



# NORTH AQUATICS CLUB



## DISTANCE CHALLENGE

December 5, 2021

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
ILS1234-21

MEET REFEREE	MEET DIRECTOR/ ENTRY CHAIR	SAFETY CHAIRPERSON	IDPH COMPLIANCE COORDINATOR
Sherrie VanderVelde	Carisa Dirienzo	Anna Letsos	Susie Murphy
sherriev@ymail.com	pcdirienzo@sbcglobal.net	annaletsos@hotmail.com	Smurphy687@yahoo.com
	PO Box 991, Mokena, IL 60448		

**LOCATION:** Lincoln-Way East High School, 201 Colorado Ave, Frankfort, IL 60423. Aquatics Center is located in the Northeast corner of the school across from the football field.

**FACILITY:** 6 lane, 25-yard competition pool; starting end 12-foot 6-inches depth; turn end 6-foot 6-inches depth with fully automatic Colorado Timing system with automatic touchpads. 6 lane, 25 yard cool down pool available to all supervised swimmers. Seating capacity for 500+ spectators. The competition course has not been certified in accordance with 104.2.2C(4)

**FORMAT:** Timed finals distance. Each swimmer may compete in 3 events for the first and third sessions. In session 2, each swimmer may only swim 1 event. 12 and Under 400 IM and 500 free will be swum as mixed. 1000 and 1650 will be swum as mixed and open.

**MEET SCHEDULE:** **Session 1-** 12 & under Warm-ups 7:00 am; Meet Start 8:00 am. **Session 2-** Open and 12 & under Warm-ups 9:30 am; Meet start 10:30 am; **Session 3-** 13 & over Warm-ups 12:30; Meet start 1:30.

**POSITIVE CHECK IN:** This is a **POSITIVE CHECK IN meet**. All swimmers must check-in prior to each session. Positive check in sheets will be posted prior to the start of warm-ups. Positive check-in will end 15 minutes after warm-ups begin. Late entries may be able to swim at the meet director’s discretion, only if there are open lanes.

**TIMED FINALS:** All events will be deck seeded timed finals. Heats will be arranged slowest to fastest, according to seed times submitted.

**RESULTS:** Meet results will be posted throughout the venue and will be emailed to the email address given on the entry release form.

**RULES AND SAFETY:** This meet is sanctioned by USA Swimming and Illinois Swimming. All USA swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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.

**COVID-19 DISCLAIMER:** *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.*

*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.*

**MINOR ATHLETE ABUSE PREVENTION POLICY:** All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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 athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline.

**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. Flyover starts will be used at the Meet Referees discretion during the morning sessions and will be in effect in the afternoon session.

**ELIGIBILITY:** All 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 can be obtained from the Illinois Swimming Office, 1400 E. Touhy, Suite 410, Des Plaines, IL 60018; phone number 847-824-1596; [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org). A swimmer's age as of December 5, 2021 will determine his/her 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. 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.

**COACHES:** All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

**CONDUCT:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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.

**IMAGE AUTHORIZATION:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.

**LIABILITY WAIVER:** In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming Inc., Illinois Swimming, INC., North Aquatics Club, Lincoln-Way East High School, and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**ENTRY DEADLINE:** The Entry Chairperson will begin accepting entries at **8:00 AM, October 29, 2021. Entry deadline is 5:00 PM on November 26, 2021.** Teams will be invited until sessions are filled. In the event this meet is not full, the entry deadline may be extended by the meet director. Emailed Hy-Tek .cl2 file (zipped) entries are preferred and will be accepted by Carisa Dirienzo at [pkdirienzo@sbcglobal.net](mailto:pkdirienzo@sbcglobal.net). Hard copy, signed release forms and payment should be received within 10 business days of notification of acceptance into the meet. No phone, fax or hand delivered entries will be accepted. Please enter times in short course yards. **PLEASE ESTIMATE TIMES FOR THOSE SWIMMERS WITH NO TIMES. "NO TIME" ENTRIES ARE DISCOURAGED.**

**ENTRY BY MAIL:** Carisa Dirienzo, P.O. Box 991, Mokena, IL 60448

**ENTRIES/LIMITATIONS:** **Session 1 and Session 3, swimmers may enter up to 3 individual events. Session 2, swimmers may enter only 1 event.** Please refer to the "Format" section for entry requirements. All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Hy-Tek Meet Manager 6.0 for will be used. Meet host will accept no responsibility for transmission errors of faxed or emailed entries. It will remain up to the sender to verify receipt of entries. Any team submitting entries may be required to provide two timers for each session. Meet hosts shall refund any entry fees received for events/swims cancelled to meet the requirements of the daily time limits.

**ENTRY FEES:** \$5.00 per individual event plus a \$2.00 ISI surcharge and \$3.00 facility surcharge per swimmer. **Deck entries** will be accepted for swimmers already in the meet at \$6.00 per individual event, but only when it will fill a vacant lane in the first heat of the event. Make checks payable to NAC Sharks.

**WARM-UP:** ISI Warm-up and safety procedures will be in effect. Lane assignments will be posted prior to the start of warm-ups.

**AWARDS:** Heat prizes will be awarded for the first place finisher in each heat, irrespective of any disqualification.

**SCORING:** This is a time trial meet. There will be no scoring.

**SPECTATORS:** Currently, we will allow one per family due to COVID-19 restrictions. Clubs will be notified if this changes. IF spectators are NOT allowed, we will live stream (NAC Facebook page). There will be no stream if spectators ARE allowed. Bathrooms for the spectators are located in the beginning of the aquatics hallway and will be clearly marked.

**ADMISSION:** \$5.00 per day      **HEAT SHEET:** Will be available for purchase on Meet Mobile.

**NORTH AQUATICS CLUB**  
**Distance Challenge Meet**



**Session 1**

**12 and Under Only**

**Warm-ups: 7:00 am - Meet Start: 8:00 am**

Female	Event	Male
1	50 Free	2
3	200 IM	4
5	200 Back	6
7	200 Breast	8
9	200 Fly	10
11	200 Free	12

**Session 2**

**12 and Under / OPEN**

**Warm-ups: 9:30 am - Meet Start: 10:30 am**

Mixed	Event
13	Open 1000 Free
14	12 & Under 400 IM
15	Open 1650
16	12 & Under 500 Free

**Session 3**

**13 and Over Only**

**Warm-ups: 12:30 pm – Meet Start: 1:30pm**

Female	Event	Male
17	50 Free	18
19	400 IM	20
21	200 Back	22
23	200 Breast	24
25	200 Fly	26
27	500 Free	28

**IN THE EVENT THE EARLY MORNING SESSION (1) IS EXPECTED TO BE COMPLETED BEFORE 9:30 AM, THE LATE MORNING SESSION (2) WARM UP/ START TIME MAY BE MOVED UP OR THE EARLY MORNING SESSION (1) DELAYED. FURTHERMORE, IN THE EVENT THE LATE MORNING SESSION (2) IS EXPECTED TO BE COMPLETED BEFORE 12:30 PM, THE AFTERNOON SESSION (3) WARM UP/ START TIME MAY BE MOVED UP OR THE LATE MORNING SESSION (2) DELAYED. ALL PARTICIPATING TEAMS WILL BE NOTIFIED OF ANY CHANGE BY EMAIL NO LATER THAN November 29, 2021.**

# 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

## 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.
  - f. THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.
  - g. Unattached Swimmers -Unattached swimmers must have an identified coach member of USA Swimming taking responsibility for such swimmer throughout the meet. Please contact the meet director with this information prior to arriving at the meet.

**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

**NORTH AQUATICS CLUB  
DISTANCE CHALLENGE MEET  
LINCOLN-WAY EAST HIGH SCHOOL  
Sunday, December 5, 2021**

**TEAM SUMMARY AND RELEASE FORM**

Complete this form and mail it along with your entry forms and a check payable to NAC to the meet entry person no later than November 26, 2021.

**Carisa Dirienzo**  
P.O. BOX 991                      email: [pcdirienzo@sbcglobal.net](mailto:pcdirienzo@sbcglobal.net)  
MOKENA, IL 60448

**SUMMARY OF FEES**

Total # of Entries \_\_\_\_\_ @ \$5.00 = \_\_\_\_\_

Total # of Swimmers ISI/Facility \_\_\_\_\_ @ \$4.00 = \_\_\_\_\_

TOTAL MEET FEES \_\_\_\_\_

NAME OF CLUB: \_\_\_\_\_

CLUB CODE: \_\_\_\_\_ LSC: \_\_\_\_\_

COACHES ATTENDING \_\_\_\_\_

CONTACT FOR ENTRIES: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

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 U. S. Swimming, Inc.; Illinois Swimming Inc.; North Aquatics Club; Lincoln-way High School District #210, 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 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 8AM, **October 29, 2021**