**2019 Early Bird Invite**

**Sunday, January 27, 2019**

Location: YMCA of Rock River Valley

200 Y Blvd, Rockford, Illinois 61107

Entry Coordinator: Coach Anne McLee Head Coach: David Rilott

[rays@rockriverymca.org](mailto:rays@rockriverymca.org) [drilott@rockriverymca.org](mailto:drilott@rockriverymca.org)

Welcome to the Annual Early Bird Invitational Swim Meet! This meet is dedicated to YMCA swimmers *ages 11 years and older.*

**Format:** This meet is a closed YMCA meet. Only swimmers who are members of a YMCA team may participate. The deadline to turn in scratches will be 45 minutes before the beginning of the meet. Scratch sheets will be in the coaches’ packet. Swimmers will need to check in with their coaches. Those swimmers who have not checked in by the deadline will not be seeded to swim (and will not be permitted to swim).

**Meet Information:** All meet information, including warm-up times and timing assignments, will be posted to the Stingrays Team Unify website ([www.ymcaraysswimteam.org](http://www.ymcaraysswimteam.org)) as well as emailed to coaches. A Hy-Tek events file for import into team manager will also be posted there.

**Location:** The meet will be held at the YMCA of Rock River Valley, 200 Y Blvd., Rockford, IL 61107. Note that our facility has been renamed, and that building signage will reflect this: Formerly known as the ID Pennock YMCA, it is now the SwedishAmerican Riverfront Y. Parking is available on the west side of the building by the river. Do not park in the lot on Y Blvd.; those doors will be locked. The Y requires that all teams park and use the main (riverfront) entrance.

**Facility:** Six-lane, 25-yard pool with non-turbulent lane lines. 6 ft. depth at starting blocks and 3.5 ft. depth at turns. Bleacher seating for 125. Touch pads, Colorado Timing System (with 3-button back-up and manual watches) and 6 lane display clock.

**Meet Schedule:**

8:00 am Doors Open

8:30 am 1st Warm-up Session

8:50 am 2nd Warm-up Session

9:10 am 3rd Warm-up Session

9:15 am Positive Check-in Closes - Scratches Due

9:15 am Officials Meeting

9:40 am Timer’s Meeting

9:55 am National Anthem   
 10:00 am Meet Starts

**Rules and Eligibility:** This meet will be governed by the current National YMCA “Rules that Govern YMCA Competitive Sports,” Illinois Area Swim Committee and USA Swimming Rules. Swimmer’s age as of January 27, 2019, will determine their proper age group.

SPECIAL ANNOUNCEMENT! The Early Bird Invitational is for 11 & Older Athletes only.

**Entry Limit and Deadline:** Deck entries will not be permitted. Limited to 3 individual events plus 1 relay OR 2 individual events and 2 relays. **Entry deadline is Monday, January 21, 2019.** Email your entries to Anne McLee: [rays@rockriverymca.org](mailto:rays@rockriverymca.org)

**Entry Fees and Release Form:** Fees: $3.00 per individual event and $12.00 per relay.Entry fees and release forms must be submitted prior to warm-ups. Please make checks payable to YMCA of Rock River Valley Stingrays. Forms can be mailed to:

YMCA of Rock River Valley   
ATTN: Stingrays Swim Team   
200 Y Blvd.   
Rockford, IL 61107   
  
**Seeding:** Heats will be timed finals seeded from slowest to fastest. Short course yard times should be submitted for entry purposes.

**Disabilities:** 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.

**Warm-ups:** Warm-up assignments will be sent to coaches after entries are received. There will be three warm-up sessions on Sunday, with the first session beginning at 8:30 AM.

**Admissions:** $3 per person. Guests ages 10 & under free. No ATM available in the Y. All guests who are not members of the SwedishAmerican Riverfront Y are required to sign in at admissions.

**Starts:** We will be using fly-over starts. Please notify your swimmers that they should stay in their lanes at the completion of their swims until the next race has been started.

**Bull Pen:** Because this meet is for older swimmers, there will be no bullpen. There will be a staging area for swimmers to wait for their events. We ask that swimmers remain quiet in the staging area.

**Awards:** Medals for 1st, 2nd, and 3rd place individual events and relays. Overlay ribbons for 4th-8th place individual events and relays. A trophy will be awarded to the team with the highest overall combined score. Awards may be picked up by your coach at the completion of the meet.

**Scoring**: Individual: 9-7-6-5-4-3-2-1 and Relays 18-14-12-10-8-6-4-2  
  
**Heat Sheets:** We will not be printing or selling hard-copy psych or heat sheets for this meet. Families may follow Early Bird live on the Meet Mobile app.

**Meet Results:** Meet results will be posted throughout the meet and will be emailed to the teams at the conclusion of the meet.

**Officials:** We will require the assistance of several additional officials to run this large meet. Please email Anne McLee ([rays@rockriverymca.org](mailto:rays@rockriverymca.org)) with the number and levels of officials your team will bring. Hospitality breakfast will be provided for officials and coaches. We appreciate your help!

**Timers**: Visiting teams will be required to provide timers for the duration of the meet. Timing assignments will be made after the entries are received. Teams will be contacted with their timing assignments the week of the meet.

**Team Areas:** The National Lock Gym, located just outside the silver pool doors, has been reserved for swim teams, along with several other areas throughout the Y. Please follow the signs to your assigned team area upon arrival. Families are asked to please limit the amount of items they bring and to make room for all. Coolers are welcome. It is never advisable to leave valuables unattended in team areas or cars, or electronics/phones plugged into outlets.

**Concessions**: A small stand serving beverages and donuts will be available at the meet. We have partnered with Subway on the 1st floor, who will open at 8:00 AM to accommodate Early Bird swim families and will donate a percentage of sales back to the Stingrays. Subway offers both breakfast and lunch menus; we encourage all guests to please patronize them!

**T-Shirts:** Early Bird shirts will be available for all teams to pre-order online at <https://www.stompetition.com>. The target date for ordering to “go live” is Wed., Jan. 9. Order deadline is Jan. 16. All teams are encouraged to visit this site and pre-order for best selection, as only a small quantity of shirts will be available at the meet. Pre-ordered shirts will be waiting for you at the meet (not shipped). ***COACHES: Please share this info & order link with your team, thanks!***

**Smoking**: No smoking anywhere in the facility.

**House Rules:** No hard-soled street shoes, and no food or drink (other than water) on pool deck. Recreation pool (north pool) is NOT available for use by any swim teams during the meet.

- continued -

**Entry Summary and Hold Harmless Agreement**

YMCA of Rock River Valley Stingrays  
January 27, 2019   
Early Bird Invitational

Please complete this form and waiver, and return it along with entry forms and fees. Please make checks payable to YMCA of Rock River Valley Stingrays, and mail to:

YMCA of Rock River Valley   
ATTN: Stingrays Swim Team   
200 Y Blvd.  
Rockford, IL 61107

**Individual Entry Fees**

Total individual entries \_\_\_\_\_\_\_\_\_\_ @ $3.00 each = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Relay Entry Fees**

Total relay entries \_\_\_\_\_\_\_\_\_\_\_ @ $12.00 each = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
**Total** = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Name of club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club initial code \_\_\_\_\_\_\_\_\_ Name of coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Phone number and email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Hold Harmless Agreement**

In consideration of the acceptance of this entry, I intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against the Rock River Valley YMCA Stingrays Swim Team, and their representatives, employees, or successors, for any or all injuries suffered by me of any contestant or representative of my team in the **2019 Early Bird Invitational Swim Meet,** as a representative of my club.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Coach, Club Representative, Parent)*

*Updated Fall 2018*

**Early Bird Extras**

**LODGING**

These are just a few of the hotels near I-90/Rt. 20/East State St. – a quick drive downtown to the Y. *Note: There is no lodging in historic downtown Rockford…yet. Stay tuned!*

Baymont Inn & Suites - 662 N. Lyford Rd., Rockford 815-229-8200

Hilton Garden Inn - 7675 Walton St., Rockford 815-229-3322

Radisson Hotel - 200 S. Bell School Rd., Rockford 815-226-2100

Holiday Inn - 7550 E. State St., Rockford 815-398-2200

**ACTIVITIES**

After the meet, experience more family fun – minutes away and open on Sundays!  
  
Discovery Center Museum – *Named one of the best children’s museums in the U.S.*   
711 N. Main St., Rockford [www.discoverycentermuseum.org](http://www.discoverycentermuseum.org)

Rockford Art Museum  
711 N. Main St., Rockford [www.rockfordartmuseum.org](http://www.discoverycentermuseum.org)

Burpee Museum of Natural History – *Featuring Jane the juvenile T-Rex*   
737 N. Main St., Rockford www.burpee.org

Nicholas Conservatory & Gardens – *An indoor tropical getaway*1354 N. Second St., Rockford www.nicholasconservatory.com 

**EATS**

Dine like the locals! These downtown spots are nearby and great for families. Open Sundays.

Prairie Street Brewhouse - *Directly off of Y Blvd.*   
200 Prairie St., Rockford www.psbrewingco.com

Taco Betty’s - 212 E. State St., Rockford www.tacobettys.com

Owly Oop Sports Pub - *Inside UW Health Sports Factory*   
305 S. Madison, Rockford www.uwhealthsportsfactory.com

Vintage @ 501 - 501 E. State St., Rockford www.vintagerockford.com

**For more ideas on enjoying your time in Rockford, visit www.gorockford.com**