CHAMPAIGN COUNTY YMCA HEAT

2015 ILLINOIS OPEN

June 19-21, 2015

Sanctioned by USA Swimming, Inc.

SANCTION

**Meet Director Meet Referee Safety Chairperson**

Carolyn Gile and Melanie Michael Bill Nelson Will Barker

c/o Champaign County YMCA HEAT

2501 Fields South Dr.

Champaign, IL 61822

Phone: 217-239-2806

Email: Heat@ccymca.net

**Location:** University of Illinois Activities and Recreation Center, 201 E. Peabody Drive, Champaign, Illinois 61820 (Pool is located on the corner of First St. & Peabody Drive).

**Facility:** 8-lane, 50 meter pool. Competitor non-turbulent lane markers, Colorado Timing equipment, and custom designed starting blocks. The competition course has been certified in accordance with USA Swimming Rule Book Article 104.2.2C(4). The pool depth is 4ft in lanes 1 and 8 to 8ft in lanes 4 and 5 at the start end and 3.5ft at the turn end. Spectator seating is available for 400. Enter the facility through the entrance near the pool. The recreational facilities and outdoor pool are for use by University of Illinois students and staff or ARC members only.

**Format:** **Friday, June 19**

 Warm-ups: 3:00 PM Meet Starts: 4:00 PM

 **Saturday, June 20**

 **Morning Session (12 & Under):**

 Warm-ups: 7:00 AM Meet Starts: 8:00 AM

 **Afternoon Session I (13 & Over):**

 Warm-ups: Not Before 12:00 PM Meet Starts: Not Before 1:00 PM

 **Afternoon Session II (Open 800 Free):**

Warm-ups: 30-minute warm-up immediately following conclusion of Afternoon Session I

 **Sunday, June 21**

 **Morning Session (12 & Under):**

 Warm-ups: 7:00 AM Meet Starts: 8:00 AM

 **Afternoon Session (13 & Over):**

 Warm-ups: Not Before 12:00 PM Meet Starts: Not Before 1:00 PM

**Rules & Safety:** All current USA Swimming and ISI Rules and Regulations apply. USA Swimming and ISI safety rules will be strictly enforced. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. 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. **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.**

**Seeding 800 Free**: Events 53 and 54 will be swum fastest to slowest alternating girl/boys heats.

**Eligibility:** All USA Swimming registered swimmers are eligible. All swimmers must be 2015 registered athletes with USA Swimming prior to the entry deadline. Registration numbers must accompany entries. Entries listed as “Registration applied for” will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy Avenue, Suite 245, Des Plaines, IL 60018, Phone: 847-824-1596, Fax: 847-824-1726. A swimmer’s age as of June 19, 2015 will determine their age for the meet.

## USA Swimming, Inc Insurance regulations require that all swimmers, judges, starters, and referees be a current

## Membership 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 2015 USA Coach Member registration card at all times while on deck.

**Qualifying Times:** There are no qualifying times for this meet.

**Entry Deadline:** Entries will not be accepted before **8:00 AM, May 22nd 2015**. Entry deadline is **June 5th, 2015**. Teams will be entered on a first come basis until sessions are filled to the 4-hour rule for each session. Hand, phone, or fax entries will not be accepted. No team entries will be broken. Email entries are preferred (using Hytek Commlink program). A hard copy with payment MUST be received within 48 hours of email date.

**Entries:** This meet will be run with the Hytek Meet Manager v. 4.0 program. Email entries are encouraged for individual swimmers and required for teams with three or more swimmers (entries prepared using the Hytek Commlink or Team Manager programs will be accepted -- remember to “age up” swimmers). Individual swimmers are encouraged to use Team Manager 5.0 Lite (<http://www.hy-tekltd.com/downloads.html>) to prepare their electronic entries.

 A printed copy MUST be received within 48 hours of email date. The printed copy is the final word in entry disputes.

 All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Age determined on June 19, 2015. All times must be completed to the hundredth of a second and submitted in long course meters times. Deck entries: (a) will be allowed if the timeline permits; (b) can only be from a team already entered by the deadline (unattached swimmers must also be entered by the deadline); (c) must be to the Clerk of Course by the time positive check-in closes; and (d) must be paid in full at the time of deck entry. A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: **Stephen’s Family YMCA**.

On Friday, each swimmer may compete in two (2) events. On Saturday, each swimmer may enter a maximum of four (5) individual events, in addition to the 800 Freestyle. On Sunday, each swimmer may enter a maximum of four (5) individual events.

**Entry Limitations:** Entries for the 11-12, 13-14 and Open 400 Freestyle, 13-14 and Open 400 IM, 10 & Under and 11-12 200 IM, 10 & Under and 11-12 200 Free, and Open 800 Freestyle may be limited to the fastest entries at the discretion of meet management. Updated times for the limited events listed above will be accepted through June 9th. On June 10th, we will post on our website (www.teamunify.com/Home.jsp?\_tabid\_=0&team=ilccyh) a preliminary psyche sheet for limited events. Please notify Entry chairperson at (Heat@ccymca.net) of any swimmer’s intention to scratch one of these events by June 14th. Teams will be notified by June 15th of the status of any limited events. Positive check-in will still be held for these events and will close 45 minutes prior to the start of Friday’s session (for Friday’s events) and will close at 2:00 PM on Saturday for the Open 800 Freestyle. Swimmers participating in the 800 Freestyle ***must*** provide their own timer and lap counter.

**Time Trials:** May be available at the end of each session if time permits and swimmer has not met the daily event restriction. Forward requests to Meet Referee on meet day.

**Entry Fees:** $4.00 per individual event. $2.00 per swimmer ISI surcharge. In lieu of a daily admission fee a $10.00 per swimmer Facility Surcharge will be required.

**Mail Entries:** Mail entries, fees, USA Swimming Numbers, and Waiver Form to:

 2014 Illinois Open Entry Chair

c/o Champaign County YMCA HEAT

Attn: Will Barker 217-239-2806

2501 Fields South Dr. Heat@ccymca.net

 Champaign, IL 61822

**Positive Check-In:** All events require Positive Check-in**,** meaning, “I am here and I intend to swim this event.” Positive Check-in will be conducted by the coaches and will close 45 minutes prior to the start of each session. A swimmer who fails to check-in by the deadline may be excluded from swimming those events or allowed to swim only if there are open lanes in slower heats.

**Scoring:** No team scores will be kept.

**Bullpen:** There will be no bullpen at this meet.

**Awards:** Medals will be awarded to 1st through 3rd places in events in the 11-12 and 10 & Under age groups. 10" single ribbons will be awarded for 4th through 8th places in events in the 11-12 and 10 & Under age groups. No awards will be given for 13-14 and Open events.

**Final Results:** Final results will be posted on the Champaign County YMCA HEAT web-site at www.teamunify.com/Home.jsp?\_tabid\_=0&team=ilccyh) in following formats:

 Complete Results in PDF format

 Meet Manager Back-up

 Meet Manager Export for Team Manager.

 Indicate on the attached team entry form if you would like a hard copy sent to you.

**Admission:** All participants and spectators must enter through the entrance closest to the pool on the corner of 1st and Peabody Dr.

**Parking:** It is recommended that parents drop their swimmers off at the parking lot west of the pool (Lot E24). It is important that visitors be sure not to park in permit reserved spaces. After 2:30 on Friday and all day Saturday and Sunday, parking will be available in the large lot on the southwest corner of First Street and Kirby Avenue across the street from Assembly Hall (lot E14).There are additional metered spots in the surrounding area as well which may be enforced throughout the weekend.

**Spectator Seating:** Only swimmers, officials and credentialed coaches will be allowed on deck. Some bleachers will be set up in the Multi-Purpose Room overlooking the pool. There is additional space for spectator viewing in the hallways running the length of the pool.

**multi-Purpose Room:** It is recommended that spectators bring chairs for seating in the Multi-Purpose Room as there will be limited spectator seating. Full concessions and vendor Body N Sole Sports will be available in the Multi-Purpose Room. Food or drink will not be allowed on deck.

**Facility Use:** Swimmers and spectators are not to enter the workout facilities, outdoor pool, sauna, or other unauthorized areas of the Activities and Recreation Center for any reason. Persons found to be violating this policy will be removed from the meet.

**Hospitality:** Hospitality will be available for coaches and officials in the room just to the east of the pool.

*The Champaign County YMCA HEAT would appreciate any help from USA Swimming certified and registered officials. If anyone on your team is interested, please let the Meet Referee know.*

ORDER OF EVENTS

2015 ILLINOIS OPEN

SANCTION # ILL14-xxxx

SPECIAL NOTICE:

*IF THE AM SESSIONS ARE EXPECTED TO BE COMPLETED BEFORE 11:30 AM, THE PM SESSION WARM-UP/START TIME MAY BE MOVED UP. ALL TEAMS WILL BE NOTIFIED BY WEDNESDAY, June 10, 2015*

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.

Session 1: Friday, June 19

Warm-ups: 3:00 PM Meet Starts: 4:00 PM

Girls Age Group Event Boys

 1 10 & Under 200 IM 2

 3 11-12 200 IM 4

 5 13-14 400 IM 6

 7 Open 400 IM 8

 9 10 & Under 200 Free 10

 11 11-12 400 Free 12

 13 13-14 400 Free 14

 15 Open 400 Free 16

Session 2: Saturday, June 20

Warm-ups: 7:00 AM Meet Starts: 8:00 AM

### Girls Age Group Event Boys

 17 11-12 100 Free 18

 19 10 & Under 100 Free 20

 21 11-12 50 Breast 22

 23 10 & Under 50 Breast 24

 25 11-12 100 Back 26

 27 10 & Under 100 Back 28

 29 11-12 50 Fly 30

 31 10 & Under 50 Fly 32

**Session 3: Saturday, June 20**

Warm-ups: Not Before 12:00 PM Meet Starts: Not Before 1:00 PM

Girls Age Group Event Boys

 33 Open 200 Free 34

 35 13-14 200 Free 36

 37 Open 100 Back 38

 39 13-14 100 Back 40

 41 Open 200 Breast 42

 43 13-14 200 Breast 44

 45 Open 50 Free 46

 47 13-14 50 Free 48

 49 Open 200 Fly 50

 51 13-14 200 Fly 52

Session 4: Saturday, June 20

Warm-ups: There will be a 30-minute warm-up immediately following the conclusion of Session 3

***(Swimmers participating in the 800 Free must provide their own timer and lap counter.)***

Girls Age Group Event Boys

 53 Open 800 Free (Limited to Top 24 Entries) 54

Session 5: Sunday, June 21

Warm-ups: 7:00 AM Meet Starts: 8:00 AM

### Girls Age Group Event Boys

 55 11-12 200 Free 56

 57 10 & Under 100 Breast 58

 59 11-12 100 Breast 60

 61 10 & Under 50 Back 62

 63 11-12 50 Back 64

 65 10 & Under 100 Fly 66

 67 11-12 100 Fly 68

 69 10 & Under 50 Free 70

71 11-12 50 Free 72

Session 6: Sunday, June 21

Warm-ups: Not before 12:00 PM Meet Starts: Not before 1:00 PM

Girls Age Group Event Boys

 73 Open 200 IM 74

 75 13-14 200 IM 76

 77 Open 100 Free 78

 79 13-14 100 Free 80

 81 Open 100 Breast 82

 83 13-14 100 Breast 84

 85 Open 200 Back 86

 87 13-14 200 Back 88

 89 Open 100 Fly 90

 91 13-14 100 Fly 92

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

1. **WARM-UP PROCEDURES**
2. **Warm-up Lane Assignments and Times**
	1. Each warm-up session will be divided into 3 segments of 30 minutes each. Teams will be assigned to the first 2 segments as evenly as possible for their general warm-ups. The last segment will be used for the specific warm-up (see below).
	2. Coaches will receive lane assignments and warm-up times for their team’s warm-ups in their coaches’ packets. Lanes will be assigned to provide each team with the same relative amount of space per lane.
3. **General Warm-up** (first 30-45 minutes)
4. **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.
5. No sprinting or pace work allowed during this general warm-up session.
6. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
7. **Specific Warm-up** (last 30-45 minutes)
8. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
9. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
10. **General Warm-up Lanes - NO DIVING.** Circle swim only.
11. 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 |

1. **SAFETY GUIDELINES**
2. **Coaches Responsibilities**
	1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
	2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
3. **Host Team Responsibilities**
4. Marshaling
5. 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.
6. Marshals shall be current members of USA Swimming.
7. 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.
8. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
9. 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.”
10. 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.
11. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
12. **Miscellaneous:**
13. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
14. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
15. 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.
16. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
17. 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.

#### CHAMPAIGN COUNTY YMCA HEAT 2015 ILLINOIS OPEN

#### JUNE 19-21, 2015 Sanction # ILL15-xxxx

**COMPLETE THIS FORM AND MAIL ALONG WITH ENTRIES & CHECK TO:**

 **2015 Illinois Open Entry Chair**

 **c/o Champaign County YMCA HEAT**

**Attn: Melanie Michael**

 **2501 Fields South Dr.**

 **Champaign, IL 61822**

**Make checks payable to: Stephen’s Family YMCA**

**NO ENTRIES ACCEPTED BEFORE 8:00 AM May 22nd AND MUST BE RECEIVED BY JUNE 5th.**

 # of Female # of Male

 Individual Entries Individual Entries

 + @ 4.00=

Total # Total #

Females + Males @ 2.00 =

 (ISI Fee)

Total # Total #

Females + Males @ 10.00=

 (Facility

Surcharge)

 **TOTAL:**

NAME OF CLUB:

CLUB CODE:

NAME & MAILING ADDRESS:

NAME, PHONE, EMAIL OF ENTRY PERSON:

In consideration of the acceptance of this entry, I, intend to be legally bound, hereby co-sign, waive, and release any and all rights and claims which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the Champaign County YMCA HEAT, the Champaign County YMCA, the University of Illinois, 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 to the fact that all athletes included in this entry and participating in this sanctioned event competing under the name of the above USA Swimming chartered club or under any attached status are duly registered as current athlete members of USA Swimming.

Signature: Position:

Date:

**DRIVING DIRECTIONS TO POOL**

**University of Illinois Activities and Recreation Center, 201 E. Peabody Drive**

**(Corner of First & Peabody, Champaign)**

COMING FROM THE WEST VIA I-72:

I-72 becomes University Avenue as you approach Champaign. Turn right at second light (Mattis Avenue). On Mattis, turn left at the third light (Kirby Avenue). On Kirby, proceed approximately 2 miles and under a set of railroad tracks. Turn left at the second light following the railroad tracks (First Street). On First Street, go just past Memorial Stadium and take a right on Peabody Drive. The main entrance to the Activities and Recreation Center is on Peabody Drive.

COMING FROM THE WEST VIA I-74:

Take I-74 to I-57. Take I-57 South to Exit 235A (University Avenue). Follow directions via I-72 listed above.

COMING FROM THE NORTH OR SOUTH:

Take I-57 to Exit 235A (University Avenue). Follow directions via I-72 listed above.

COMING FROM THE EAST:

Take I-74 East to Exit 183 (Lincoln Avenue). Turn left on Lincoln Avenue and proceed approximately 3 miles through campus to Florida Avenue. Turn right at Florida Avenue (Florida Avenue becomes Kirby Avenue). On Kirby, turn right at the first light (Fourth Street). On Fourth Street, go just past Memorial Stadium and take a left on Peabody Drive. The main entrance to the Activities and Recreation Center is on Peabody Drive.