

ENTRY LIMITATIONS

DECK ENTRIES BE MAY BE PERMITTED if space allows. Swimmers may swim a maximum of 4 individual events per session. The 200 Freestyle, 200 Individual Medley and the Mixed 400 IM and 500 Freestyle events will be limited to the fastest three heats. The host team reserves the right to swim additional heats if time allows. The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session.

ENTRY VERIFICATION

An e-mail will be sent confirming receipt of entry within 48 hours.

FORMS

Team entries should be submitted via e-mail using Hy-tek software. A hard copy printout of the entry, showing team's name, meet name, swimmers current registration number, age, first name, middle initial and last name must be part of the meet packet. If Hy-tek is not used, the entries must be submitted on the enclosed entry form. Do not submit entry cards. The enclosed "Entry Summary Sheet" must be completed and a copy of the "Team Manager Fees Report" enclosed. The Release Form **MUST BE SIGNED** and returned with your entry. These must be returned together with your check payable to: Express Swim Team. Failure to enclose all required paperwork shall be sufficient grounds for refusal of the entry. **ENTRY PACKETS WILL BE ACCEPTED ONLY AT THE ABOVE ADDRESS FOR THE MEET ENTRY CHAIRPERSON.**

ENTRY FEES

The entry fees are \$5.00 per event, ISI surcharge of \$2.00 per swimmer, and a facilities surcharge of \$6.00 per swimmer. Make checks payable to Express Swim Team.

ENTRY DEADLINE & TIME LINE LIMIT

Wednesday, February 3, 2016 is the last date the entry chairperson will accept entries. Entries shall not be considered received until delivered to the entry chairperson at the address shown in the meet information. Entries will be accepted until the time limit, subject to the 4-hour/10 hour rule is reached and entries received thereafter will be returned immediately. If a phone number is included on the Entry Summary Sheet, teams that do not get into the meet will be called immediately. No additional swimmers may be entered after original team entry has been processed without consent from the entry chair.

EVENTS

In accordance with USA Swimming Rules; Articles 105 and 202.1.13, the Meet Referee has the authority to swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order.

ADDITIONAL INFORMATION

AWARDS

Individual Awards will be presented to the top 16 finishers in each event for ages 14 and under. No awards will be presented to swimmers participating in OPEN events.

OFFICIALS/MEET WORKERS

Officials are needed. Anyone willing to officiate should call the Meet Referee. Visiting teams may be asked to assist in the timing of the meet. Swimmers participating in the 400 IM and 500 Free events will need to provide their own timer and lap counter.

RULES AND SAFETY

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

STARTING

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. In accordance with USA Swimming Rules; Articles 105, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches and swimmers to contact the Meet Referee, prior to competition, with specific requests.

USA SWIMMING RULES will be strictly enforced:

- **202.3.4 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.**
- **The competition course has not been certified in accordance with 104.2.2C(4).**
- **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:

The practice of Deck Changing is prohibited at all Illinois Swimming Sanctioned events. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

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 E. Touhy Ave., Suite 245, Des Plaines, IL 60018, Phone 847.824.1596. Fax 847.824.1726 . A swimmer's age as of **February 13, 2016** will determine their age for the meet.

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, INC MEMBERSHIP

Insurance regulations require that all swimmers, judges, starters, and referees 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.

ADMISSIONS & HEAT /PSYCH SHEETS

Saturday admission is \$5.00 and Sunday admission is \$5.00. No charge for children.

CONCESSIONS

Food and beverages will be available for sale in the observation balcony. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.

MEET RESULTS

Results will be posted on the host website within 24 hours of the meets conclusion

Express Swim Team
Express February “Fast One”
February 13-14, 2016

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number – ILS16-0207

- Order of Events –

Session 1 Saturday AM

Wm-up- **7:00 AM**
Meet - **8:00 AM**

Women		Men
1*	12&U 100 IM	2*
3	11-12 50 Back	4
5	9-10 100 Back	6
7	11-12 50 Breast	8
9	9-10 100 Breast	10
11	11-12 100 Fly	12
13	9-10 50 Fly	14
15	11-12 100 Free	16
17	9-10 50 Free	18

Session 4 Sunday AM

Wm-up- **7:00 AM**
Meet **8:00 AM**

Women		Men
51*	12&U 200 Free	52*
53	11-12 100 Back	54
55	9-10 50 Back	56
57	11-12 100 Breast	58
59	9-10 50 Breast	60
61	11-12 50 Fly	62
63	9-10 100 Fly	64
65	11-12 50 Free	66
67	9-10 100 Free	68

Session 2 Saturday PM

Wm-up- **12:00 N**
Meet - **1:00 PM**

Women		Men
19	8&U 100 IM	20
21*	13-14 200 IM	22*
23*	Open 200 IM	24*
25	8&U 50 Back	26
27	13-14 100 Back	28
29	Open 100 Back	30
31	8&U 25 Breast	32
33	13-14 200 Breast	34
35	Open 200 Breast	36
37	8&U 25 Fly	38
39	13-14 200 Fly	40
41	Open 200 Fly	42
43	8&U 50 Free	44
45	13-14 100 Free	46
47	Open 100 Free	48

Session 5 Sunday PM

Wm-up- **12:00 N**
Meet- **1:00 PM**

Women		Men
69	8&U 100 Free	70
71*	13-14 200 Free	72*
73*	Open 200 Free	74*
75	8&U 25 Back	76
77	13-14 200 Back	78
79	Open 200 Back	80
81	8&U 50 Breast	82
83	13-14 100 Breast	84
85	Open 100 Breast	86
87	8&U 50 Fly	88
89	13-14 100 Fly	90
91	Open 100 Fly	92
93	8&U 25 Free	94
95	13-14 50 Free	96
97	Open 50 Free	98

Session 3 Saturday PM

Wm-up – **Following Session 2**

49* – Mixed Open 400 IM

Session 6 Sunday PM

Wm-up - **Following Session 5**

99* – Mixed Open 500 Free

*Limited to fastest three heats. We will swim more if time allows.

Express Swim Team
EXPRESS FEBRUARY "FAST ONE"
February 13-14, 2016
Sanction # ILS16-0207

Judy Busse, Entry Chair
PO Box 358
Downers Grove, IL 60515
judybusse@gmail.com 630.926.2220

Summary of Fees

Individual Event Fees:

Total Number of Individual Entries _____ @ \$5.00 each = \$ _____

Swimmer Surcharge:

Total Number of Swimmers Attending Meet _____ @ \$2.00 each = \$ _____

Facility Surcharge:

Total Number of Swimmers Attending Meet _____ @ \$6.00 each = \$ _____

Grand Total = \$ _____

*Please make all checks payable to: **Express Swim Team***

Name of Club _____ Club Initials _____

Mailing Address Name _____

Address _____

City, State, Zip _____

Home Phone _____ 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 U. S. Swimming, Inc.; Illinois Swimming Inc.; Express Swim Team, and Community High School District 99, 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 (Coach, Parent, or Club Representative)

Date

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

Entries will not be accepted before Friday, January 15, 2016