

19th Annual Lincoln-Way Swim Association Holiday Splash A-B-C Meet December 13-15, 2019

SANCTION: By United States Swimming and Illinois Swimming, Inc.
Sanction Number: ILS19-1208

LOCATION: Lincoln-Way Central High School
U.S. Rt. 30 & Schoolhouse Road, New Lenox, IL 60451

FACILITY: Six lane, 25 yd. Competition pool. Starting area 14 ft depth. 6 lane, 25 yd cool down pool will be available to swimmers. Seating capacity for 800+ spectators. Fully automatic Colorado timing system with touchpads, button backup and 6 lane electronic scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

MEET DIRECTOR: Mark Hoffer 708-800-4139 **ENTRY CHAIRMAN:** Mark Hoffer coachmark@lwsagators.org

MEET REFEREE: Don Fritz

SAFETY COORDINATOR: Ryan Counihan

MEET SCHEDULE: Friday session Warmup 5:30 pm Meet start: 6:15 pm
Sat & Sun AM session: Warmup 7:00 am Meet start: 8:00 am
Sat & Sun Mid day and PM sessions: Warmup immediately after prior session
Meet starts 45 minutes after warmup start

RULES & SAFETY: All current USA Swimming & ISI Rules & Regulations apply. ISI & USA Swimming safety rules will be strictly enforced.

TIME FINALS: All events will be deck seeded timed finals. Heats will be arranged slowest to fastest, according to seed times submitted. Swimmers reporting late for their events will be placed in the slowest heats, if possible.

ELIGIBILITY: All USA Swimming Registered Swimmers are eligible. All USA Swimming and ISI rules apply including ISI safety rules which will be strictly enforced. 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 in 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. All swimmers must be registered prior to entry deadline. Swimmer's age as of December 13, 2019 will determine their age for the meet.

USA SWIMMING INC. MEMBERSHIP: Insurance regulations require that all swimmers & officials be current members of USA Swimming & must continuously display their USA Member registration card at all times while on deck. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches & officials who are not current members of USA Swimming may not participate in the meet or be on deck.

CONDUCT: The use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the 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. 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.

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.

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POSITIVE CHECK IN: This meet will be a positive check in meet. Swimmers must check in at the clerk of the course 30 minutes prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets.

EVENTS: FINA starting procedures & rules (whistle commands & no recall) will be in effect for this meet. In accordance with USA Swimming Rules: Articles 105 & 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.

ENTRY LIMITATIONS: All swimmers may enter a total of 4 individual events per day. Current registration number, age, first name, middle initial, & last name must appear on all entry blanks. DECK ENTRIES WILL NOT BE PERMITTED. NOTE: Due to time constraints, Friday freestyle events may be limited to the fastest 3 heats of swimmers present.

ENTRY FEES: \$5.00 per individual event \$4.00 per swimmer ISI and facility surcharge.
Make checks payable to **LINCOLN-WAY SWIM ASSOCIATION**
Payment should be received no later than the final entry deadline.

ENTRY DEADLINE: Entries will not be accepted before 8:00 am Central Standard time on Friday, November 8, 2019. No entries will be accepted after 5:00 pm Monday, December 2, 2019. E-mail entries are the accepted method of entering this meet.

MAIL PAYMENT TO: Mark Hoffer
8651 W. 96th St.
Palos Hills, IL 60465

E-MAIL ENTRIES TO: coachmark@lwsagators.org

ENTRY FORMS: This is a Hy-Tek Meet Manager software managed meet. Any teams who do not submit their entries electronically will NOT be accepted. The enclosed Summary of Fees Statement must be completed and the release form signed. These must be returned together with your payment check. Failure to do so shall be sufficient grounds for refusal of the entry. Submit best short course yard times.

AWARDS: All individual events A 1st - 6th place - Medals
B 1st - 6th place - Rosette ribbons
C 1st - 6th place - Large straight ribbons

High point trophy to the top 3 scoring boys & girls in each age group with the exception of Senior boys.

Team trophy for 1st thru 3rd place.

Scoring is for "A" events only Individual - 7-5-4-3-2-1

All swimmers will be scored & awarded on their final times, not seed times.

MEET RESULTS: Results will be emailed to all clubs represented.

ADMISSION: \$5.00 per day

HEAT SHEETS: \$10.00 All sessions or \$3.00 per session

CONCESSIONS: Refreshments will be available on all days. A dining area will be set up near the entrance to the pool and bleacher area. This will be the only area that food and drink will be allowed. Coolers will be required to be checked in at this area. A complete line of swimmer apparel and accessories will be provided for sale to your swimmers.

PARKING & ENTRANCE AREA: Please use the doors on the NORTH side of the building, located at the back of the main building. Parking is available on the NORTH & WEST side of the building.

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CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

A. 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)
 - 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 length only)
 - c. **General Warm-up Lanes - NO DIVING.** Circle swim only.
 - d. 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

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 timechanges 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. 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 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. Effective: November 3, 2004

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Complete form and mail with check payable to:

LINCOLN-WAY SWIM ASSOCIATION
c/o Mark Hoffer
8651 W. 96th St.
Palos Hills, IL 60465
Email: coachmark@lwsagators.org

SUMMARY OF FEES

8 & U # of swimmers _____	# of entries _____ @ \$5.00 each =	\$ _____
10 & U # of swimmers _____	# of entries _____ @ \$5.00 each =	\$ _____
11-12 # of swimmers _____	# of entries _____ @ \$5.00 each =	\$ _____
13 -14 # of swimmers _____	# of entries _____ @ \$5.00 each =	\$ _____
Senior of swimmers _____	# of entries _____ @ \$5.00 each =	\$ _____
Total # of swimmers _____	(surcharge) @ \$4.00 each =	\$ _____

TOTAL FEES = \$ _____

NAME OF CLUB _____

CLUB CODE FOR HEAT SHEET _____ USS AFFLIATION _____

COMPLETE MAILING ADDRESS: _____ (Name of LSC)

CITY, STATE, ZIP _____ HOME PHONE (_____) _____

NAME(S) OF COACHES ATTENDING MEET _____

In consideration of the acceptance of this entry, I intend to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Lincoln-Way Swim Association, Lincoln-Way High School District 210, 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 the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Coach, Club Representative or Parent) _____

_____ TITLE _____ DATE _____

THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.
ENTRIES, CHECK, AND THIS FORM MUST BE RECEIVED NO LATER THAN MONDAY, DECEMBER 2 2019.

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FRIDAY -- Warmup 5:30 PM Meet 6:15 PM			
GIRLS		BOYS	
1	8&U	100 IM	2
3	10&U	100 IM	4
5	11-12	100 IM	6
7	13-14	200 IM	8
9	15 & over	200 IM	10
11	8&U	100 Free	12
13	10&U	200 Free	14
15	11-12	500 Free	16
17	13-14	500 Free	18
19	15 & over	500 Free	20
SATURDAY AM – Warmup 7:00 AM Meet 8:00 AM			
GIRLS		BOYS	
--	13-14	50 Free	21
22	10&U	100 Free	23
--	13-14	200 Back	24
25	10&U	50 Back	26
--	13-14	100 Fly	27
28	10&U	100 Fly	29
--	13-14	200 Breast	30
31	10&U	50 Breast	32
--	13-14	100 Free	33
SATURDAY MID DAY – Warmup TBA MEET 45 minutes after Warmup start			
GIRLS		BOYS	
34	13-14	50 Free	--
35	8&U	25 Free	36
37	Senior	100 Back	38
39	13-14	200 Back	--
40	8&U	50 Back	41
42	Senior	200 Breast	43
44	13-14	200 Breast	--
45	8&U	25 Breast	46
47	Senior	100 Fly	48
49	13-14	100 Fly	--
50	Senior	200 Free	51
52	13-14	100 Free	--
SATURDAY PM – Warmup TBA MEET 45 minutes after Warmup start			
GIRLS		BOYS	
53	11-12	100 Free	54
55	11-12	100 Back	56
57	11-12	50 Breast	58
59	11-12	100 Fly	60
61	11-12	50 free	62

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SUNDAY AM – Warmup 7:00AM MEET 8:00AM			
GIRLS		BOYS	
63	10&U	100 Back	64
--	13-14	100 Back	65
66	10&U	50 Fly	67
--	13-14	200 Fly	68
69	10&U	100 Breast	70
--	13-14	100 Breast	71
72	10&U	50 Free	73
--	13-14	200 Free	74
SUNDAY MID DAY – Warmup TBA MEET 45 minutes after Warmup start			
GIRLS		BOYS	
75	Senior	50 Free	76
77	8&U	50 Free	78
79	13-14	100 Back	--
80	Senior	200 Back	81
82	8&U	25 Back	83
84	Senior	100 Breast	85
86	13-14	100 Breast	--
87	8&U	25 Fly	88
89	Senior	200 Fly	90
91	13-14	200 Fly	--
92	Senior	100 Free	93
94	13-14	200 Free	--
SUNDAY PM – Warmup TBA MEET 45 minutes after Warmup start			
GIRLS		BOYS	
95	11-12	200 Free	96
97	11-12	50 Back	98
99	11-12	100 Breast	100
101	11-12	50 Fly	102