

**LYONS Aquatics**  
**2021 TYR LYONS Pride**  
Saturday, October 9<sup>th</sup> & Sunday, October 10<sup>th</sup>, 2021  
Sanction Number: ILS1034-21

**Sanction**

By USA Swimming, Inc. & Illinois Swimming, Inc. sanction for an Open Invitational (no cut) Swim Meet. Held under the Sanction of USA Swimming.

**Entry Deadline**

Entries will not be accepted before **Thursday, September 23<sup>rd</sup>, 2021 at 8:00 AM**. Entries will close on **Friday, October 1<sup>st</sup>, 2021 at noon (12:00 PM)** or when the maximum timeline is reached. Times updates will be accepted through Monday, October 4<sup>th</sup>, 2021 at noon (12:00 PM).

**Meet Director**

Dani Ellis  
PO Box 61  
Western Springs, IL 60558  
[meetdirector@lyonsaquatics.com](mailto:meetdirector@lyonsaquatics.com)

**Entry Chair**

Joey Waldorf  
PO Box 61  
Western Springs, IL 60558  
[jwaldorf@lyonsaquatics.com](mailto:jwaldorf@lyonsaquatics.com)

**Meet Referee**

Brendan Riley  
[briley@curragh-labs.org](mailto:briley@curragh-labs.org)

**Safety Chair**

Joey Waldorf  
[jwaldorf@lyonsaquatics.com](mailto:jwaldorf@lyonsaquatics.com)

**Disclaimers**

We have taken enhanced health and safety precautions for athletes, coaches, and volunteers. You must follow all posted instructions of the facility under guidelines from Indiana Department of Health while attending this event.

An inherent risk of exposure to COVID-19 exists in any public space where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Center 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 to exposure to COVID-19.

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 this competition you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming, Illinois Swimming, LYONS Aquatics, Lyons Township High School, 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.

**COVID-19 Info**

Please see Addendum A for details on COVID-related policies and procedures.

**Pool**

Lyons Township High School South Campus  
4900 S. Willow Springs Rd., Western Springs, IL 60558

Lyons Township High School South Campus is home to a 6-lane, 50 yard pool with non-turbulent lane lines separated by a bulkhead. The competition pool ranges in depth from 12.5

feet at the start end to 7 feet at the turn end. The facility has a capacity for 640 spectators and utilizes Daktronics touch pads and scoreboard.

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

**Timing**

A fully automated Daktronics Timing System with touch pads and push-button back-ups, as well as two watches per lane will be used.

**Officials**

Certified officials, please contact Brendan Riley at [briley@curragh-labs.org](mailto:briley@curragh-labs.org).

**Volunteers**

Teams may be asked to assist with timing. Timing assignments, if needed, will be sent out via email prior to the meet and posted to the event page located at [lyonsaquatics.com](http://lyonsaquatics.com).

**Eligibility**

All current USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms may be obtained from:

Illinois Swimming  
1400 E. Touhy Ave. Suite 410  
Des Plaines, IL. 60018  
847-824-1596

Or Online at: [ilswim.org](http://ilswim.org)

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 the competition with the specific requests.

**Rules & Safety**

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

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.

Use of audio and visual recording devices, including cell phone cameras, is not allowed in changing areas, restrooms, and/or locker rooms. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries during the conduct of the event.

Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is strictly prohibited.

Competitors must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made of textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Coaches and Officials MUST display their current USAs Swimming credentials or DeckPass to gain deck access. The Meet Referee and/or Meet Director reserves the right to ask for credentials/DeckPass and/or deny deck access if any coach/official does not comply or is no longer valid/current.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling lover rooms) any time athletes, coaches, officials and/or spectators are present.

**Racing Starts**

Any swimmer entered in the meet and unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**Events**

Each swimmer may enter up to four (4) individual events and one (1) relay per day. The meet hosts reserve the right to limit any event to accommodate the timeline. Should we need to limit events, the **SLOWEST** heats will be eliminated.

**Meet Schedule**

**Session I & IV – Saturday and Sunday Morning**

Warm-ups @ 7:00 AM  
 Positive Check-in closes @ 7:40 AM  
 Session begins @ 8:00 AM

**Session II & V – Saturday and Sunday Midday**

Warm-ups @ 11:00 AM\*  
 Positive Check-in closes @ 11:40 AM\*  
 Session begins @ 12:00 PM\*

**Session III & VI – Saturday and Sunday Afternoon**

Warm-ups @ 3:00 PM\*  
 Positive Check-in closes @ 3:40 PM\*  
 Session begins @ 4:00 PM\*

\*Times subject to change dependent on morning sessions.

**Seeding**

All events will be timed final events and will be **Pre-Seeded**. All unaccompanied swimmers must report to the Meet Referee prior to warming up for the first session in which they are swimming. The Meet Referee or his designee shall instruct the swimmer in the safety rules and assign him/her warm-up lanes.

Please submit all entries in SCY only.

Events 35 & 36 and 71 & 72 will be swum FASTEST to SLOWEST.

**Entry Fees**

\$5.00 per individual event  
 \$10.00 per relay event  
 \$10.00 per swimmer surcharge – including a \$2.00 ISI surcharge

Please make checks payable to **LYONS Aquatics**. Payment must be received prior to the start of competition Saturday Morning.

**Awards**

Awards shall be given for all individual events for 1<sup>st</sup> through 6<sup>th</sup> place and 1<sup>st</sup> through 3<sup>rd</sup> place for relays.

**Scoring**

Standard scoring to 12 places will be used. Relays will not be scored. See below:

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Individual	15	13	12	11	10	9	7	5	4	3	2	1

**Entry Forms**

**EMAIL OF ENTRIES IS THE REQUIRED ENTRY METHOD**

Please send ZIPPED entry files to [jwaldorf@lyonsaquatics.com](mailto:jwaldorf@lyonsaquatics.com) by the entry deadline. Please mail hard copies, forms, and payment to the address below.

**Time Limit**

Entries will be accepted until the maximum time limit, subject to the 4-hour/10-hour rule, is reached. Entries received thereafter will be returned. Any event may be limited to accommodate the timeline at the sole discretion of the meet host.

**Coaches**

Coaches' packets will be available upon arrival. Only registered coaches, officials, and assigned volunteers will be allowed in certain areas. Coaches must be current USA Swimming Coach Members and must sign-in and present proof of current member status prior to each session.

**Meet Results**

All participating clubs will be sent official results via email following the conclusion of the meet.

**Admissions**

There is **\$5.00** admission fee per session. Psych sheets will be sent via email to coaches prior to the meet and posted to the event page located at [lyonsaquatics.com](http://lyonsaquatics.com). Heat sheets will be available via Meet Mobile and will be sent via email to coaches prior to the meet.

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**Order of Events**

*Saturday, October 9<sup>th</sup>, 2021*  
*Session I*

**Warm-up @ 7:00 AM / Meet Starts @ 8:00 AM**

Girls	Event	Boys
1	10&U 100 IM	2
3	10&U 50 Fly	4
5	10&U 100 Back	6
7	10&U 50 Breast	8
9	10&U 100 Free	10
11	10&U 200 Medley Relay	12

*Session II*

**Warm-ups @ 11:00 AM / Meet Starts @ 12:00 PM\***

Girls	Event	Boys
13	11-12 200 IM	14
15	11-12 50 Fly	16
17	11-12 100 Back	18
19	11-12 50 Breast	20
21	11-12 100 Free	22
23	11-12 400 Medley Relay	24

*Session III*

**Warm-ups @ 3:00 PM / Meet Starts @ 4:00 PM\***

Girls	Event	Boys
25	13&O 200 IM	26
27	13&O 100 Fly	28
29	13&O 100 Back	30
31	13&O 50 Free	32
33	13&O 400 Medley Relay	34
35	13&O 500 Free	36

*Sunday, October 10<sup>th</sup>, 2021*  
*Session IV*

**Warm-ups @ 7:00 AM / Meet Starts @ 8:00 AM**

Girls	Event	Boys
37	10&U 100 Fly	38
39	10&U 50 Back	40
41	10&U 100 Breast	42
43	10&U 50 Free	44
45	10&U 200 Free	46
47	10&U 200 Free Relay	48

*Session V*

**Warm-ups @ 11:00 AM / Meet Starts @ 12:00 PM\***

Girls	Event	Boys
49	11-12 200 Free	50
51	11-12 100 Fly	52
53	11-12 50 Back	54
55	11-12 100 Breast	56
57	11-12 50 Free	58
59	11-12 400 Free Relay	60

*Session VI*

**Warm-ups @ 3:00 PM / Meet Starts @ 4:00 PM\***

Girls	Event	Boys
61	13&O 200 Free	62
63	13&O 100 IM	64
65	13&O 100 Breast	66
67	13&O 100 Free	68
69	13&O 400 Free Relay	70
71	13&O 400 IM	72

## COVID POLICY ADDENDUM A

All policies and procedures will govern meet operations below and are expected to be followed by all that enter the facility. Swimmers, spectators, staff, and volunteers must read this before departing for the facility.

### Arrival & Departure

- Parking for the Event will be on the northeast side of the pool. Please park and enter through door # \_\_\_\_.
- Entrance for Athletes, Coaches and Officials will arrive 15 minutes prior to meet warm-up time.
- Any person arriving early MUST wait in vehicle until posted Entry Time.
- Any person experiencing any Covid-like symptoms including: cough, shortness of breath, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment.
- Masks are required upon entry and at all times except for athletes preparing to Race.
- Social Distancing of 6 feet or more will be expected. Swimmers will be assigned designated areas for staging before and after races.
- Hand Sanitizer will be available and encouraged for use.
- Swimmers and staff will report to designated bleacher or deck staging areas. Staff and signage will assist in specific placement for swimmers. Volunteers will be directed to back hallway area or near the computer operations room on the starting block side of the pool.
- Pick up will be in same parking lot as drop-off. Masks required at all times during the exit process.

### Deck, Restroom, and Competition

- Upon entering the pool area, Athletes will then proceed to assigned team areas. Coaches or volunteers will help guide athletes to correct spaces. These will be assigned by team.
- Coaches and Officials will remain on deck and social distance.
- Meet Volunteers will stage in the back hallway or on deck near the computer control room to be given instructions and specific placement for races. Six feet distances will be maintained during all staging times.
- Athletes must come ready to swim. This means with Racing Suit ON and Team T-Shirt. NO deck changing will be permitted. Exceptions for putting on tech suit will be granted on a case by case basis with a maximum of 6 athletes in each locker room (separate girls and boys) at a time.
- Each individual must manage their own equipment and gear. Names should be on ALL equipment. NO personal items will be shared. Each person should have a water bottle to use with name on bottle. The water bottle filler on deck is operational, water fountains are not.
- After the start of the meet, Restrooms & Locker rooms will be available for toilet use only, strictly one-at-a-time use. Coaches, Officials, & Volunteers will use the office bathrooms.
- Warm up will use all available lanes; after entry period closes teams will be assigned warm up lanes. With 8 lanes, maximum swimmers per lane will equal 5. Teams must split their warm-up time if headcounts require to maintain 5 or less per lane. The diving well lanes are limited to 3 at a time during Meet Warm-up and for continuous warm-up/cool-down during the competition.
- Coaches will summon athletes from spectator/bleacher areas in warm-up groups to maintain distancing.
- Following warm-ups, athletes will move back to bleacher area for the competition. MASKS ON!
- The announcer will assist in calling athletes to block, clerk/staging, and/or warm-up area.
- Finally, any meet equipment used by Officials and Meet Workers will be sanitized at the conclusion of the session. Again, NO sharing of equipment.

For more information about who is at high risk for severe illnesses and how to prevent contracting and/or spreading COVID-19, please go to: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

### **Safe Sport 360**

The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

§ Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

§ All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.



## SAFETY REQUIREMENTS

### WARM-UP: General Warm-up (first 30- 45 minutes)

- a. **NO DIVING** is allowed from the blocks or the edge of the 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.
- b. No sprinting or pace work is allowed during this general warm-up session.
- c. Entry into pool is only permitted from starting end of pool, unless noted otherwise by the Meet Director and Meet Referee.

### Specific Warm-up (last 30-45 minutes)

- d. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING**.
- e. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- f. **General Warm-up Lanes** - **NO DIVING**. Circle swim only.
  - g. 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

### 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.

### 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
- d. Guidelines and Warm-up Procedures will be in affect at this meet."
  - e. 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.
  - f. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

### 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: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on the 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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Summary of Fees:

10 & Under	No. of Entries: _____ X \$5.00 = _____
11-12	No. of Entries: _____ X \$5.00 = _____
13 & Over	No. of Entries: _____ X \$5.00 = _____
Relays	No. of Entries: _____ X \$10.00 = _____
Athlete Surcharge	No. of Athletes: _____ X \$10.00 = _____

Name of Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Names of Coaches Attending: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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 US Swimming, Inc; Illinois Swimming, Inc; Lyons Aquatics; Lyons Township High School; High School District #204; their representatives, directors, officers, 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)

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

Entries will not be accepted before **Monday, September 23<sup>rd</sup>, 2021 at 8:00 AM**