Rock Island County ORCA

8th Annual Fall Spook & Splash Meet

October 25-27, 2019

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction Number -ILS19-1011

MEET DIRECTOR
Jill King
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Rock Island, IL 61204-6606
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physlet@hotmail.com

ENTRY CHAIRPERSON
Mike Hecker
P.O. Box 6606
Rock Island, IL 61204-6606
309-738-4784
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MEET REFEREE
Irma Gripp

SAFETY CHAIR
Jason Roessler

		Warms-ups	Start
Sessions 1:	Friday PM	5:30 PM	6:30 PM
Sessions 2 & 4:	Sat & Sun AM	7:45 AM	9:00 AM
Sessions 3 & 5:	Sat & Sun PM	Not before 12:15 AM	Not before 1:30 PM

Pool Location:

Rock Island High School, 1400 25th Avenue, Rock Island, IL 61201

Facility:

The RIHS pool is a 25 yard, six lane pool with non-turbulent lane lines, starting blocks and a Colorado automatic timing system. Depth at the primary starting end of the pool is 9 feet. Depth at the shallow end is 3.5 feet. Seating is available for about 500 people.

Pool Certification:

The competition course has not been certified in accordance with the 104.2.2C (4).

Format:

Timed Finals. Heats will be seeded slowest to fastest except for the 1650, which will be swum fastest to slowest.

Rules and Safety:

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

Safe Sport:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in the 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, athletes/coaches areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

Eligibility:

Only USA Swimming, Inc. registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of October 24, 2019. USA Swimming registration forms can be obtained from Illinois Swimming Inc., 1400 East Touhy Avenue, Suite 410, Des Plaines, IL 60018. Telephone: 847-824-1596. Email: **ilswimoffice@ilswim.org** Web**:** www.ilswim.org

Coaches:

All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Coaches will need to continuously display their current USA Coach Member registration card at all times while on deck. **All coaches MUST sign in at timers table per the new ISI rule**. Only authorized parents helping in the running of the meet are allowed on deck.

Positive Check-In Meet:

This will be a positive check-in meet. Positive check-in will close 30 minutes prior to the start of each session. Swimmers failing to check-in will be scratched. If space is available the swimmer will be added to a heat with an open lane.

Events:

This is a timed finals meet. Heats will be seated slowest to fastest except for the 1650 Yard Freestyle, which will be swum fastest to slowest. **The 25 yard events and 8 & under 2nd & 4th relay swimmers will begin in the water of the shallow end of the pool.** There will be a bullpen for all 10 & under swimmers. Swimmers ages 10 and under failing to report to Clerk of Course will be scratched. The no show & scratch rule will not apply to this meet. If you would like a downloadable file of the order of events, please go to Rock Island County Orca's website or Illinois Swimming website.

Qualifying Times:

No Qualifying times or cutoff times apply. NT times will be accepted.

Entry Limitations:

DECK ENTRIES WILL BE PERMITTED if space if available at $7.00 per swim. **Swimmers may swim a maximum of 4 individual events and 1 relay per session.** In order to participate in a relay, a swimmer must swim in at least one individual event. The host team reserves the right to swim additional heats if time allows. The host team also reserves the right to limit the number of heats to conform to a four-hour time limit for each session.

Long Events and Relays:

Due to the Illinois Swimming 10-hour and 4-hour limitation rules, it may be necessary to limit entries for relays and/or any distance events of 200 yards and greater. Teams will be notified as soon as possible if limitations are necessary and a refund of entry fees for these events will be given if this occurs. If limitations are imposed, entries will be accepted according to the fastest seed times with first priority given to host team swimmers. Each swimmer in the 1650 Yard Freestyle must provide their own timers and lap counters.

Entry Fees:

The entry fee for this meet is $4.00 for individual events and $8.00 for each relay. There is a $2.00 Illinois Swimming Surcharge fee per athlete.

Entry Deadlines:

Entries, with all enclosures, must be received no earlier than 8:00 am, September 10, 2019 and not later than 9:00 pm, October 20, 2019. If you wish to have verification that your entry packet has arrived, please enclose an email address or a stamped, self-addressed envelope or postcard. Entries will be accepted, subject to the 4-hour rule, until the maximum time limit is reached and entries received thereafter will be returned immediately.

Entry Forms:

The enclosed fee summary sheet/release form, signed by the coach, parent, or club representative must accompany all entries. Please submit all entries using short course yard times. Send electronic entries to michaelmhecker@gmail.com in a zip file. For those clubs not sending an electronic entry file, a typed list of each swimmer's name, registration, events and times is required. All entries must be submitted on the entry form attached or a facsimile. The enclosed entry form or facsimile, the fee summary sheet/release form and payment must be received within 72 hours of transmission of e-mail. Failure to comply with any of the above requirements is sufficient grounds to refuse entry. Mail entry forms and payment check to: Mike Hecker, P.O. Box 6606, Rock Island, IL 61204-6606. Please make checks payable to "RIC Orca".

Meet Schedule:

Warm-ups for Friday's sessions on October 25, 2019 will start at 5:30 pm, with the meet starting at 6:30 pm. Warm-ups for the AM sessions on Saturday & Sunday, October 26-27, 2018 will start at 7:45 am, with the meet beginning at 9:00 am. Warm-ups for the PM session will not start before 12:15 pm, with the meet starting one hour and 15 minutes after the warm-ups have started. This meet will use fly over starts format except for backstroke & relays.

Scoring:

Points scored will be standard 16 place scoring for individual events & doubled for relays. Swimmers may swim up in open events, however, points achieved **will NOT** be accumulated for individual high point across age groups.

Awards:

Individual High Point in each age group and gender: 8 and under, 9-10, 11-12, 13-14, and 15 and above will be awarded for 1st through 3rd places.

For individual events, medals will be awarded for 1st through 3rd places and ribbons for 4th through 6th places. Relay awards will be given to 1st through 3rd places in each relay event. Heat awards will be given. All awards will be distributed to each team's coach or team representative. Be sure to appoint a team representative to pick up awards after the meet, AWARDS WILL NOT BE MAILED.

Concessions and Sales:

Food and beverages will be available for sale. Swimwear and swim accessories will be available in the lobby. Heat sheets will be available for purchase at $4 per session.

Swimmers with Disabilities:

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

Racing Start Certifications:

As of May 1, 2018 USA Swimming rules require that all registered swimmers must be racing start certified in order to perform racing starts in any setting prior to certification from any height starting block, backstroke ledges, or from the deck shall be 6 feet measured for a distance of 3 feet 3 3-1/2 inches to 16 feet 5 inches from the end wall, 103.2.2 (which already provides that racing starts should only be taught in at least six feet of water) to further clarify that racing starts should only be taught under the direct supervision of a USA Swimming member coach, and to expand the definition of teaching racing starts to make clear that no swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water. Each athlete on your team must have a "Racing Start Certification Checklist" filled out and kept on file at your club for proof of completion of this testing. If this checklist is not on file, all racing starts must take place from a position in the water, regardless of pool depth.

USA Swimming Rule 202.3.4:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Safety Requirements:

1. WARM UP PROCEDURES
    a. General Warm-up (first 30 minutes)
        i. 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.
        ii. No sprinting or pace work allowed during this general warm-up session.
        iii. 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 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 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.
3. SAFETY GUIDELINES
    a. Coaches Responsibilities
        i. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
        ii. Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the warm-up session at meets and practices.
4. HOST TEAM RESPONSIBILITIES
    a. Marshaling
        i. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the warm-up session.
        ii. Marshals shall be current members of USA Swimming.
        iii. 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. 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.”
    c. 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.
    d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
5. MISCELLANEOUS
    a. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the block.
    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.

Meet Results:

Meet results in .pdf format and Hytek results file will be emailed to all visiting teams or posted to a website to download. Individual hard copies will not be available.

Order of Events

Friday, October 25 SESSION 1

Warm--ups 5:30 PM

Meet Starts 6:30 PM

Girls Event	Boys Events
1 10–U 200 IM	2 10-U 200 IM
3 Open 400 IM	4 Open 400 IM
5 10–U 200 Free	6 10-U 200 Free
7 11--12 500 Free	8 11--12 500 Free
9 Open 500 Free	10 Open 500 Free

Saturday, October 26 SESSION 2

Warm--ups 7:45 AM
Meet Starts 9:00 AM

Girls Events	Boys Events
11 8-U 50 Free	12 8-U 50 Free
13 10-U 50 Free	14 10-U 50 Free
15 8-U 25 Breast	16 8-U 25 Breast
17 10-U 50 Breast	18 10-U 50 Breast
19 8-U 50 Back	20 8-U 50 Back
21 10-U 100 Back	22 10-U 100 Back
23 8-U 100 Free Relay	24 8-U 100 Free Relay
25 10-U 200 Free Relay	26 10-U 200 Free Relay
27 8-U 25 Fly	28 8-U 25 Fly
29 10-U 50 Fly	30 10-U 50 Fly
31 8-U 100 IM	32 8-U 100 IM
33 10-U 100 IM	34 10-U 100 IM

Saturday, October 26 SESSION 3

Warm--ups No earlier than 12:15 PM
Meet Starts 1 hour and 15 minutes after start of warm--ups

Girls Events	Boys Events
35 11--12 200 Free	36 11--12 200 Free
37 Open 200 Free	38 Open 200 Free
39 11--12 100 Breast	40 11--12 100 Breast
41 Open 100 Breast	42 Open 100 Breast
43 11--12 50 Free	44 11--12 50 Free
45 Open 50 Free	46 Open 50 Free
47 11--12 200 Free Relay	48 11--12 200 Free Relay
49 Open 200 Free Relay	50 Open 200 Free Relay
51 11--12 50 Back	52 11--12 50 Back
53 Open 200 Back	54 Open 200 Back
55 11--12 100 Fly	56 11--12 100 Fly
57 Open 100 Fly	58 Open 100 Fly
59 11--12 200 IM	60 11--12 200 IM
61 Open 200 IM	62 Open 200 IM

Sunday, October 27 SESSION 4

Warm--ups 7:45 AM
Meet Starts 9:00 AM

Girls Events	Boys Events
63 8-U 25 Free	64 8-U 25 Free
65 10-U 100 Free	66 10-U 100 Free
67 8-U 50 Breast	68 8-U 50 Breast
69 10-U 100 Breast	70 10-U 100 Breast
71 8-U 100 Medley Relay	72 8-U 100 Medley Relay
73 10-U 200 Medley Relay	74 10-U 200 Medley Relay
75 8-U 25 Back	76 8-U 25 Back
77 10-U 50 Back	78 10-U 50 Back
79 8-U 50 Fly	80 8-U 50 Fly
81 10-U 100 Fly	82 10-U 100 Fly

Sunday, October 27 Session 5

Warm--ups No earlier than 12:15 PM
Meet Starts 1 hour and 15 minutes after start of warm--ups

Girls Events	Boys Events
83 11--12 100 Free	84 11--12 100 Free
85 Open 100 Free	86 Open 100 Free
87 11--12 50 Breast	88 11--12 50 Breast
89 Open 200 Breast	90 Open 200 Breast
91 11--12 200 Medley Relay	92 11--12 200 Medley Relay
93 Open 200 Medley Relay	94 Open 200 Medley Relay
95 11--12 100 Back	96 11--12 100 Back
97 Open 100 Back	98 Open 100 Back
99 11--12 50 Fly	100 11--12 50 Fly
101 Open 200 Fly	102 Open 200 Fly
103 Open 1650 Free **	104 Open 1650 Free**

****Swimmers must provide their own timers and counters for this event**

Rock Island County ORCA

6th Annual Fall Spook & Splash

October 25-27, 2019

Complete this form and mail it along with entry forms (if not sent via .zip file) and a check payable to "RIC ORCA" to:

Mike Hecker

P.O. Box 6606

Rock Island, IL 61204-6606

Summary of Fees

Total number of entries		_____ @	$4.00	=	$_____
Surcharge	#of swimmers	_____ @	$2.00	=	$_____
	# of relays	_____ @	$8.00	=	$_____
			TOTAL =		**$_____**

Name of Club _____ Club Code _____

Mailing Address _____ LSC_____

City, State _____ Zip _____

Contact Name _____ Phone _____

Email Address _____

Names of Attending Coaches

1. _____ 2. _____

3. _____ 4. _____

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.; Rock Island County ORCA Swim Team; Rock Island District #41, 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 correctly registered with USA Swimming

Signature (Coach, Parent, or Club Representative) _____

Printed Name _____ Title _____

This signed release and payment must accompany the entry or the entry will not be accepted. Entry must be received no earlier than 8:00 AM September 10, 2019 and no later than 9:00 PM October 20, 2019. Entries will be accepted on a first received, first entered basis. E-mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.