 & O 100 Free	6
7	8 & U 25 Fly	8
9	13 & O 50 Fly	10
11	8 & U 50 Breast	12
13	13 & O 100 Breast	14
15	8 & U 25 Back	16
17	13 & O 50 Back	18
19	8 & U 100 Free	20
21	13 & O 200 Medley Relay	22
23	8 & U 100 Medley Relay	24

Session 3

Sunday Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	*13 & O 200 Free	48
49	8 & U 100 IM	50
51	13 & O 50 Free	52
53	8 & U 25 Free	54
55	13 & O 100 Fly	56
57	8 & U 50 Fly	58
59	13 & O 50 Breast	60
61	8 & U 25 Breast	62
63	13 & O 100 Back	64
65	8 & U 50 Back	66
67	13 & O 200 Free Relay	68
69	8 & U 100 Free Relay	70

Session 2

Saturday Afternoon

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	*12 & U 200 IM	26
27	11-12 100 Fly	28
29	9-10 50 Fly	30
31	11-12 50 Free	32
33	9-10 100 Free	34
35	11-12 100 Breast	36
37	9-10 50 Breast	38
39	11-12 50 Back	40
41	9-10 100 Back	42
43	11-12 200 Medley Relay	44
45	9-10 200 Medley Relay	46

Session 4

Sunday Afternoon

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
71	*12 & U 200 Free	72
73	11-12 50 Fly	74
75	9-10 100 Fly	76
77	11-12 100 Free	78
79	9-10 50 Free	80
81	11-12 50 Breast	82
83	9-10 100 Breast	84
85	11-12 100 Back	86
87	9-10 50 Back	88
89	11-12 200 Free Relay	90
91	9-10 200 Free Relay	92

*events may be limited to fit the meet timeline.

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Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable Scout Aquatics) to the Meet Entry Chair, no later than October 26, 2019.

Entry Person Address Town, State Zip	Telephone: Fax: Email:
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Summary of Fees

Individual Swims	No. of Entries	_____	@ \$4.00 ea. = _____
Relays	No. of Entries	_____	@ \$7.00 ea. = _____
Total # of Swimmers (surcharge)		_____	@ \$2.00 ea. = _____
Total # of Swimmers (admissions)		_____	@ \$12.00 ea. = _____
(Admissions)			
Total Meet Fees			_____

Name of Club: _____

Club Code: _____ LSC: _____

Coaches Attending: _____

Mailing Address: _____

Contact for Entries: _____

Phone: _____ Email: _____

This signed release must accompany entry or entry will not be accepted!

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 USA Swimming, Inc., Illinois Swimming Inc., Scout Aquatics, Lake Forest High School 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 entered in this meet are currently registered with USA Swimming.

Club Rep. Signature _____ Date _____

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

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Directions to the Scout Aquatic Center

Lake Forest High School
Scout Aquatic Center
1285 N. McKinley Rd.
Lake Forest, IL 60045

Lake Forest is located approximately 30 miles north of Chicago, Illinois and 60 miles south of Milwaukee, Wisconsin.

From I-294: Exit Route 60 East. Go approximately 1 mile and turn left on Waukegan Rd. Turn Right at 1st stoplight Deerpath Rd. Continue on Deerpath for about 2 miles into town. Cross railroad tracks and take a left on McKinley Rd. Lake Forest HS is about 1 mile on your right. Enter school and follow driveway in front of building. Parking for the swimming pool is in the Northwest or Northeast corner of the building.

From Edens/US 41: Exit Deerpath Rd East. Continue on Deerpath for about 2 miles into town. Cross railroad tracks and take a left on McKinley Rd. Lake Forest HS is about 1 mile on your right. Enter school and follow driveway in front of building. Parking for the swimming pool is in the Northwest or Northeast corner of the building.