

# Wheaton Swim Club

Last Chance Long Course Meet  
July 8-10 2022



**Entries Accepted Beginning:**

Fri, June 17, 2022 (8:00 a.m.)

**Entry Accepted Until:**

Fri, July 1, 2022 (or Meet Fills)

**Email Entries To:**

[wheatonmeetdirector@gmail.com](mailto:wheatonmeetdirector@gmail.com)

**Acceptance Procedure:** Entries will be accepted on a first come first serve basis as outlined in the meet packet.

**Wheaton Swim Club**  
Summer Blastoff Long Course Meet  
July 8-10, 2022

**SANCTIONS:** Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # .

**MEET DIRECTOR:** Joseph Schrom      **ENTRY CHAIR:** Joseph Schrom  
[wheatonmeetdirector@gmail.com](mailto:wheatonmeetdirector@gmail.com)      [wheatonmeetdirector@gmail.com](mailto:wheatonmeetdirector@gmail.com)  
(630) 651 - 1540

**MEET REFEREE:** Jim Bey      **SAFETY CHAIR:** Chris DelGaldo

**ADMIN OFFICAL:** Luke Witeveen

**LOCATION:** FMC Natatorium 275 Plaza Dr Westmont, IL 60559  
The pool is located just south of I88 and west of I294

**FACILITY:** Nine (9) lane, 50 meter competition pool will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2.C

**FORMAT:** This is a timed-final meet. Positive check-in will be used for all sessions. Bull-pen will be used for 10 & Under only.

<b>Friday, Session 1</b>	Warm-up	4:30 p.m.
	Positive check-in closes	4:50 p.m.
	Meet Starts	5:30 pm
<b>Saturday, Session 2</b>	Warm-up	7:00 a.m.
	Positive check-in closes	7:20 a.m.
	Session Starts	8:00 a.m
<b>Saturday, Session 3</b>	Warm-up	Not before 12:00p.m.
	Positive check-in closes	Not before 12:20 p.m.
	Session Starts	Not before 1:00 p.m..
<b>Saturday, Session 4</b>	Session Start	Ten minutes after Session 3
<b>Sunday, Session 5</b>	Warm-up	7:00 a.m.
	Positive check-in closes	7:20 a.m.
	Session Starts	8:00 a.m
<b>Sunday, Session 6</b>	Warm-up	Not before 12:00p.m.
	Positive check-in closes	Not before 12:20 p.m.
	Session Starts	Not before 1:00 p.m..
<b>Sunday, Session 7</b>	Session Start	Ten minutes after Session 6

**AWARDS:** Heat winners will be given at the end of each heat.

**RULES & SAFETY:** All current USA Swimming and ISI rules and Regulations apply. ISI and USA Swimming Safety Rules will be strictly enforced.

**DRONES:** 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.

**NO PHOTO ZONE:** The area behind the starting blocks is designated as a no photo zone. For more information please visit [usaswimming.org/protect](http://usaswimming.org/protect).

**STARTS CERTIFICATION:** 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.

**ELIGIBILITY:** Only USA Swimming 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 **July 8, 2022**. USA swimming registration forms can be obtained from Illinois swimming online at <http://www.ilswim.org>.

**USA SWIMMING, INC. MEMBERSHIP:** Insurance regulations require that all swimmers, judges, starters and referees are a current member of USA Swimming. It is the responsibility of each club to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate or be on deck.

**COACHES:** Coaches must be current USA Swimming coaching members to be allowed on deck and must continuously display their USA membership card at all times while on deck. This rule will be strictly enforced.

**ENTRY DEADLINE:** Entries will not be accepted by the entry chair before 8:00 a.m. [CST] on Friday, **June 17, 2022**. Entries will be accepted until the meet is full. Email is the only method of entry for this meet.

**ENTRIES:** 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. Swimmers are limited to four (3) individual non-distance session events per day on Saturday and Sunday. Changes in entries may be made until positive check in closes each day (coaches ONLY should see the computer table about making changes). Wheaton Swim Club will be using Hytek Meet Manager 7 Pro for Windows. **Email is the preferred method of entry for this meet.** Entries should be generated using Hytek Team Manager (Commlink II file) or similar export file. Such entries must comply with USA Swimming and Illinois Swimming, Inc. rules. **A Meet Manager Setup File will be available on the host website at <http://www.wheatonswimming.com>.**

**"NO TIME" ENTRIES.** "No time" entries may not be accepted. Please eliminate all "no time" entries from your entry file by making your best guess for swimmers without times. This will help us accurately determine the timeline.

**The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries. To save paper, please do NOT mail a hardcopy of your entries.** The summary must be returned together with your check made payable to the Wheaton Swim Club. Failure to do so shall be sufficient grounds for refusal of the entry.

E-mail entries will be accepted conditionally in the order in which they are received, and will be considered official upon receipt of signed check release form within 48 hours of the receipt of your entry.

**ENTRY FEES:** Entry fees will be \$7.00 per individual event plus \$17.00 surcharge per swimmer entered which includes building surcharge and ISI charge, Please make checks payable to Wheaton Swim Club.

**ENTRY VERIFICATION:** All teams will be notified of their acceptance via email with 24 hours of receipt.

**ENTRY LIMITATIONS:** Deck entries will not be permitted. Distance events of 200 yards or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the entry fee will be refunded, or the swimmer will be allowed to switch events. Such

changes may be made until positive check in closes each session. **The host team reserves the right to swim additional heats of its own swimmers in limited events if time allows.**

**EVENTS:** 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.

**POSITIVE CHECK-IN:** This meet is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. Swimmers must check in each day. **Positive check-in closes 35 minutes before the first event of each session.** There will be a bullpen for 10 & Under swimmers only. For the distance sessions, check in will close 90 minutes after the start of prior session which immediately precedes it.

**SEEDING:** All events will be timed finals, swum from slowest to fastest, except for the 800, which will be swum fastest to slowest. **Please submit Long Course Meters times for entry purposes.** All SCY and SCM times will be considered non-conforming and seeded in the slowest heats.

**RESULTS:** Results will be posted as the meet progresses. Results will be posted in downloadable format on the host's website within 24 hours of the conclusion of the meet. Results will also be emailed to participating teams.

**TIMERS:** Teams with 20 or more swimmers will be asked to provide timer(s) for up to four sessions of the meet, as needed. Team timer assignments will be posted on the host website at <http://www.wheatonswimming.com>. Swimmers in the distance sessions must provide their own timers and (when applicable) their own lap counter.

**SWIMMER SUPERVISION and CERTIFICATION:** Each team or coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and designated rest areas **ONLY**. The meet and facility hosts reserve the right to remove any swimmer from the meet for entering an unauthorized area.

**SECURITY:** Spectators must display their admissions wristbands at all times or risk being removed from the facility. No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.** Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. The area behind the starting blocks is designated as a no photo zone. Please visit <https://www.usaswimming.org/Home/safe-sport> for more information.

**CONCESSIONS & HOSPITALITY:** Food and beverages will be for sale Saturday and Sunday. A hospitality room will be provided for coaches and officials throughout the meet.

**ADMISSIONS:**

\$10.00, per day with children 12 & under FREE  
Free Heat Sheets on Meet Mobile

Full-meet admission package and heat sheet sale information will be posted on site. All spectators must display their admissions wristband at all times. No spectator will be admitted to the viewing area without a wristband without exception.

**MEET PROGRAM:** Will be sold on a limited basis. Most information will be posted online on the host's website. Meet program includes psyche sheet, time standards, team information, warm-up assignments, and volunteer timer assignments. If time permits, we will print a limited number of heat sheets to sell to spectators. Heat and lane assignments will also be posted for swimmers.

# Wheaton Swim Club

## Last Chance Long Course Meet

<b>Girls Event #</b>	<b>Friday Session #1 Warm up 4:30 pm Frist Splash 5:30 pm</b>	<b>Boys Event #</b>
1	10- Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13 and Over 400 Individual Medley	6
7	10-Under 200 Freestyle	8
9	11-12 400 Freestyle	10
11	13 and Over 400 Freestyle	12
<b>Girls Event #</b>	<b>Saturday Morning Session #2 Warm-Up 7:00 am First Splash 8 am</b>	<b>Boys Event #</b>
13	11-12 100 Freestyle	14
15	13-14 100 Freestyle	16
17	11-12 50 Breaststroke	18
19	13-14 200 Breaststroke	20
21	11-12 100 Butterfly	22
23	13-14 100 Butterfly	24
25	11-12 50 Backstroke	26
27	13-14 100 Backstroke	28
29	11-12 200 Freestyle	30
31	13-14 200 Individual Medley	32
<b>Girls Event #</b>	<b>Saturday Afternoon Session #3 Warmup Not Before 12:00 pm First Splash Not Before 1:00pm</b>	<b>Boys Event #</b>
33	Open 100 Freestyle	34
35	10 and Under 100 Freestyle	36
37	Open 200 Breaststroke	38
39	10 and Under 50 Breaststroke	40
41	Open 100 Butterfly	42
43	10 and Under 100 Butterfly	44
45	Open 100 Backstroke	46
47	10 and Under 50 Backstroke	48
49	Open 200 Individual Medley	50
	<b>Saturday Distance Session#4 Ten Minutes after Session #3</b>	
89	Open 800 Freestyle	90
<b>Girls Event #</b>	<b>Sunday Morning Session #5 Warm-Up 7:00 am First Splash 8 am</b>	<b>Boys Event #</b>
51	13-14 200 Freestyle	52
53	11-12 100 Breaststroke	54
55	13-14 100 Breaststroke	56
57	11-12 100 Backstroke	58
59	13-14 200 Backstroke	60
61	11-12 50 Butterfly	62
63	13-14 200 Butterfly	64

65	11-12 50 Freestyle	66
67	13-14 50 Freestyle	68

<b>Girls Event #</b>	<b>Sunday Afternoon Session #6 Warmup Not Before 12:00 pm First Splash Not Before 1:00pm</b>	<b>Boys Event #</b>
69	Open 200 Freestyle	70
71	10 and Under 100 Breaststroke	72
73	Open 100 Breaststroke	74
75	10 and Under 50 Butterfly	76
77	Open 200 Butterfly	78
79	10 and Under 100 Backstroke	80
81	Open 200 Backstroke	82
83	10 and Under 50 Freestyle	84
85	Open 50 Freestyle	86
	<b>Sunday Distance Session#7 Ten Minutes after Session #6</b>	
87	Open 1500 Freestyle	88

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

**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

## 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.

<b>LANE USE</b>	<b><u>POOL</u></b>	<b><u>PUSH/PACE</u></b>	<b><u>DIVING</u></b>	<b><u>GENERAL WARM-UP</u></b>
	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 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**
    - i. 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.
    - 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. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warmup.
  - 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. 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.

**Wheaton Swim Club**  
Summer Blastoff Long Course Meet  
July 8-10, 2022

Club Name: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

**Head Coach:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State / Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Fax #: \_\_\_\_\_

Office phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

*Please use space below for additional officials*

**Club Official(s):**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State / Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Fax #: \_\_\_\_\_

Office phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Entry summary:**

Total # of event entries: \_\_\_\_\_ x \$7.00 per i.e. = \$ \_\_\_\_\_

Total # of swimmers: \_\_\_\_\_ x \$16.00 per swimmer = \$ \_\_\_\_\_

**Make checks payable to Wheaton Swim Club**

**Total enclosed:** \$ \_\_\_\_\_

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming. 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 Wheaton Swim Club, Inc., USA Swimming, Inc., Illinois Swimming Inc., FMC Natatorium 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

Club Official Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Mail to: Chris DelGaldo, 906 S Main Street. Wheaton, IL 60189**

**To save paper, please do NOT mail a hardcopy or disk of your entries. All entries will be confirmed via email. You should ONLY mail a check with this form**



**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. Swimmers changing in non-designated areas will be removed from the remainder of the meet.**

**ON DECK PROTOCOL:** There will be restrooms on deck available for athletes. Locker rooms may be used to change into and out of suits only. No showering in the locker rooms will be allowed. Coaches and officials will use separate restrooms.

**COVID-19 PROTOCOL:** Athletes will always wear a mask when not competing and maintain proper social distancing. Athletes will wear a mask until they are whistled onto the starting blocks. At this time, athletes will remove their mask, place it into a zip lock bag (with their name written on it) and step onto the blocks. When the race is completed, the athletes will retrieve their mask and put it back on. Athletes must stay a minimum of 6” apart. Athletes will be safely distanced in between events by utilizing the balcony. Athletes will be organized by heat and assigned a location on deck. After competing, athletes will return to their designated area in the balcony. There will be no athletes behind the blocks unless they are competing in the next heat. Coaches will help to make sure athletes are wearing masks and social distancing. Hand sanitizer will be available on the pool deck and in the front vestibule.

**COVID-19 Information:** 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 individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. cannot prevent you (or your child) 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 THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] 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 THEREWITH.