

COHO IMX Winter Open

December 4-5, 2021 * USA Swimming Sanction ILS1226-21

**Deerfield High School
1959 N. Waukegan Rd
Deerfield, IL 60015**

This facility opened in November 2015, and is an indoor, 10-lane, 25-yard pool with non-turbulent lane lines. Pool depth is 7' at the turn end and 14' at the start end. Starting blocks are 29.5" with fins and grab bars. There is a fully automatic Colorado Timing System, and a 10-lane state-of-the-art digital display scoreboard. Five 25 yard lanes for continuous warm-up/cool down are available throughout the meet.

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C94). The copy of such certification is on file with USA Swimming.



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|-------------------------------------|---|
| SANCTION | Sanctioned by United States Swimming, Inc. and Illinois Swimming Inc. USA SWIMMING Sanction ILS1226-21. All USA SWIMMING and ISI rules apply, including ISI safety rules, and will be strictly enforced. |
| FACILITY | Deerfield High School, 1959 N. Waukegan Rd, Deerfield, IL 60015. Indoor 10-lane, 25-yards with non-turbulent lane lines. Depth is 7' at turn end and 14' at start end. Starting blocks are 29.5" with fins and grab bars. Fully automatic Colorado Timing System, and 10-lane digital display scoreboard. Five 25-yard lanes open for continuous warm-up/down. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C94). The copy of such certification is on file with USA Swimming. |
| ENTRY CHAIR: | Jacob Weber jacob@teamcoho.org (Office) 847-572-2625 (Cell) 224-577-8111 |
| MEET DIRECTOR: | Nancy Reese nancy@teamcoho.org (Office) 847-572-2622 |
| MEET REFEREE: | Michael Kreda kredam@yahoo.com (Cell) 847-420-8811 |
| ADMIN OFFICIAL: | Janet Stern sternonline@comcast.net (Cell) 847-867-0682 |
| SAFETY CHAIR: | Jeff Napolski jeff@teamcoho.org (Office) 847-572-2626 |
| IDPH COMPLIANCE COORDINATOR: | Ellen Stiller ellen.stiller@gmail.com (Cell) 773-263-7077 |

COVID-19: We have taken enhanced health and safety measures- for your team and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19.

An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

In order to comport to guidelines promulgated by the Illinois Department of Public Health ("IDPH") and the Illinois Department of Commerce and Economic Opportunity ("DCEO"), Illinois Swimming, Inc.'s Board of Directors is adopting the following temporary policy during the COVID-19 Pandemic, pursuant to 4.3.1.1.a of the Illinois Swimming Policy and Procedure Manual. Until such time as the restriction on competition are lifted or the general spread of COVID-19 is contained, teams or athletes registered with an LSC other than Illinois Swimming seeking to compete inside the Illinois Swimming LSC will need approval in writing from the Board of Directors of their LSC or that Board's assign. To effectuate this policy, teams will need to submit to the Sanctioning Officer of Illinois Swimming said written approval at the time of the normal meet recon process. If no such permission is available at that time the Sanctioning Officer will require the entries of out-of-LSC athletes be removed from the meet.

| FORMAT | Timed finals. IM Xtreme and IM Ready events for all age groups. | | | | | | | | | | | | | | | | |
|---|--|------------------------|-------------------------|------------------------|--------------------|----------------|-------------------|-----------------|-------------------------|-----------------|--------------------|-----------------|-------------------------|---|--|--|--|
| SESSIONS | Warm-up specifics will be based on the number of swimmers in the meet and in accordance with IDPH guidelines. Warm-up assignments and session start times will be published the week of the meet. | | | | | | | | | | | | | | | | |
| | <table border="0"> <thead> <tr> <th><u>Session</u></th> <th><u>Warm-ups</u></th> <th><u>Check-in Closes</u></th> <th><u>Meet Starts</u></th> </tr> </thead> <tbody> <tr> <td>I & III (11&U)</td> <td>not before 7:00AM</td> <td>30min into w-up</td> <td>65min after w-ups start</td> </tr> <tr> <td>*II & IV (12&O)</td> <td>not before 11:00AM</td> <td>30min into w-up</td> <td>65min after w-ups start</td> </tr> <tr> <td colspan="4"><i>*official times will be published the week before the meet</i></td> </tr> </tbody> </table> | <u>Session</u> | <u>Warm-ups</u> | <u>Check-in Closes</u> | <u>Meet Starts</u> | I & III (11&U) | not before 7:00AM | 30min into w-up | 65min after w-ups start | *II & IV (12&O) | not before 11:00AM | 30min into w-up | 65min after w-ups start | <i>*official times will be published the week before the meet</i> | | | |
| <u>Session</u> | <u>Warm-ups</u> | <u>Check-in Closes</u> | <u>Meet Starts</u> | | | | | | | | | | | | | | |
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| <i>*official times will be published the week before the meet</i> | | | | | | | | | | | | | | | | | |
| ELIGIBILITY | A swimmer's age as of December 4, 2021 will determine his or her age for the entire meet. Only USA Swimming athletes who are registered with the competing teams are eligible. All swimmers must be registered prior to competing. Entries listed as "Registration applied for" will not be accepted. | | | | | | | | | | | | | | | | |
| ENTRIES | Entries will not be accepted before 12:00pm on Friday, November 5, 2021. Entries will be accepted until the meet is full, and updated times will be taken until Wednesday, November 17, 2021. Swimmers may enter up to 3 Individual events per day and up to 6 events for the meet. Entry times should be in Short Course Yards, and teams must email their entry. Entries may be limited to permit an acceptable timeline. Please send entries to: jacob@teamcoho.org . | | | | | | | | | | | | | | | | |
| ENTRY FEES | Individual events are \$5.00 each, and there is a \$20.00 per swimmer surcharge. The breakdown of the surcharge is as follows: \$2.00 satisfies the IL Swimming athlete surcharge + \$8.00 facility fee + \$10.00 spectator admissions. Please make checks payable to "COHO Swim Club". CHECKS MUST BE RECEIVED AT LEAST ONE WEEK BEFORE THE MEET | | | | | | | | | | | | | | | | |
| | Mail checks to: COHO Swim Club Deerfield Park District 836 Jewett Park Drive Deerfield, IL 60015 | | | | | | | | | | | | | | | | |
| 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. | | | | | | | | | | | | | | | | |
| IMX/IMR FORMAT | The specific IM Xtreme and IM Ready events for each age group are as follows: IM Xtreme Events: 10&U (5 events total): 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12 year olds (5 events total): 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13-18 year olds (6 events total): 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM IM Ready Events: 10&U (5 events total): 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-12 year olds (5 events total): 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13-18 year olds (5 events total): 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM | | | | | | | | | | | | | | | | |
| 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. | | | | | | | | | | | | | | | | |
| DECK CHANGE | Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. | | | | | | | | | | | | | | | | |
| CAPACITY: | The combined total number of swimmers, coaches, officials, volunteers, and pool staff will be within IDPH guidelines. | | | | | | | | | | | | | | | | |

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| SPECTATORS AND ADMISSIONS: | The swimmer surcharge includes spectator admissions. As of now, spectators are allowed and are required to wear masks. Any spectator limitations/changes set by IDPH and/or the school district will be communicated to coaches prior to the meet. |
| CHECK-IN | Per current USA Swimming rules, this meet will be pre-seeded. In the event there are changes to the pre-seeded meet requirements, we will let teams attending know if we will do a check-in at the meet (given to the coaches) |
| RACING START CERTIFICATION | 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. |
| USA SWIMMING MEMBERSHIP | Insurance regulations require that all swimmers, coaches, judges, starters, and referees are current members 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 to gain access to the pool deck. |
| RECORDING DEVICES | Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. |
| CONCESSIONS: | Limited food and drinks <i>may</i> be sold (will be announced prior to the meet). Limited coaches' & official's hospitality will be provided. |
| RESULTS | Final results will be e-mailed to all participating clubs. |
| FLYOVER STARTS | At the meet referee's discretion, fly-over starts may be implemented to ensure that each session is completed in a timely manner. |
| OFFICIALS | Please have any certified officials who would like to work contact the Meet Referee, Michael Kreda - kredam@yahoo.com . |
| 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. |
| TIMING | <u>Visiting clubs may be responsible for providing timers</u> |
| MAAPP | 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. |

CONTROLLED MEET WARM-UP AND SAFETY GUIDELINES:

A. WARM-UP PROCEDURES

1. Teams will be assigned lanes for warm-up.
2. During general warm-up NO DIVING is 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 (3-point entry).
3. During general warm-up and one-way sprinting, entry is allowed from starting end of pool only, unless otherwise noted by the meet director and meet referee.
4. Sprint lanes for diving from blocks or for backstroke starts (one length only), are allowed by teams in their own lanes, or by teams sharing lanes, at their discretion provided all safety guidelines are followed.

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.
4. 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: The host club 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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ORDER OF EVENTS
IM Xtreme events are in BOLD
IM Ready events are in italics

| SESSION I | | | SESSION II | | |
|-------------|---------------------------|------|-------------|--|------|
| Saturday AM | | | Saturday PM | | |
| Girls | Event | Boys | Girls | Event | Boys |
| 1 | 11 YR 500 Free | 2 | 21 | 13&O 500 Free | 22 |
| 3 | 10&U 200 Free | 4 | 23 | 12 YR 500 Free | 24 |
| 5 | <i>11 YR 100 IM</i> | 6 | 25 | <i>13&O 100 Back</i> | 26 |
| 7 | <i>10&U 100 IM</i> | 8 | 27 | <i>12 YR 50 Back</i> | 28 |
| 9 | 11 YR 100 Back | 10 | 29 | *13&O 200 IM | 30 |
| 11 | 10&U 100 Back | 12 | 31 | <i>12 YR 100 IM</i> | 32 |
| 13 | <i>11 YR 50 Breast</i> | 14 | 33 | <i>13&O 100 Breast</i> | 34 |
| 15 | <i>10&U 50 Breast</i> | 16 | 35 | <i>12 YR 50 Breast</i> | 36 |
| 17 | 11 YR 100 Fly | 18 | 37 | 13&O 200 Fly | 38 |
| 19 | 10&U 100 Fly | 20 | 39 | 12 YR 100 Fly | 40 |
| | | | | <i>*Both an Xtreme & a Ready event</i> | |

| SESSION III | | | SESSION IV | | |
|-------------|----------------------------|------|------------|----------------------------|------|
| Sunday AM | | | Sunday PM | | |
| Girls | Event | Boys | Girls | Event | Boys |
| 41 | 11 YR 200 IM | 42 | 61 | 13&O 400 IM | 62 |
| 43 | 10&U 200 IM | 44 | 63 | 12 YR 200 IM | 64 |
| 45 | <i>11 YR 50 Back</i> | 46 | 65 | <i>13&O 100 Fly</i> | 66 |
| 47 | <i>10&U 50 Back</i> | 48 | 67 | <i>12 YR 50 Fly</i> | 68 |
| 49 | 11 YR 100 Breast | 50 | 69 | 13&O 200 Breast | 70 |
| 51 | 10&U 100 Breast | 52 | 71 | 12 YR 100 Breast | 72 |
| 53 | <i>11 YR 50 Fly</i> | 54 | 73 | <i>13&O 200 Free</i> | 74 |
| 55 | <i>10&U 50 Fly</i> | 56 | 75 | <i>12 YR 200 Free</i> | 76 |
| 57 | <i>10&U 100 Free</i> | 58 | 77 | 13&O 200 Back | 78 |
| 59 | <i>11 YR 200 Free</i> | 60 | 79 | 12 YR 100 Back | 80 |

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AM Sessions - Number of Entries _____ @ \$5.00 each = \$ _____

PM Sessions - Number of Entries _____ @ \$5.00 each = \$ _____

Swimmer surcharge _____ @ \$20.00 each = \$ _____

(\$2.00 satisfies the IL Swimming athlete surcharge + \$8.00 facility fee + \$10.00 spectator admissions)

Grand Total = \$ _____

Please make all checks payable to: **COHO Swim Club**

CHECKS MUST BE RECEIVED AT LEAST ONE WEEK BEFORE THE MEET

**Mail checks to:
COHO Swim Club
Deerfield Park District
836 Jewett Park Drive
Deerfield, IL 60015**

Name of Club _____ Code _____ LSC _____

Names of USA Swimming registered coaches attending meet _____

Mailing Address _____

City, State, Zip _____

Home Phone _____ Cell/Work Phone _____

E-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; COHO Swim Club; Deerfield Park District; Township High School District 113; 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 this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature

Title

This signed release must accompany the entry, or the entry will not be accepted.