



SCST/SPEEDO
8 & Under Classic

December 8, 2019

Sanction # ILS19-1207

Meet Directors	Entry Chairperson	Meet Referee
Colleen Deutmeyer 1050 Dunham Road St. Charles, IL 60174 meetdirector@stcswim.com	Jon Cabel 1050 Dunham Road St. Charles IL 60174 swim@stcswim.com	Jack Yetter Yetter96@gmail.com Admin:

Location: **St. Charles North High School;** 255 Red Gate Road, St. Charles, Illinois 60175

Pool: Indoor 8 lane 25 yard pool. The competition pool ranges in depth from 12 ft. deep at the start end to 4 ft. deep at the turn end. The pool has Kiefer lane lines and a Daktronics timing system with 8-lane time display board. Beep horn systems with strobes will be used.

Meet Schedule: Sunday, December 8, 2019
Warm-ups: 8:00 a.m.
Meet Start: 9:00 a.m.

Check-In: **THIS MEET WILL BE PRE-SEEDED. THIS IS NOT A POSITIVE CHECK-IN MEET.**
Eligibility: Only USA Swimming, Inc. 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 can be obtained from ISI: www.ilswim.org. A swimmers age for the meet is his/her age as of the first date of the meet shall determine their age for the meet.

Entries, Forms and Fees: Enter swimmers at their short course yard times. "No times" will be accepted. All entries shall comply with current 2019 USA Swimming and ISI rules. Current 2019/2020 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. All entries must be submitted from a USA Swimming certified coach.

All entries must be submitted on the St. Charles Invitational entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You may e-mail entries to Jon Cabel at swim@stcswim.com. Please send the following complete information:

- 1) A paper copy of your entry (and diskette, if file is not e-mailed);
- 2) Signed release form;
- 3) Payment for meet.

Entry fees are \$5.00 for each individual event and \$10.00 per relay entry. A \$2.00 surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Aquatics**. Any deck entries accepted will require a \$10 per event fee to be paid at the time of entry.

Disabled Swimmers: 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.

Seeding: Enter swimmers at their short course yard times to assure proper seeding. Upgrading of a swimmer's time will not be allowed after the entry deadline.



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- Entry Limit:** Each individual may enter 4 events and two relays.
- Entry Deadline:** Entries will not be accepted before **Friday, October 25, 2019 at 8:00 am**. We will accept entries until the timeline reaches capacity. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self-addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.
- Awards:** Awards for individual events will be given for places 1 through 16 for 8 year old, 7 year olds and 6 & under age groups. Awards for relays will be given for places 1 through 3.
- Results:** Results will be posted as the meet progresses. Results will be emailed following the meet. A hard copy will be mailed upon request. Meet Mobile will be active through the event, subject to internet availability.
- Coaches:** A Coach's packet will be available to all club coaches with swimmers entered in the meet. You must present your USA coaches registration card to receive the packet. The Coach's packet will be available from the Meet Directors on the pool deck. Please have credentials available at all times on deck.
- Officials:** USA Swimming officials who would like to work the meet should contact the Meet Referee. Officials must present current USA swimming credentials showing background check and athlete protection at the time they sign-in. An Official's meeting will be held 40 minutes before each session's scheduled start time.
- 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.
- Security:** All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Only USA Swimming registered Coaches and Officials will be allowed on deck, and registration cards must be displayed while on deck. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. All questions concerning the meet after the start of the meet should be directed to the meet referee.
- 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.
- Code of Conduct:** The St. Charles Swim Team will strictly enforce the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation will result in ejection from the meet.
- Deck Changing:** 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.
- Parking:** Enter through Door 1 at the north end of the building. Parking is available in the adjacent lot.



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Concessions: Food and beverages will be available for sale at the concessions table. A hospitality table will be available for officials and coaches.

Admissions: An admission fee will be charged. A heat sheet will be available at the start of the meet. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet.

Timers: Any team with more than five swimmers in a session will have an assigned lane to time for that session. Timers will receive a free heat sheet for that session. Coaches will be notified of lane assignments prior to the meet.

Safety Requirements: 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 procedures:

1. General Warm-up (first 30-45 minutes)
 - a. 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.
 - b. No sprinting or pace work allowed during this general warm-up session.
 - c. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
2. Specific Warm-up (last 30-45 minutes, at discretion of the meet referee)
 - a. Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. NO DIVING.
 - b. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One way swimming only)
 - c. General Warm-up Lanes - NO DIVING. Circle swim only.
 - d. 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

Safety Guidelines:

1. Coaches Responsibilities
 - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply.
 - b. Coaches shall actively supervise their swimmers throughout the warm-up session.
2. Host Team Responsibilities
 - a. Marshals
 - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet



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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.

3. Miscellaneous:

- a. Backstroker's 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.



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ORDER OF EVENTS

Girls	Event	Boys
1	50 Freestyle	2
3	100 Medley Relay	4
5	25 Butterfly	6
7	25 Backstroke	8
9	25 Breaststroke	10
11	25 Freestyle	12
13	100 IM	14
15	100 Free Relay	16



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Entry Chair: Jon Cabel, 1050 Dunham Road, IL 60174 swim@stcswim.com

8 & Under Girls # of Entries _____ @ \$5.00 each = \$ _____

Boys # of Entries _____ @ \$5.00 each = \$ _____

Total # of Swimmers Attending: _____ @ \$2.00 each = \$ _____

Total # of Relays Entered: _____ @ \$10.00 each = \$ _____

Grand total= \$ _____

Name of Club _____ Club Initials _____

Names of coaches attending meet:

Mailing Address: Name _____ Address _____

City, State, Zip _____

Home _____ Work _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., St. Charles Swim Team, St. Charles Aquatics, and St. Charles North High School, 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 entered in this meet are duly and currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

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



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St. Charles North High School

255 Red Gate Road, St. Charles, IL 60175

Route 64

Route 64 Route 31. North on Rt. 31 to Red Gate Road. West on Red Gate to St. Charles North Entrance.

East - West Tollway

1-88 East - West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Rt. 31. North on Rt. 31 to Red Gate Road. West on red Gate to St. Charles North Entrance.

1-90 Northwest Tollway

1-90 Northwest Tollway to Route 31. South on Rt. 31 to Red Gate Road

Please visit www.st-charles.il.us for hotel information.

