WEST SWIM CLUB
DIVE INTO SUMMER LONG COURSE SWIM MEET
May 19 & 20, 2018

Sanctioned by USA Swimming, Inc. Sanction Number: SANCTION #ILL18-0504

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

MEET ENTRY CHAIR: Adam A. Cremieux  cell: (708) 214-6575
7580 S Quincy Street
Willowbrook, IL 60527
e-mail: coachadam@westswimclub.com

MEET DIRECTOR(S): Kerstin Clark  e-mail: clarkandco@icloud.com
Gaby Jovanovic  gjovanovic93@gmail.com

MEET REFEREE: Brian Keating  e-mail: brian.keating13@gmail.com

SAFETY DIRECTOR: Scott Erdman

IMPORTANT DATES: Meet Entries Accepted: Monday, April 23, 2018 at 8:00 am
Paperwork Received: Monday, May 7, 2018 by 6:00 pm

HOST TEAM: WEST Swim Club, Inc. (www.westswim.com)

FORMAT: This is USA Sanctioned Open Meet with the following non-standard age categories for girls and boys 10 & Under, 11-12, and Open (in which the 13-14 age group will compete in). All events will be Positive Check-In, Timed Finals.

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. Flyover starts will be used for all events other than backstroke events.

In accordance with USA Swimming Rules (Article 105), 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.

SANCTION: The meet is sanctioned under Illinois Swimming Inc. Sanction #ILL18-0504, Illinois Swimming Incorporated (ISI). USA Swimming rules shall prevail at this meet.
LOCATION: University of Illinois at Chicago (UIC)
839 West Roosevelt Road
Chicago, Illinois 60608-1516

The pool is located just under one half mile east of I-90/94 on Roosevelt Road, near downtown Chicago.

FACILITY: Eight (8) lane, 50-meter competition pool with starting blocks at the deep end. The start end of the pool is 12’ (going up to 16’ 0”) deep and the turn end of the pool is 3’6” deep. Lanes are separated by 6” Wave Eater Advantage anti-wave, non-turbulent lane lines. Touch pads and an electronic timing system will be used at both the shallow and deep ends of the pool. Each lane will also have a push button back-up system and a third back-up of at least two (2) timers using electronic watches. The touchpads will be Colorado Aquagrips non-slip. The timing system is a Daktronics OmniSport® 2000 with an eight (8) lane electronic readout scoreboard.

Seating is available for 1,200 spectators. Secure parking is available in the lot across from the pool (North of Roosevelt Road). Please use the Morgan Street entrance to the lot. On-street parking is discouraged. UIC Parking Facilities sets the price for parking in the lot.

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

MEET SCHEDULE:

The following schedule applies to both Saturday and Sunday:

<table>
<thead>
<tr>
<th></th>
<th>Morning Sessions I and III: 10 &amp; Under, 11-12</th>
<th>Afternoon Sessions II and IV: Open (including 13-14)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-Ups Start</td>
<td>8:00 AM</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Positive Check-In Closes</td>
<td>8:20 AM</td>
<td>1:20 PM</td>
</tr>
<tr>
<td>Warm-Ups End</td>
<td>8:50 AM</td>
<td>1:50 PM</td>
</tr>
<tr>
<td>Session Starts</td>
<td>9:00 AM</td>
<td>2:00 PM</td>
</tr>
</tbody>
</table>

The first event for the afternoon sessions will start ONE hour after the completion of the preceding session, but not before the scheduled start time.

ELIGIBILITY: All swimmers must be currently registered with USA Swimming (prior to the entry deadline), and their USA Swimming identification numbers must be included on the entry forms. Entries listed as “Registration applied for” will not be accepted. Out-of-state entrants should be prepared to show their identification cards to the Clerk of Course upon request. A swimmer’s age as of Saturday, May 19, 2018 determines their age group eligibility for the meet.
USA Swimming Registration forms can be obtained from:

Illinois Swimming, Inc.
1400 E. Touhy Avenue, Suite 410
Des Plaines, IL 60018
Phone: (847) 824-1596
Fax: (847) 824-1726

USA SWIMMING, INC MEMBERSHIP: Insurance regulations require that all swimmers, judges, starters, and referees be current members 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 current registration at all sessions of this meet.

ENTRIES: All entry times shall have been achieved in sanctioned/approved USA Swimming competitions or shall have been observed swims in accordance with USA Swimming rules. All teams are required to send an entry file compatible with Hy-Tek Meet Manager to:

Adam Cremieux
WEST Swim Club
7580 S Quincy Street
Willowbrook, IL 60527
coachadam@westswimclub.com

No handwritten entries will be accepted. Each swimmer must be entered with full name (last name first), age, and USA Swimming Registration Number on the entry. All times must be completed to the hundredth of a second.

IMPORTANT! Attached summary sheet, waiver & release form, and entry fees must be mailed to WEST Swim Club 7580 S Quincy Street, Willowbrook, IL 60527 by May 7, 2018. No team entry will be split.

ENTRY DEADLINE: Entries will not be accepted before 8:00 AM, Monday, April 23, 2018. WEST Swim Club will not be responsible for undelivered or misdelivered e-mail entries. WEST will send an e-mail confirming receipt (which the sending Club should print out as evidence of delivery). Failure to submit all required forms and payment within the period mandated above shall be sufficient cause to refuse the entry. Please send e-mail entries by attaching the appropriate Hy-Tek file to coachadam@westswimclub.com. NO HAND DELIVERED ENTRIES WILL BE ACCEPTED.

Entries will be accepted in the order received, on a first come, first entered basis. WEST Swim club reserves the right to refuse any entries received prior to the opening of the entry acceptance period listed above.
The deadline for entries to be received is 6:00 PM, Monday, May 7, 2018. No telephone entries will be accepted. Teams not accepted will have their entries returned as soon as possible, definitely within seven (7) days of receipt.

ENTRY UPDATES, MODIFICATIONS, OR ADDITIONS: Once an entry has been submitted and accepted, all swimmers will be entered into the meet and any deletions must be handled through the scratch process described below. All other entry changes must be received by 1:00 PM, Monday, May 14, 2018.

Any electronic data files submitted after the initial entry must be clearly labeled to describe the changes included. The updated Hy-Tek file will be added to the original entry file you submitted, allowing you to update information, modify swimmers’ times, or add additional entries (at the discretion of WEST Swim Club). As with the original entries, additions will be handled on a first come, first entered basis.

All requests for entry changes of any type must be submitted by the swimmer’s coach, via e-mail. Requests from parents or swimmers will not be honored, except for an unattached swimmer’s parent acting in the role of coach.

ENTRY LIMITATIONS: Deck entries will not be allowed. Swimmers are limited to three (3) individual events and one (1) relay per day.

Relays may be limited or scratched to accommodate the four (4) hour timeline rule. WEST reserves the right to add additional heats to the meet if time permits.

ENTRY FEES:

- $5.00 per individual event entry
- $12.00 per relay entry
- $2.00 per swimmer ISI surcharge
- $10.00 per swimmer facility charge

Please make entry fee checks payable to WEST Swim Club.

ENTRY CONFIRMATION: A listing of each team’s entered swimmers, their events, and the pre-scratch rankings in such events will be e-mailed the Monday prior to the meet. If you provide an e-mail address with your entry, you will receive your listing via e-mail. All team entries will be posted on our web site at http://www.westswim.com.

SEEDING: All events will be timed finals, swum from slowest to fastest. We request that all entries be submitted in Long Course Meters (LCM) times.

POSITIVE CHECK-IN: All events will be Positive Check-In, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 40 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from
all events that day. Swimmers missing the deadline for Positive Check-In, will only be placed in an event if and wherever any openings may occur, regardless of their original seed time. All swimmers are expected to report for their events on time. The meet will NOT stop to allow a swimmer time to get to their event if not present.

**SCRATCH PROCEDURES:** There will be no penalty assessed to any swimmer, who after Positive Check-In closes, misses their event.

**RELAY CHECK-IN:** Coaches are required to check-in their team’s relays and identify their swimmers, 30 minutes after the start of the session in which the relay is to be conducted and positively indicate their intention to swim with the Clerk of Course. Note that all swimmers must be entered in at least one (1) individual event to be eligible to swim in a relay. Seeding for the relay events shall occur after the conclusion of the Relay Check-In period.

**BULLPEN:** There will be no bullpen for this meet. Swimmers shall be responsible for promptly reporting to the blocks. A Clerk of Course will be on deck to assist the 10 & Under swimmers. Heat and lane assignments for all swimmers will be posted in a visible location on the pool deck.

**WARM-UP PROCEDURES & SAFETY INFORMATION:** See Pages 10 and 11 of this document.

During general warm-ups, **NO DIVING** is allowed from the blocks or from 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. Swimmers must enter the pool feet first in a cautious manner. No sprinting or pace work is allowed during the general warm-up session. Entry into the pool from the starting end of the pool only unless noted otherwise by the meet director and meet referee. Circle swimming only.

**SWIMMER SUPERVISION:** Each team or coach is responsible for the supervision of their swimmers. No Smoking is allowed in any area of the swimming facility or facility grounds. The Meet Referee, WEST Swim Club, and the facility management reserve the right to remove any person from the meet for entering an unauthorized area, for displaying unsportsmanlike conduct, or for any other reason deemed relevant in the sole discretion of the above parties.

**MARSHALLING:** A minimum of two (2) marshals appointed by the Meet Referee shall attend all warm-up sessions to enforce Warm-Up procedures. Marshals shall be current members of USA Swimming. At all times during the meet, marshals shall have authority to maintain order, in accordance with their role described in section 102.18 of the USA Swimming rules.

**TIMERS & OFFICIALS:** All teams with twelve (12) or more swimmers entered in the meet may be required to provide timers to work during meet sessions. WEST Swim Club will provide at least eight (8) timers for each of the meet sessions. If attending teams are required to provide timers, session and lane assignments for each team will be posted on the WEST Dive Into Summer page at www.westswim.com.
Any current USA Swimming officials from your team who would be able to work at this meet should contact the Meet Referee in advance of the meet. Any assistance is greatly appreciated by WEST Swim Club and ALL of the swimmers attending the meet.

ADMISSIONS: Admission will be charged at a cost of $8.00 per day. There will be no charge for children 12 and under or for athletes participating in the meet.

HEAT SHEETS: Heat sheets will be available on Meet Mobile for free and there will be hard copies for purchase at the admissions table for $1.00 per session.

SCORING: Scoring in both individual and relay events is for Places 1 through 16. The scoring shall be as follows:

- **Individual event scoring:** 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.
- **Relay event scoring:** 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2.

In relay events, a team may place with as many relays as they enter. However, no team may score points for more than three (3) entries in any relay event.

INDIVIDUAL AWARDS: All awards will be based on timed final results. Awards will be given for 1st through 8th place for all 10 & Under and 11-12 individual events. No awards will be given to Open swimmers. Awards must be picked up by a coach or a team representative at the conclusion of the meet.

CONCESSIONS: WEST Swim Club prides itself on the quality and variety of its concessions. A delicious assortment of food and refreshments will be available for purchase at all sessions. Personal coolers will NOT be allowed in the immediate pool area or in the spectator area. However, a designated area will be provided for them. We ask that parents and swimmers help to maintain the cleanliness of the facility and assist in picking up their area before leaving and in disposing of any garbage.

MEET RESULTS: Results will be posted on the host team’s website at www.westswim.com (Dive Into Summer page) as soon as possible after the meet. One (1) copy of the meet results will be sent via e-mail to each club participating in the meet. Coaches who request results on a diskette or USB Drive must provide their own. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming time standards.

SPECTATORS: Swimmers and parents are only allowed in the pool area and the adjacent lobby. Anyone entering other areas of the building is subject to be ejected from the meet.

HANDICAP ACCESS: The facilities at UIC provide handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or
special needs swimmers are asked to include a short notification of such along with their entry and to notify the Meet Director and/or Meet Referee upon arrival at the meet.

**ADDITIONAL INFORMATION:** The WEST Swim Club requires that all guest teams follow the rules and code of conduct of UIC with respect to property, conduct, and safety. Any unacceptable conduct may result in ejection from the meet with no refund for admission or entry fees.

Only swimmers, meet officials, USA Swimming member coaches, and timers will be allowed on deck. All teams are expected to provide a monitor(s) to supervise their swimmers in the team area.

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.
WEST SWIM CLUB
DIVE INTO SUMMER LONG COURSE SWIM MEET
UNIVERSITY OF ILLINOIS AT CHICAGO
May 19-20, 2018
ORDER OF EVENTS & MEET SCHEDULE

SESSION I
SATURDAY MORNING

<table>
<thead>
<tr>
<th>Girls</th>
<th>Events</th>
<th>Boys</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>11-12 50M Free</td>
<td>2</td>
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<tr>
<td>3</td>
<td>10 &amp; U 50M Free</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>11-12 100M Back</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>10 &amp; U 100M Back</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>11-12 50M Breast</td>
<td>10</td>
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<tr>
<td>11</td>
<td>10 &amp; U 50M Breast</td>
<td>12</td>
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<tr>
<td>13</td>
<td>12 &amp; U 100M Fly</td>
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<td>15</td>
<td>10 &amp; U 50M Back</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>11-12 200M Free Relay</td>
<td>18</td>
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<tr>
<td>19</td>
<td>10 &amp; U 200M Free Relay</td>
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SESSION II
SATURDAY AFTERNOON

<table>
<thead>
<tr>
<th>Girls</th>
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<tr>
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<td>Open 200M IM</td>
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<td>23</td>
<td>Open 50M Free</td>
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<td>25</td>
<td>Open 200M Back</td>
<td>26</td>
</tr>
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<td>27</td>
<td>Open 100M Breast</td>
<td>28</td>
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<tr>
<td>29</td>
<td>Open 50M Back</td>
<td>30</td>
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<tr>
<td>31</td>
<td>Open 200M Fly</td>
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SESSION III
SUNDAY MORNING

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SESSION IV
SUNDAY AFTERNOON

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<tr>
<td>67</td>
<td>Open 100M Back</td>
<td>68</td>
</tr>
<tr>
<td>69</td>
<td>Open 200 Medley Relay</td>
<td>70</td>
</tr>
</tbody>
</table>

Morning Sessions I & III
10 & Under, 11 - 12

- Warm-ups: 8:00 AM – 8:50 AM
- Check-in Closes: 8:20 AM
- Warm-ups End: 8:50 AM
- Session Starts: 9:00 AM
- Entry Limit: 3 Individual Events, 1 Relay

Afternoon Sessions II & IV
Open

- Warm-ups: 1:00 PM-1:50 PM
- Check-in Closes: 1:20 PM
- Warm-ups End: 1:50 PM
- Session Starts: 2:00 PM
- Entry Limit: 3 Individual Events, 1 Relay
SUMMARY OF FEES, WAIVER & RELEASE
WEST SWIM CLUB, INC.
DIVE INTO SUMMER LONG COURSE SWIM MEET
May 19-20, 2018
Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction #ILL18-0504

This completed and signed Summary of Fees, Waiver & Release form, together with your club’s meet entries and a check payable to WEST Swim Club, Inc. for the entire amount of entry fees must be received no later than 6 PM on Monday, May 7, 2018 (but not earlier than 8 AM on Monday, April 23, 2018).

Adam Cremieux cell: (708) 214-6575
e-mail: coachadam@westswimclub.com
7580 S Quincy Street Willowbrook, IL 60527

SUMMARY OF FEES:

No. of Entries ____________ @ $5.00 each = ____________

No. of Relay Entries ____________ @ $12.00 each = ____________

Total # swimmers ISI surcharge ____________ @ $2.00 each = ____________

Total # swimmers Facility surcharge ____________ @ $10.00 each = ____________

Total Meet Fees = ____________

Name of Club ______________________________ Club Code ____________ LSC ____________

Coaches Attending ____________________________________________________________

Mailing Address ______________________________________________________________

Contact for Entries _____________________________________________________________

Phone ______________________________ E-Mail ______________________________

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED!
In consideration to the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club and participants in the Meet from my club, hereby consign, waive and release any and all rights and claims or damages which may accrue against USA Swimming, Illinois Swimming Inc., WEST Swim Club, the University of Illinois at Chicago, their representatives, trustees, employees, directors, officers, successors, or any and all injuries suffered by me or any contestant, or representative of my club in said Meet. 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 (Club Representative): ______________________________

Date: ______________________________
WEST SWIM CLUB  
DIVE INTO SUMMER LONG COURSE SWIM MEET  
UNIVERSITY OF ILLINOIS AT CHICAGO  
May 19-20, 2018  
WARM-UP PROCEDURES & SAFETY INFORMATION

GENERAL WARM-UP: FIRST 30 MINUTES:

- No diving allowed from blocks or edge of pool.  
- Sit and slide entry only!  
- No sprinting or pace work allowed during general warm-up.  
- All lanes will be used during general warm-up. WEST reserves the right to assign teams to lanes for warm-up. If assignments are made, teams will be notified by Friday, May 20, 2016 of assignments.  

SPECIFIC WARM-UP: LAST 20 MINUTES:  

Lane use

- Lanes 1 and 8: Push/Pace  
- Lanes 3 through 6: General Warm-Up  
- Lanes 2 and 7: Diving/Sprint

Lane Descriptions

- **Push/Pace Lanes:** Push off one or two lengths from starting ends. Circle swimming only. NO DIVING.  
- **Diving/Sprint Lanes:** For racing starts from blocks or backstroke starts. Swim the full length and exit at the end of the pool. ONE WAY SWIMMING ONLY.  
- **General Warm-Up Lanes:** Circle swimming only. NO DIVING.  

At approximately half way through the Specific Warm-Up, additional lanes may be opened at the request of the coach.  

At conclusion of the 50 minute Warm-Up period, ALL swimmers MUST clear the pool. The first event will start no sooner than 10 minutes from the conclusion of the Specific Warm-Up.  

**RACING STARTS:** 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.
Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start. 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.

Warm-up procedures shall be enforced for any breaks during the competition. Flagrant violations of safety requirements or warm-up procedures by a swimmer may result in that swimmer being barred from his or her next individual event.

The Meet Referee may restrict use of bands, hand paddles, or fins during warm-up. The Meet Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Unattached swimmers, or swimmers attending the meet without coaches, must report to the Meet Referee before entering the pool for approval and lane assignment for warm-up.

ISI Safety Guidelines and Warm-Up Procedures will be in affect at this meet.

**COACHES’ RESPONSIBILITIES:**

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at the meet.
- Coaches shall be on deck during warm-up sessions and shall actively supervise their swimmers throughout the entire warm-up session(s) and at all warm downs during the meet.
- All coaches must display a current USA Swimming membership card upon entering the pool deck (USA Swimming’s Deck Pass is acceptable). Coaches must be able to present credentials at all times while on deck.
- Coaches shall instruct anyone from their team not working or displaying proper credentials to leave the deck.
- Any coaches’ meetings at the meet will be conducted at times other than the 30 minute General Warm-up and the 20 minute Specific Warm-Up.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms 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. Swimmers changing in non-designated areas will be removed from the remainder of the meet.**