

**Barrington Swim Club**  
***Suzy Gavars Memorial Meet***  
November 19-21, 2021



**Barrington Swim Club**  
**Barrington, Illinois**

*Sanctioned by USA Swimming, Inc.*  
*Sanction no. ILS1126*

**Entry Deadline:**  
**Friday, November 5th, 2021**

**Barrington Swim Club**  
**Suzy Gavars Memorial Meet**  
**November 19-21, 2021**

**Sanction:** Sanctioned by USA Swimming, Inc. Sanction Number

**Meet Director**  
**Paul Reader**  
Paulr@swimbsc.org

**Entry Chairperson**  
Rob Emary  
134 Raymond Avenue  
Barrington, IL 60010  
[coachrob@swimbsc.org](mailto:coachrob@swimbsc.org)

**Safety Chairperson**  
IDPH Compliance  
Rob Emary  
**Meet Referee**  
Ann Widdowson  
[widsona@gmail.com](mailto:widsona@gmail.com),

Admin Official  
**Jenna Lee**  
[Jenna.lee33@gmail.com](mailto:Jenna.lee33@gmail.com)

**Format:** Timed Finals  
Positive check in for all sessions.

**Friday PM (Session 1)**

Warm Ups	5:00pm
Meet Start	6:00pm

**Saturday and Sunday AM (Sessions 2 & 4)**

Warm Ups	7:00am
Meet Start	8:00am

**Saturday and Sunday (Session 3 and 5)**

Warm Ups	12:00PM
Meet Start	1:00PM

**Sunday (Session 6 )**

Meet Start 20Min after the conclusion of Session 5

**Location:** Barrington High School Natatorium  
616 W. Main Street/Lake Cook Road and Hart Road  
Barrington, IL 60010  
(847) 842-3261  
On Lake-Cook Road (Main Street in Barrington), third light west of Rt.  
59 (Hough Street in Barrington).

**Facility:** The Barrington High School indoor pool has ten lanes, twenty-five yards, with 29” permanent starting blocks and non-turbulent lane markers. Seating capacity for 600 spectators. Fully automatic Colorado timing system with touch pads and a 10-lane Myriad electronic scoreboard. The pool depth is greater than 72 inches and conforms to USA standards. The competition course has not been certified in accordance with 104.2.2C.

**Rules and Safety:** 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.

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. USA Swimming Rule 202.3.4 Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

#### **Covid-19 Safety**

**We have taken enhanced health and safety measures- for your team and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers 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 in exposure to COVID-19.**

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

**According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable.**

**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.**

#### **Entrance/Exit and Staging Procedures**

**All athletes will enter through door 30 and be staged and socially distanced in the balcony areas during the meet. All athletes will wear masks at all times except when in the water swimming. All athletes will stage in three heat groups. Heat 1 behind the blocks. Heat 2--6' behind in the squares. Heat 3—North Side squares. Heat4—Office end Squares. All athletes will exit the facility through door 28 or 28 on the west end of the pool.**

#### **Spectators and Occupancy Limits**

**Spectators will or will not be allowed in accordance with IDPH Guidelines**

**The number of athletes, volunteers, coaches and officials will be limited by current IDPH Guidelines**

#### **Lock Room/Rest Room Usage**

**The locker rooms are closed and will be unavailable for usage will be in accordance with current IDPH guidelines**

**Athletes may use the Staff Women's and Men's rest rooms as needed.**

**BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING 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.**

**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.

**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 Avenue, Suite 410 Des Plaines, IL 60018 or 847-824-1596. A swimmer's age as of November 19, 2021 will determine their age for the meet.

**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 provide proof of USA Coach Member registration.

**Officials:**

All officials who wish to work this meet should contact Ann Widdowson at [widsona@gmail.com](mailto:widsona@gmail.com). All officials will be assigned sessions and positions prior to the meet and a remote zoom officials meeting will take place on Thursday November 18th.

**Entry Deadline:**

We will begin accepting entries on October 22<sup>nd</sup> at 8AM. Please note that all entries are due no later than Friday, November 5th, 2021. Hand deliveries will only be accepted from a nationally recognized courier service or the U.S. Postal Service. E-Mail entries will be accepted with proper confirming documents and payment within 48 hours.

**Entries:**

Entries are limited to two events on Friday and four events per day, Saturday and Sunday. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.

The Summary of Fees statement must be completed and the Release form signed for all entries. This must be received within 48 hours of submission of e-mail entries. Failure to do so shall be sufficient grounds for refusal of the entry.

BSC will be using Hytek Meet Manager 7.0 for Windows. Entries must be submitted by electronic mail using the appropriate BSC order of events. A print out of the entry must accompany the submission. Entries with 5 or less swimmers can be submitted on the enclosed entry form or copy.

- Entry Fees:** The entry fee is \$5.00 for each individual event entry. Entry fees must accompany entries. A surcharge of \$5.00 per swimmer (\$2.00 ISI surcharge and \$3.00 Facility surcharge). Please make checks payable to Barrington Swim Club.
- Entry Limitations:** Deck entries will not be allowed at the meet.
- Entry Verification:** If you desire verification of entries received, include a stamped self-addressed postal card with your entries.
- Events:** 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. And Article 202.3.3, 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.
- Positive Check In:** All sessions will be pre-seeded, except the 1650 which will be a positive check in event.
- Scoring:** Point distribution for individual events is as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.
- Seeding:** All events will be timed finals from slowest to fastest, with the exception of the 1650 Freestyle events. These events will be swum fastest to slowest alternating women and men. Short course yard times should be submitted for entry purposes.
- Awards:** Ribbons will be awarded for swimmers places 1-8. There will be no awards for 13 & Over participants.
- We request that coaches pick up awards immediately following the meet. Awards will not be mailed to participating teams.
- Admissions:** **There will be spectators allowed at this meet. Admissions will be \$6/session**
- Volunteers:** Volunteer timers will be needed for each session based on the number of lanes used at the meet. 1 Timer per lane.

**Concessions:** Food and beverages will be served in the Giddy Up Café, located in the viewing gallery.

**Meet Results:** Will be available on Meet Mobile during the meet.

## Order of Events

<b>SESSION 1</b>		
Women	Event	Men
1	10 & Under 200 IM	2
3	11-12 200 IM	4
5	Open 400 IM	6
7	12&U 500 Free	8
9	13 & Over 500 Free	10

<b>SESSION 2</b>		
Women	Event	Men
11	11-12 100 IM	12
13	9-10 100 IM	14
15	11-12 50 Breast	16
17	9-10 50 Breast	18
19	11-12 100 Free	20
21	9-10 100 Free	22
23	11-12 50 Fly	24
25	9-10 50 Fly	26
27	11-12 50 Back	28
29	9-10 50 Back	30

<b>SESSION 3</b>		
Women	Event	Men
31	Open 100 Fly	32
33	8 & Under 50 Fly	34
35	Open 200 Breast	36
37	8 & Under 25 Breast	38
39	Open 100 Free	40
41	8 & Under 50 Free	42
43	Open 100 Back	44
45	8 & Under 25 Back	46
47	Open 200 IM	48

<b>SESSION 4</b>		
Women	Event	Men
49	12&U 200 Free	50
51	9-10 100 Fly	52
53	11-12 100 Fly	54
55	9-10 50 Free	56
57	11-12 50 Free	58
59	9-10 100 Breast	60
61	11-12 100 Breast	62
63	9-10 100 Back	64
65	11-12 100 Back	66

<b>SESSION 5</b>		
Women	Event	Men
67	8 & Under 100 IM	68
69	Open 200 Free	70
71	8 & Under 25 Fly	72
73	Open 100 Breast	74
75	8 & Under 50 Breast	76
77	Open 50 Free	78
79	8 & Under 25 Free	80
81	Open 200 Fly	82
83	8 & Under 50 Back	84
85	Open 200 Back	86

<b>SESSION 6</b>		
Event 87 Mixed Open 1650 Free		

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USA Sanction no. ILS1126  
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**COMPLETE THIS FORM AND MAIL WITH ENTRY FORM AND YOUR  
CHECK PAYABLE TO:**

Barrington Swim Club  
c/o Rob Emary  
134 Raymond Drive  
Barrington, IL 60010

**SUMMARY OF FEES**

	Number of Entries	Cost per Entry	Total
8 & Under			
9-10			
11-12			
13 & Over			
Total # of entries		\$5.00	
Total # of swimmers (ISI surcharge)		\$2.00	
Total # of swimmers (Facility surcharge)		\$3.00	
<b>TOTAL FEES --&gt;</b>			

Name of Club or unattached: \_\_\_\_\_

Club Code for Heat Sheet: \_\_\_\_\_

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

Phone \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name(s) of coaches attending meet: \_\_\_\_\_

In consideration of acceptance of this entry, I, intending 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, Inc., the Barrington Swim Club, the Barrington High School and School District 220, 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 event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Coach, club representative, or parent)

Name \_\_\_\_\_ Title \_\_\_\_\_ Date \_\_\_\_\_

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted.



# CONTROLLED MEET WARM-UP AND SAFETY GUIDELINES

## 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
1&10	3&9	2,4,5,6,7,8

## 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 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. 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.