

COHO IMX Winter Open

December 3-4, 2022

USA Swimming Sanction ILS1238-22

SANCTION

Sanctioned by United States Swimming, Inc., and Illinois Swimming Inc. USA SWIMMING **Sanction ILS1238-22** 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:	Steve Frye	steve@teamcoho.org	(Cell) 501-977-7474
MEET DIRECTOR:	Steve Frye	steve@teamcoho.org	(Cell) 501-977-7474
MEET REFEREE:	Michael Kreda	kredam@yahoo.com	(Cell) 847-420-8811
ADMIN OFFICIAL:	Janet Stern	sternonline@comcast.net	(Cell) 847-867-0682
SAFETY CHAIR:	Ji Wang	hand2008@gmail.com	(Cell) 312-953-6617
IDPH COMPLIANCE COORDINATOR:	Ellen Stiller	ellen.stiller@gmail.com	(Cell) 773-263-7077

ON-SITE MEDICAL PERSONEL

Certified Swim Coaches sometimes combined with Certified Lifeguards and Certified Athletic Trainers. Base medical training in CPR/FIRST AID/AED up to, Lifeguarding and Sport Emergency First Responder Training.

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.

<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

** Official times will be published the week before the meet*

ELIGIBILITY

A swimmer's age as of **December 3, 2022**, 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.

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ENTRIES

Entries will not be accepted before 12:00pm on Friday, November 4, 2022. Entries will be accepted until the meet is full, and updated times will be taken until Wednesday, November 16, 2022. 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: steve@teamcoho.org.

ENTRY FEES

Individual events are \$6.00 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.

SPECTATORS AND ADMISSIONS:

The swimmer surcharge includes spectator admissions. Spectators are allowed. Any spectator limitations/changes set by IDPH and/or the school district will be communicated to coaches prior to the meet.

COHO IMX Winter Open

December 3-4, 2022

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- 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:** **Food** and drinks *may* 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 and posted on the COHO Swim Club website <https://www.teamunify.com/team/ilcsc/page/hosted-meets-info>.
- 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** **Visiting clubs may be responsible for providing timers**
- 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.

COHO IMX Winter Open

December 3-4, 2022
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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.

COHO IMX Winter Open

December 3-4, 2022
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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>11 YR 200 Free</i>	58	77	13&O 200 Back	78
59	<i>10&U 100 Free</i>	60	79	12 YR 100 Back	80

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AM Sessions - Number of Entries _____ @ \$6.00 each = \$ _____

PM Sessions - Number of Entries _____ @ \$6.00 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.

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**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.

