



**Eleventh ANNUAL SCST/Speedo
Chicagoland Championships**

February 10-12, 2017

Illinois Sanction Number: ILS17-0207

Meet Directors	Entry Chairperson	Meet Referee
Colleen Deutmeyer 1050 Dunham Road St. Charles, IL 60174 meetchief@stcswim.com	Jon Cabel 1050 Dunham Road St. Charles IL 60174 swim@stcswim.com	Jack Yetter Yetter96@gmail.com

Facilities:

John B. Norris Recreation Center - 1050 Dunham Road, St. Charles, Illinois 60174

Indoor 6 lane 50 meter pool will be divided into two 25 yard pools. The competition pool ranges in depth from 12 ft. deep at the start end to 5 ft. deep at the turn end. The shallow pool will be used for continuous warm-up and warm-down throughout the meet, ranges in depth from 3.5 to 4.5 feet in depth. The pools have Kiefer lane lines, Paragon starting blocks, and a Daktronics timing system with 6 lane time LCD display board. Beep horn systems with strobes will be used.

St. Charles North High School - 255 Red Gate Road, St. Charles, Illinois 60175

Indoor 8 lane 25 yard pool ranging in depth 12 ft. deep at the start end to 4 ft. deep at the turn end. The pool has Kiefer lane lines and a Daktronics timing system with 8-lane time display board. Beep horn systems with strobes will be used.

Meet Schedule:

Sessions	Location	Type	Warm-Up	Meet Start
Session 1	Norris Center	Timed Finals	4:00-4:50 pm	5:00 pm
Session 2	North High School	Timed Finals	4:00-4:50 pm	5:00 pm
Session 3	Norris Center	Prelims	6:30-7:50 am	8:00 am
Session 4	North High School	Prelims	7:00-7:50 am	8:00 am
Session 5	Norris Center	Finals	4:00-4:50 pm	5:00 pm
Session 6	Norris Center	Prelims	7:00-7:50 am	8:00 am
Session 7	North High School	Prelims	7:00-7:50 am	8:00 am
Session 8	Norris Center	Finals	4:00-4:50 pm	5:00 pm

Check-In:

THIS IS A POSITIVE CHECK-IN MEET. Check-in will close 20 minutes after warm-up starts prior to each session.

A NO SHOW POLICY WILL BE ENFORCED. Any swimmer not showing up for a CHECKED- IN event will be scratched from their next event. The National Scratch Rule will be in effect for the prelim/final format.

Eligibility:

All USA Swimming, Inc. registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Registration forms can be obtained from ISI: www.ilswim.org. Entries listed as "applied for" will not be accepted. A swimmers age for the meet will be their age as of the first day of the meet.



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Format:

All Friday night events are timed finals. The 500 Free and 400 IM heats will be swum fastest to slowest, alternating between girl's then boy's heats. 12 and unders and 13 and overs, where indicated on Friday night, will be swum together and awarded separately.

Saturday and Sunday events offer a Prelim/Final format for 10 & under, 11 & 12, 13 & 14 and Senior Events. Preliminary heats will be swum in the morning with the top six 10 & under and top twelve 11-12, 13-14 and senior qualifiers returning for evening Finals. All Prelim heats will be swum slowest to fastest with the last 3 heats circle seeded. The 1000 Free will be swum as a timed final event and all swimmers will compete in the prelim session. 1000s will be swum fastest to slowest.

All 500 and 1000 freestyle swimmers will be responsible for providing their own counters and timers.

All relay events will be swum as timed finals. In any relay events with nine or more entries the top six seeds swim only in the finals session. In relay events with seven to nine entries, the slowest three seeds shall swim in prelims and all others shall swim in finals. In relay events with 6 or fewer entries, all will swim in finals only. Relays will be swum as the last events in preliminary sessions and the first events in the finals sessions per the order of events in the meet packet. Coached must turn in relay swimmer names to the Administrative Official prior to the start of the relay event.

Entry Standards:

For all 13 & Over events there is a MINIMUM of a National "A" Time Standard to be entered. 10 & Under and 11-12 events will require a MINIMUM of a National "BB" Time Standard to be entered.

Entries, Forms and Fees:

Enter swimmers at their short course yard times. Upgrading of a swimmer's entry time will be allowed until one week prior to the meet. All entries shall comply with current 2016 USA Swimming and ISI rules. Current 2015-2016 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. Unless unattached, all entries must be received from a USA Swimming Certified Coach.

All entries must be submitted on the St. Charles Invitational entry forms. Computerized entries from Hy-Tek's team Manager are preferred. You may e-mail entries to Jon Cabel at swim@stcswim.com. Please send the following complete information:

- 1) A paper copy of your entry (and diskette, if file is not e-mailed);
- 2) Signed release form;
- 3) Payment for meet.

Entry fees are \$5.00 for each individual prelim/ final event, \$4.00 for each timed final event and \$10.00 for each relay entered. A \$2.00 surcharge per swimmer is being collected by ISI and must be included with the entry check. Make checks payable to: **St. Charles Aquatics**. Any deck entries accepted will require a \$10 per event fee to be paid at the time of entry.

Entry Limits:

Each individual may enter 2 events on Friday and up to 4 events per day on Saturday and Sunday (3 Prelim-Final or Timed Final Events / 1 Relay). If the individual is entered in more than 3 events the entry will be made by the order of events starting with event #1 until the limit is satisfied. Each team will be limited to 2 relay entries per event.



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All events of 200 yards or longer may be limited in order to comply with timeline requirements. Every effort will be made to accommodate all swimmers. St. Charles reserves the right to swim their swimmers. Officials retain the right to limit participation in any event to achieve the required time line. Refunds will be issued in limited events. Deck Entries may be allowed at the Meet Referee's discretion.

Entry Deadline:

Entries will not be accepted before **Friday, January 6th, 2017 at 8:00am**. We will accept entries until the timeline capacity. Only entries received via courier services or by e-mail will be accepted; no hand deliveries. Please send the file via e-mail when ready. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. If you desire a verification of entries accepted, include a stamped self-addressed post card. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.

Awards:

Awards for all 10 & under and 11-12 individual events will be medals for places 1 through 6 and ribbons for places 7 through 12. In relay events places 1 through 3 will be awarded for those same age groups. We request that coaches pick up award packets immediately following the meet; awards will NOT be mailed.

Results:

Results will be posted at the facility as the meet progresses. Results will be emailed to coaches following the meet. A hard copy will be mailed only upon request. Live Results will be posted at <http://results.teamunify.com/ilscs>.

Coaches:

A coach's packet will be available from the Meet Directors on the pool deck to all club coaches with swimmers entered in the meet. You must present your USA coaches registration card to receive the packet. Please have credentials visible at all times while on deck.

Officials:

USA Swimming officials who would like to work the meet should contact the Meet Referee. All officials must present current USA swimming credentials showing background check and athlete protection at the time they sign-in. An Official's meeting will be held 40 minutes before each session's scheduled start time. **This meet will apply to be run as an Official's Qualifying Meet, and if granted that status information will be available on the meet web page.**

Timers:

Any team with more than five swimmers in a session may have an assigned lane to time for that session. Timers will receive a free heat sheet for that session. Coaches will be notified of lane assignments prior to the meet. All teams in the finals (P.M. Sessions) will be assigned a lane for volunteer timers. A sign-up form will be available in the pool area during the afternoon sessions.

Security:

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Only USA Swimming registered Coaches and Officials will be allowed on deck, and registration cards must be displayed while on deck. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. All questions concerning the meet after the start of the meet should be directed to the meet referee.



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Code of Conduct:

The St. Charles Swim Team will strictly enforce the USA Swimming Swimmer and Parental of Conduct at this meet. Any violation will result in ejection from the meet.

Deck Changing:

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.

Parking:

SCST Parking Signs will be posted outside the facilities directing swim meet traffic to the appropriate parking lot and entrance.

At Norris Recreation Center- **PLEASE DO NOT PARK IN THE FRONT PARKING LOT**, park only in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building.

At North High School- **Enter through Door 1** at the north end of the building. Parking is available in the adjacent lot.

We must enforce these rules In order to continue to use these facilities.

Thank you in advance for your cooperation.

Admissions:

An admission fee will be charged per day. Wrist bands will be issued at the admissions table. All spectators must wear wrist bands during the meet. Failure to do so may be grounds for ejection from the meet. Heat sheets will be available at the beginning of each session.

Concessions:

Food and Beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.

Safety Requirements:

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.

Disabled Swimmers:

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.

Warm-up Assignments:

Warm up assignments for timed final and prelim sessions will be determined by the host after entries are closed, and teams will be notified the week prior to the meet of their times and lanes. Finals will be a general warm up.

Warm-up procedures:

1. General Warm-up
 - 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.



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- c. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
- 2. Specific Warm-up (at discretion of the meet referee)
 - 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 way swimming only)
 - c. General Warm-up Lanes - NO DIVING. Circle swim only.
 - d. 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
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

Safety Guidelines:

- 1. Coaches Responsibilities
 - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply.
 - b. Coaches shall actively supervise their swimmers throughout the warm-up session.
- 2. Host Team Responsibilities
 - a. Marshals
 - 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. Backstroker's 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.



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Order of Events

Friday Evening

Session One

Norris Recreation Center

Warm-up 4:00pm-4:50pm; Meet Start 5:00pm

Girls	Event	Boys
1	13 & Over 400 IM	2
3	13 & Over 500 Free	4

Friday Evening

Session Two

St. Charles North High School

Warm-up 4:00pm-4:50pm; Meet Start 5:00pm

Girls	Event	Boys
5	12 & Under 200 IM	6
7	12 & Under 500 Free	8

Saturday Morning

Warm-ups 7:00am to 7:50 am; Meet Start 8:00am

Norris Recreation Center

Session Three

St. Charles North High School

Session Four

Girls	Event	Boys	Girls	Event	Boys
9	13-14 200 Free	10	35	11-12 200 Free	36
11	15 & Over 200 Free	12	37	10 & Under 100 IM	38
13	13-14 100 Fly	14	39	11-12 100 Fly	40
15	15 & Over 100 Fly	16	41	10 & Under 50 Fly	42
17	13-14 200 Breast	18	43	11-12 50 Breast	44
19	15 & Over 200 Breast	20	45	10 & Under 50 Breast	46
21	13-14 50 Free	22	47	11-12 50 Free	48
23	15 & Over 50 Free	24	49	10 & Under 50 Free	50
25	13-14 200 Back	26	51	11-12 100 Back	52
27	15 & Over 200 Back	28	53	10 & Under 100 Back	54
29	13-14 200 Free Relay	30	55	11-12 200 Free Relay	56
31	15 & Over 200 Free Relay	32	57	10 & Under 200 Free Relay	58
	20 Minute Break				
33	Open 1000 Free				



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Saturday Evening

Session Five - Finals

Norris Recreation Center

Top 6 in 10 & Under events and relays, Top 12 for all others.

Warm-up 4:00pm-4:50pm; Meet Start 5:00pm

Girls	Event	Boys
57	10 & Under 200 Free Relay	58
55	11-12 200 Free Relay	56
29	13-14 200 Free Relay	30
31	15 & Over 200 Free Relay	32
35	11-12 200 Free	36
37	10 & Under 100 IM	38
9	13-14 200 Free	10
11	15 & Over 200 Free	12
39	11-12 100 Fly	40
41	10 & Under 50 Fly	42
13	13-14 100 Fly	14
15	15 & Over 100 Fly	16
43	11-12 50 Breast	44
45	10 & Under 50 Breast	46
17	13-14 200 Breast	18
19	15 & Over 200 Breast	20
47	11-12 50 Free	48
49	10 & Under 50 Free	50
21	13-14 50 Free	22
23	15 & Over 50 Free	24
51	11-12 100 Back	52
53	10 & Under 100 Back	54
25	13-14 200 Back	26
27	15 & Over 200 Back	28

Sunday Morning

Warm-ups 7:00am to 7:50 am; Meet Start 8:00am

Norris Recreation Center

St. Charles North High School

Session Six

Session Seven

Girls	Event	Boys	Girls	Event	Boys
59	13-14 200 IM	60	83	10 & Under 200 Free	84
61	15 & Over 200 IM	62	85	11-12 100 IM	86
63	13-14 100 Breast	64	87	10 & Under 100 Breast	88
65	15 & Over 100 Breast	66	89	11-12 100 Breast	90
67	13-14 100 Back	68	91	10 & Under 50 Back	92
69	15 & Over 100 Back	70	93	11-12 50 Back	94
71	13-14 200 Fly	72	95	10 & Under 100 Free	96
73	15 & Over 200 Fly	74	97	11-12 100 Free	98
75	13-14 100 Free	76	99	10 & Under 100 Fly	100
77	15 & Over 100 Free	78	101	11-12 50 Fly	102
79	13-14 200 Medley Relay	80	103	10 & Under 200 Medley Relay	104
81	15 & Over 200 Medley Relay	82	105	11-12 200 Medley Relay	106
	20 Minute Break				
	Open 1000 Free	34			



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Sunday Evening

Session Eight - Finals

Norris Recreation Center

Top 6 in 10 & Under events and relays, Top 12 for all others.

Warm-up 4:00pm-4:50pm; Meet Start 5:00pm

Girls	Event	Boys
103	10 & Under 200 Medley Relay	104
105	11-12 200 Medley Relay	106
79	13-14 200 Medley Relay	80
81	15 & Over 200 Medley Relay	82
83	10 & Under 200 Free	84
85	11-12 100 IM	86
59	13-14 200 IM	60
61	15 & Over 200 IM	62
87	10 & Under 100 Breast	88
89	11-12 100 Breast	90
63	13-14 100 Breast	64
65	15 & Over 100 Breast	66
91	10 & Under 50 Back	92
93	11-12 50 Back	94
67	13-14 100 Back	68
69	15 & Over 100 Back	70
95	10 & Under 100 Free	96
97	11-12 100 Free	98
71	13-14 200 Fly	72
73	15 & Over 200 Fly	74
99	10 & Under 100 Fly	100
101	11-12 50 Fly	102
75	13-14 100 Free	76
77	15 & Over 100 Free	78



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Entry Chair: Jon Cabel, 1050 Dunham Road, IL 60174 swim@stcswim.com

Summary of Fees:

10 & Under Girls # of Entries _____ @ \$5.00 each = \$ _____
Boys # of Entries _____ @ \$5.00 each = \$ _____

11-12 Girls # of Entries _____ @ \$5.00 each = \$ _____
Boys # of Entries _____ @ \$5.00 each = \$ _____

Senior Girls # of Entries _____ @ \$5.00 each = \$ _____
(13 & Over) Boys # of Entries _____ @ \$5.00 each = \$ _____

Relays: Girls # of Entries _____ @ \$10.00 each = \$ _____
Boys # of Entries _____ @ \$10.00 each = \$ _____

Total # of Swimmers Attending: _____ @ \$2.00 each = \$ _____

Grand total= \$ _____

Name of Club _____ Club Initials _____

Names of coaches attending meet:

Mailing Address: Name _____ Address _____

City, State, Zip _____

Home _____ Work _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., St. Charles Swim Team, St. Charles Aquatics St. Charles North High School, the John B. Norris Recreation Center, 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 entered in this meet are duly and currently registered with USA swimming.

Signature (Coach, Parent, or Club Representative)

This signed release **MUST** accompany the entry or the entry will not be accepted.



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Norris Recreation Center / St. Charles East High School
1050 Dunham Rd. St. Charles, IL, 60174

Route 64

Route 64 to Dunham Road. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

East - West Toll way

1-88 East-West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Dunham Rd. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

1-90 Northwest Toll way

1-90 Northwest Tollway to Route 25. South on Rt. 25 to Dunham Rd. Norris Rec. Center, which is on the North side of St. Charles East High School

St. Charles North High School
255 Red Gate Road, St. Charles, IL, 60175

Route 64

Route 64 Route 31. North on Rt. 31 to Red Gate Road. West on Red Gate to St. Charles North Entrance.

East - West Tollway

1-88 East - West Tollway to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Rt. 31. North on Rt. 31 to Red Gate Road. West on red Gate to St. Charles North Entrance.

1-90 Northwest Tollway

1-90 Northwest Tollway to Route 31. South on Rt. 31 to Red Gate Road

Please visit www.st-charles.il.us for hotel information.



Seventh Annual St. Charles Swim Team & TYR
 Chicagoland Championships

February 2013
 Sanction #

St. Charles Meet St. Charles Meet Entry Form	Event #													
	Event Name													
	Qual. time													
Name	Age	USS#												
f														
2														
3														
4														
5														
6														
7														
8														
9														
12														
13														
Relays	Ev #	Event Name	'A'	'B'	"C"	'D'	"E"	"F"	"G"	Totals	# I.E.s	X\$5		
Medley											Relays	X\$10		
Free														