

**2019 BNSC Rachel A. Dean Memorial Meet  
Bloomington Normal Swim Club  
October 4– 6, 2019, Sanction Number: ILS19-1001**

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**MEET DIRECTOR**

Eddie Dean  
(c) 815-343-7001  
[bnscoachedie@gmail.com](mailto:bnscoachedie@gmail.com)

**ENTRY CHAIRPERSON**

Stewart Waltner  
[bns.meetentry@gmail.com](mailto:bns.meetentry@gmail.com)

**MEET REFEREE**

Bruce Walker  
[bruce.walker4@gmail.com](mailto:bruce.walker4@gmail.com)

**FORMAT:** All events are Timed Final. All events will be seeded and swum together but scored and awarded separately as described in the Awards section. We will utilize positive check-in. **Swimmers MUST check-in for all events in each session they wish to swim.** Swimmers failing to check-in, but wishing to swim, will only be swum if there are open lanes available.

| <u>Session</u> | <u>Warm-ups</u> | <u>Check-in Closes</u> | <u>Session Starts</u> | <u>Age Groups</u> |
|----------------|-----------------|------------------------|-----------------------|-------------------|
| Friday PM      | 4:30 – 5:50 PM  | 5:15 PM                | 6:00 PM               | Open, 12&Under    |
| Sat & Sun AM   | 6:30 – 7:50 AM  | 7:15 AM                | 8:00 AM               | 10&Under, 8&Under |
| Sat & Sun PM   | 12:00 -1:20 PM  | 12:45 PM               | 1:30 PM               | Open, 12&Under    |

We reserve the right to delay the start of the warm-up sessions by 30 minutes if fewer than three warm up sessions are needed. If the warm-up sessions will be shortened, then this will be reflected in the warm-up assignment sheet.

Morning session relay swimmers must report to the bullpen by 7:45 AM, and afternoon session relay swimmers must report to the blocks by 1:25 PM.

**LOCATION:** Normal Community West High School (West), 501 North Parkside Road, Normal, IL 61761.

**Directions:** From I-55, take exit 165, U.S. 51-South Main St. Turn right at the first light, Raab Road. After Heartland College, turn left onto Parkside Rd. West is on the right; pool is at the south end of the school. Parking is available for free in the school parking lot.

**FACILITY:** 8-lane, 25 yard pool with Competitor non-turbulent lane markers, Colorado Timing equipment, with starting blocks at the deep end. No separate warm down pool. Water depth at starting end of pool is 12 feet and 4 feet at turn end. Competition will be run with 6-lanes, 1-lane empty, and 1-lane for warm down. BNSC reserves the right to utilize all 8-lanes if needed to meet ISI meet timeline requirements.

Spectator seating is limited to approximately 400 in the bleacher section (mezzanine). Due to space limitations and to ensure appropriate wheelchair accessibility, no folding or camping chairs will be permitted on the mezzanine level. An elevator is available for spectators with mobility concerns.

The competition course has been certified in accordance with 104.2.2C(4).

**STAGING:** A gymnasium, located adjacent to the pool deck, will NOT be available on Friday evening. It will be available for staging (team gathering area) **on Saturday and Sunday ONLY.** Spectators are welcome to bring folding or camping chairs for use in this area.

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---

**BULL PEN:** The Bull Pen will be located in the gymnasium. 10 & under swimmers must report to the Bull Pen at least 15 minutes before their events. Swimmers should remain seated until they are escorted to the pool. Morning session relay swimmers must report to the Bull Pen by 7:45 AM.

**RULES AND SAFETY:** All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Due to USA Swimming regulations, spectators are not permitted on the pool deck. Warm-up procedures are attached. 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.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

**\*\*The use of audio or visual recording devices, including but not limited to mobile phones, is not permitted in changing areas, restrooms, or locker rooms. \*\***

**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.

**ELIGIBILITY:** All USA Swimming-registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 Touhy Ave, Suite 410, Des Plaines, IL 60018. Phone: (847) 824-1596 or FAX (847) 824-1726 or [www.ilswim.org](http://www.ilswim.org).

A swimmer's age as of Friday, October 4<sup>th</sup>, 2019 will determine the swimmer's age for the entire meet. Swimmers are limited to five (5) individual events per day on Saturday and Sunday and two (2) on Friday.

**USA SWIMMING MEMBERSHIP:** Insurance regulations require that all swimmers, coaches and officials 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 be on 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.

**OFFICIALS:** BNSC welcomes the help of your USA Swimming-certified officials. Please send a list of the officials from your team who are available to assist with the meet to our Meet Referee, Bruce Walker on or before Friday, September 20<sup>th</sup>, 2019 with their availability or questions; all credentials will be verified before the meet or prior to each session, as-needed. There will also be an official's meeting 45 minutes prior to the start of each session in the pool office located behind the scoring table.

**ENTRY DATES:** Entries will not be accepted before 8:00AM, Sunday, September 1<sup>st</sup>, 2019. Entries received before this date will be returned. Entry Deadline is noon, Sunday, September 29<sup>th</sup>, 2019. We encourage early registration to ensure participation. No deck entries will be accepted except at the discretion of the Meet Referee for swimmers already entered in other events in that session provided there is an open lane for that event.

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**October 4– 6, 2019, Sanction Number: ILS19-1001**

---

**ENTRIES:**

All entries will comply with current USA Swimming and ISI Rules and Regulations. An emailed Hy-Tek .d2 file and zip back up is the preferred method for entry. Swimmer entry report summary, meet summary sheet/release form and check should be received within 5 business days of the emailed entries. A Meet Manager file for your entries will be available on our web site for you to download.

Please mail your check and fee summary sheet and release form to:

BNSC Treasurer  
c/o Miranda Walker  
403 Dove Ave.  
Le Roy, IL 61752

The host team reserves the right to limit entries on events that are 200 yards in length or longer. Entry fees will be refunded for any events entered but not swum because of being bumped. Teams will be notified via email no later than Thursday, October 3rd if their swimmers have been bumped. The host team reserves the right to cancel relay events at the discretion of the Meet Referee if the timeline doesn't allow them to be swum within session limits.

Accepted entries and alternates for limited events will be posted on the BNSC web site <http://www.bnswimclub.org>. Alternates must positively check-in to be eligible to swim in the event of scratches during positive check-in. Final seeding will be posted at the pool after positive check-in is completed. Entry fees for events entered but not swum due to time-line restrictions will be refunded.

Hand-written entries will NOT be accepted. If Hy-Tek or Team Unify is not used for entries, an email sent to Stewart Waltner at [bnsc.meetentry@gmail.com](mailto:bnsc.meetentry@gmail.com) with the following information will be accepted: swimmer's first and last name with middle initial, date of birth, whole ISI number, team affiliation, and event numbers to swim, with description and seed times.

If you wish to receive verification of entries received, a valid email address will be required. Entries will be limited to session hour limits. The time lines will be enforced. Any seed time may be updated prior to Tuesday, October 1<sup>st</sup>. However, no new swimmers or events may be added after the deadline without the approval from the Meet Referee.

**CLERK OF COURSE:**

The Clerk of Course will be open during each session. Please follow the positive check-in deadlines. **Early notification of scratches are encouraged and appreciated.** Please submit anticipated scratches to: [bnsc.meetentry@gmail.com](mailto:bnsc.meetentry@gmail.com)

**ENTRY FEES:**

The entry fee is \$5.00 for individual events and \$10.00 per relay. A \$2.00 per swimmer surcharge has been instituted by ISI. In lieu of a daily admission fee, a \$13.00 per swimmer Facility Surcharge will be required. Entry fees and release should be submitted with entries or shortly thereafter. Checks are payable to BNSC.

**ADMISSION:**

**There will be no admissions fee due to the facility surcharge.** Heat sheets for each session will be available for purchase.

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**October 4– 6, 2019, Sanction Number: ILS19-1001**

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- CONCESSIONS:** Concessions will be available during all sessions.
- SEEDING:** Swimmers will be seeded and will swim from slowest to fastest. All non-conforming times will be seeded last in rank order. The 500 Free will be seeded alternating genders slowest to fastest.
- AWARDS:** Individual Events: Custom Medals top 3 places and ribbons 4th through 12th place  
Relays: Custom Medals top 3 places
- Individual and relay event awards will be given for 8 & Under, 9-10, and 11-12 age groups. No awards will be provided to 12 & Under swimmers completing in Open events, except for the 500 Free.
- RELAYS:** Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table at the close of positive check-in. Per USA Swimming's rule 101.7.3, each mixed gender relay must contain two female and two male swimmers.
- RESULTS:** Final Results, Hy-Tek Team Manager results file, and a Hy-Tek Meet Manager back up file will be posted on our website: <http://www.bnswimclub.org>.
- TIMERS:** Each team must provide timers based on the number of their swimmers entered in that session:
- |                   |   |
|-------------------|---|
| 5 – 9 swimmers:   | 1 timer   |
| 10 – 14 swimmers: | 2 timers  |
| 15 + swimmers:    | Divide the # of swimmers by 5 to determine # of timers needed |
- There will be a mandatory timer's meeting 30 minutes prior to the start of each session behind Lane 1.
- Swimmers participating in the 500 Free must provide their own timer and lap counter.**
- 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, prior to competition, with specific requests.
- STARTS:** 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.
- WARM-UP PROCEDURE:** Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet. **Note: BNSC reserves the right to change the start times of warm-up sessions according to meet demand. If warm-up start times are changed, coaches will be notified by Wednesday, October 2<sup>nd</sup> and changes will be reflected in the warm-up assignment sheet.**

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**GENERAL WARM-UP**

1. **NO DIVING** allowed from the 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 (a three-point entry).
2. Entry into the pool is from the starting end only, unless noted otherwise by the Meet Director or Meet Referee.
3. Starts and push/pace are to be done at the end of your assigned general warm-up lanes. NO separate lanes or designated times for starts/pace will be available.

**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
    - i. A marshal, who reports to and receives instructions from the Meet Referee, shall be on the deck during the warm-up session.
    - ii. 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. 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 effect at this meet."
  - c. 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.
  - d. 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. Backstrokers 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 Meet Referee may restrict use of bands, hand paddles, or fins during warm-up. The Meet Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

|                   |                                  |          |                      |
|-------------------|----------------------------------|----------|----------------------|
| <b>KEY DATES:</b> | Registration Opens               | 8:00 AM  | Sunday, September 1  |
|                   | Notify Meet Referee of officials | 8:00 AM  | Friday, September 20 |
|                   | Registration Closes              | Noon     | Sunday, September 29 |
|                   | Seed time updates close          | 8:00 AM  | Monday, October 2    |
|                   | Notify of bumped swimmers        | 12:00 PM | Thursday, October 3  |
|                   | Meet starts                      | 6:00 PM  | Friday, October 4    |

**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.

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**Session 1: Friday Afternoon**

Warm-up 4:30 PM – 5:50 PM; meet starts at 6:00 PM

| Girls | Event Description                | Boys |
|-------|----------------------------------|------|
| 1     | Open 400 Individual Medley       | 2    |
| 3     | 12 & Under 200 Individual Medley | 4    |
| 5     | Open 500 Free                    | 6    |

**Session 2: Saturday Morning**

Warm-up 6:30 AM – 7:50 AM; meet starts at 8:00 AM

| Girls | Event Description         | Boys | Mixed |
|-------|---------------------------|------|-------|
| 7     | 8 & Under 100 Free Relay  | 8    | 105   |
| 9     | 10 & Under 200 Free Relay | 10   | 106   |
| 11    | 8 & Under 200 Free        | 12   |       |
| 13    | 10 & Under 200 Free       | 14   |       |
| 15    | 8 & Under 50 Breast       | 16   |       |
| 17    | 10 & Under 100 Breast     | 18   |       |
| 19    | 8 & Under 25 Free         | 20   |       |
| 21    | 10 & Under 50 Free        | 22   |       |
| 23    | 8 & Under 25 Fly          | 24   |       |
| 25    | 10 & Under 100 Fly        | 26   |       |
| 27    | 8 & Under 50 Back         | 28   |       |
| 29    | 10 & Under 50 Back        | 30   |       |
| 31    | 8 & Under 100 Free        | 32   |       |

**Session 3: Saturday Afternoon**

Warm-up 12:00 – 1:20 PM; meet starts at 1:30 PM

| Girls | Event Description         | Boys | Mixed |
|-------|---------------------------|------|-------|
| 33    | 12 & Under 400 Free Relay | 34   | 107   |
| 35    | Open 400 Free Relay       | 36   | 108   |
| 37    | 12 & Under 100 Fly        | 38   |       |
| 39    | Open 200 Fly              | 40   |       |
| 41    | 12 & Under 50 Free        | 42   |       |
| 43    | Open 50 Free              | 44   |       |
| 45    | 12 & Under 100 Back       | 46   |       |
| 47    | Open 100 Back             | 48   |       |
| 49    | 12 & Under 50 Breast      | 50   |       |
| 51    | Open 200 Breast           | 52   |       |
| 53    | 12 & Under 200 Free       | 54   |       |
| 55    | Open 200 Free             | 56   |       |

**Session 4: Sunday Morning**

Warm-up 6:30 AM – 7:50 AM; meet starts at 8:00 AM

| Girls | Event Description                | Boys | Mixed |
|-------|----------------------------------|------|-------|
| 57    | 8 & Under 100 Medley Relay       | 58   | 109   |
| 59    | 10 & Under 200 Medley Relay      | 60   | 110   |
| 61    | 8 & Under 100 Individual Medley  | 62   |       |
| 63    | 10 & Under 100 Individual Medley | 64   |       |
| 65    | 8 & Under 25 Back                | 66   |       |
| 67    | 10 & Under 100 Back              | 68   |       |
| 69    | 8 & Under 25 Breast              | 70   |       |
| 71    | 10 & Under 50 Breast             | 72   |       |
| 73    | 8 & Under 50 fly                 | 74   |       |
| 75    | 10 & Under 50 Fly                | 76   |       |
| 77    | 8 & Under 50 Free                | 78   |       |
| 79    | 10 & Under 100 Free              | 80   |       |

**Session 5: Sunday Afternoon**

Warm-up 12:00 – 1:20 PM; meet starts at 1:30 PM

| Girls | Event Description                | Boys | Mixed |
|-------|----------------------------------|------|-------|
| 81    | 12 & Under 400 Medley Relay      | 82   | 111   |
| 83    | Open 400 Medley Relay            | 84   | 112   |
| 85    | 12 & Under 100 Individual Medley | 86   |       |
| 87    | Open 200 Individual Medley       | 88   |       |
| 89    | 12 & Under 100 Breast            | 90   |       |
| 91    | Open 100 Breast                  | 92   |       |
| 93    | 12 & Under 50 Fly                | 94   |       |
| 95    | Open 100 Fly                     | 96   |       |
| 97    | 12 & Under 50 Back               | 98   |       |
| 99    | Open 200 Back                    | 100  |       |
| 101   | 12 & Under 100 Free              | 102  |       |
| 103   | Open 100 Free                    | 104  |       |

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Bloomington Normal Swim Club  
October 4- 6, 2019, Sanction Number: ILS19-1001**

**FEE SUMMARY AND RELEASE FORM**

|  |  |                 |  |
|--|--|-----------------|--|
| Club Name:                             |  |                 |  |
| USA Swimming Inc. affiliation (LSC):   |  | Club Code:      |  |
| Names of coach(s) attending this meet: |  |                 |  |
| Name of person submitting entry:       |  |                 |  |
| Mailing address:                       |  |                 |  |
| Email address:                         |  |                 |  |
| Phone # (daytime):                     |  | Phone # (cell): |  |

|   | <u>#</u> | <u>Unit cost</u>                  | <u>Totals</u> |
|---|----------|-----------------------------------|---------------|
| Individual Events:                      |          | x \$5.00                          | a)            |
| Relay entries:                          |          | X \$10.00                         | b)            |
| Total Number of Swimmers:               |          | x \$2.00<br>(ISI surcharge)       | c)            |
| Total Number of Swimmers:               |          | x \$13.00<br>(Facility surcharge) | d)            |
| <b>TOTAL AMOUNT ENCLOSED (a+b+c+d):</b> |          |                                   |               |

In consideration of the acceptance of this entry, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, I hereby consign, waiver, and release any and all rights and claims for damages which may occur against United States Swimming, Inc., Illinois Swimming, Inc., BNSC, Unit 5, their representatives, employees, directors, officers, 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 the meet are duly and currently registered with USA Swimming.

|   |       |  |
|---|-------|--|
| Signature of coach, Club representative or parent | Date: |  |
|---|-------|--|

This form must be returned to: **Miranda Walker  
403 Dove Ave.  
LeRoy, IL 61752**