



Josh Church "Race Me" 2021

Hosted by CATS Aquatics

October 15-17, 2021

USA Swimming Sanction: ILS1042-21



Meet Director

Jeff Arce

(847)372-1541

Jeff@cats-aquatics.com

Meet Referee

Valeria Utsis

(847)477-8106

Vutsis2020@att.net

Admin Referee

Nina Bijedic-Arce

(847)971-7658

Nina.Arce@gmail.com

Safety Director/IDPH Coordinator

Mike Cunningham

(630)204-7142

Mike@cats-aquatics.com

Entry Chair

Jeff Arce

(847)372-1541

Jeff@cats-aquatics.com

Location: Libertyville High School- 708 W. Park Ave., Libertyville, IL 60048

Facility: **Libertyville High School:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The competition pool is a 25-yard, eight lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is seven feet deep at the start end and six feet 7 inches deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be one timer per lane using electronic watches. There will be an electronic readout board showing all eight lanes.

Eligibility: In accordance with the current USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire meet. 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.

Seeding: All entries should be submitted in Short Course Yards (SCY) to ensure proper seeding. All events will be swum slowest to fastest. The meet will be pre-seeded, one event at a time. Modifications may be made at the time of seeding to create a more competitive atmosphere for the athletes. There will be no deck entries allowed.

Entry Limits: All swimmers are limited to three (7) individual events, one event on Friday, three (3) events on Saturday and Sunday. No deck entries are allowed.

Entries: Meet entries will open on Monday September 27, 2021 at 10am. Entries are due by 10am on Friday October 1, 2021. Entries should be emailed to Jeff Arce at Jeff@cats-aquatics.com

Entry Fees: Illinois Swimming Surcharge \$2.00
Facility Surcharge \$10.00
Individual Entry Fee \$5.00

Concessions: Concessions will not be available during this meet.



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- Officials:** There will be a need for Officials at this event. Officials who would like to work the meet should contact the Meet Referee Valeria Utsis at Vutsis2020@att.net to be assigned positions.
- Spectators:** There will be no parent spectators allowed inside the facility. We will be broadcasting the meet live online for families to watch free of charge.
- Warm Up Procedures:** All current Illinois Swimming warm-up and safety guidelines will be in effect. Warmups will be conducted in a format at the discretion of the Meet Director and Meet Referee. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. Coaches shall actively supervise their swimmers throughout the warm-up sessions.
- IDPH Compliance:** Under the current guidelines established by the Illinois Department of Public Health, and in accordance with the guidelines established for use by the Cook County Health Department, CATS Aquatics, Libertyville High School and District 128 will operate this time trial while limiting the number of individuals in the pool building to 300 and ensuring adequate social distancing of those individuals.
- The 300-person per team limit will include all athletes, coaches, officials, and timers.
- Once inside the building, individuals will be required to wear their face coverings up to and until they are behind the block ready to swim. At that point, swimmers will remove their face coverings and put them in their own individual baggies given to them upon entry.
- Facility Entry:** All entering the building for the time trial shall use only Pool Door 9. Doors will not open until 10 minutes prior to the start of the warmups for the session. All exiting the building shall do so using the pool deck door 10. All individuals entering the facility for the event must be wearing face coverings and check in with the coach member at the door. They will be screened for Covid-19 symptoms. Those refusing to comply will not be allowed to enter the facility for this event.
- Spacing Inside Facility:** Once inside the facility social distancing as prescribed by the Illinois Department of Public Health and the Cook County Health Department will be observed. The area behind the blocks will have no more than 20 people in it (the timers, next-up heat and on-deck heat and no more than 2 officials). Athletes will have the entirety of the spectator seating area available to them as well as the West Gym and should observe social distancing guidelines. There will be no use of the locker rooms. All individuals should observe and follow the guidelines posted throughout the facility and meet management will have the authority to enforce the rules, up to and including the removal of any individual not in compliance. We have taken enhanced health and safety measures for the team, volunteers, and coaches. All must follow the 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. Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- Disclaimer:** We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in exposure



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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, ILLINOIS SWIMMING, THE ACADEMY BULLETS SWIM CLUB AND RIVERSIDE BROOKFIELD HIGH SCHOOL 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.

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 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

MAAP:

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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Session 1 Friday PM

Warm Up TBD Meet Start TBD

Girls Event #	Event	Boys Event #
1	12 and Under 500 Free	2
3	Open 500 Free	4
5	12 and Under 200 IM	6
7	Open 400 IM	8
9	Open 1000 Free	10

Session 2 Saturday AM

Warm Up 9:00 am Meet Start 10:00am

Girls Event #	Event	Boys Event #
11	10 & Under 100 FR	12
13	11-12 100 Free	14
15	10 & Under 50 Fly	16
17	11-12 50 Fly	18
19	10 & Under 50 Back	20
21	11-12 50 Back	22
23	10 & Under 100 Breast	24
25	11-12 100 Breast	26

Session 3 Saturday PM

Warm Up TBD Meet Start TBD

Girls Event #	Event	Boys Event #
27	Open 200 Free	28
29	8 & Under 25 Free	30
31	Open 100 Fly	32
33	8 & Under 25 Fly	34
35	Open 100 Back	36
37	8 & Under 50 Back	38
39	Open 200 Breast	40
41	8 & Under 50 Breast	42
43	Open 50 Free	44
45	Open 200 IM	46



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Session 4 Sunday AM

Warm Up 8:00am Meet Start 9:00am

Girls Event #	Event	Boys Event #
47	10 and Under 50 Free	48
49	11-12 50 Free	50
51	10 and Under 100 Fly	52
53	11-12 100 Fly	54
55	10 and Under 100 Back	56
57	11-12 100 Back	58
59	10 and Under 50 Breast	60
61	11-12 50 Breast	62
63	12 and Under 200 Free	64

Session 5 Sunday PM

Warm Up TBD Meet Start TBD

Girls Event #	Event	Boys Event #
65	Open 100 Free	66
67	8 & Under 50 Free	68
69	Open 200 Fly	70
71	8 and Under 50 Fly	72
73	Open 200 Back	74
75	8 & Under 25 Back	76
77	Open 100 Breast	78
79	8 & Under 25 Breast	80



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Team Summary & Release Form

Mail Entries, Summary Sheet, and Volunteer Form to:

Jeff Arce

3216 N. Volz Dr. East

Arlington Heights, IL 60004

(847)372-1541

Jeff@cats-aquatics.com

AGE GROUP	# of ENTRIES	\$ per ENTRY	TOTAL
10 & Under		\$5.00	
11-12		\$5.00	
Open		\$5.00	
Total # of Swimmers		\$10.00	
Facility Surcharge			
Total # of Swimmers		\$2.00	
		TOTAL MEET FEES	

Name of Club: _____ Club Code: _____ LSC: _____ Coach(es)
of Record for this Meet: _____

Mailing Address:

Contact for Entries: _____

Phone: _____ Email: _____

This signed release must accompany the entry or it will not be accepted!

In consideration of the 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., School District 128, Libertyville High School, CATS Aquatic Team, 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 entered in this meet are currently registered with USA Swimming.

Club Rep Signature: _____ Date: _____



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