



CWAC Summer Sizzle Invitational

Hosted by the Chicago Wolfpack Aquatic Club

July 9 – 10, 2022

USA Swimming Sanction: ILL0727-22



| | | |
|--|---|--|
| Meet Director David Stephens (312) 432 – 8321 david.stephens@ignatius.org | Meet Referee Pamela Wu PamelaWuswim@gmail.com | Entry Chair David Stephens (312) 432 – 8321 david.stephens@ignatius.org |
| Safety Director Paul Moniak (312) 962-0166 pvmoniak@yahoo.com | Host Team Chicago Wolfpack Aquatic Club www.cwacswimming.com | |

Location: UIC Natatorium | 901 W. Roosevelt Road, Chicago, Illinois 60608

Facility:

The UIC pool is a 50-meter, eight-lane pool with Kiefer Advantage II Wave Eater non-turbulent lane lines. The starting end depth is 16 feet. Starting blocks are located at the south end. A Daktronics automatic timing system with touch pads, pushbuttons and an eight-lane display board will be used. Seating capacity is 550. No smoking is allowed on UIC grounds. Parking is available directly across Roosevelt Road from the main entrance of the building for approximately \$10.00 per day. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

RULES:

Current USA Swimming and Illinois Swimming rules will govern this meet. USA Swimming Rule 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

All coaches must be currently registered with USA Swimming and must provide proof of current registration at all session of this meet. Coaches must sign in at the hospitality room upon arrival.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

- Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Flash photography is prohibited in the pool area when athletes are on the starting blocks.
- Smoking is not permitted within the facility or on the school grounds.
- Running on deck and horseplay is a safety concern and will not be tolerated.
- 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.



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MEET FORMAT:

All events are timed finals. All 800 & 400 swimmers are required to provide one timer and one lap counter (800 only).

| SESSION | DAY | AGE GROUP | WARM UP TIME | MEET START TIME |
|---------|----------|--------------------------|-----------------|----------------------------|
| 1 | Saturday | 10 & Under, 11 - 12 | 8:00 AM | 9:00 AM |
| 2 | Saturday | Open | 1:00 PM | 2:00 PM |
| 3 | Saturday | Open (800 Free) | After Session 2 | 15 Minutes After Session 2 |
| 4 | Sunday | 10 & Under, 11 - 12 | 8:00 AM | 9:00 AM |
| 5 | Sunday | Open | 1:00 PM | 2:00 PM |
| 6 | Sunday | Open (400 Free / 400 IM) | After Session 5 | 15 Minutes After Session 5 |

CWAC reserves the right to use fly-over starts for any or all events. Swimmers who miss an event will not incur penalties and a reasonable effort will be made to place the swimmer into an open lane in a different heat. Open events are for ages 9 and older. 200's may be limited in order to accommodate timelines.

ELIGIBILITY:

Swimmers must be registered with USA Swimming prior to the competition. Age, as of July 9, 2022, shall determine the swimmer's age for the entire meet. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet.

ENTRY PROCESS:

This will be a closed meet. Please submit an initial entry by Friday June 10 at noon so we can review our timelines. Only entries received by e-mail will be accepted; no hand delivers, phoned or faxed entries.

ENTRY FORMS:

We will use Hytek Meet Manager 8.0 for Windows for this meet. Entries must be submitted via email attachment. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. An entry is not complete until all necessary paperwork and fees are received. Email entries to the Entry Chair David Stephens at david.stephens@ignatius.org. Final deadline to submit entries or update times is Friday, July 1 at noon. Entries may be reviewed online at www.cwacswimming.com. Questions regarding entries should be directed to the Entry Chair.

ENTRY LIMITS: 12 & Under Swimmers may enter a maximum of 3 individual events each day plus the 400 / 800
Open Swimmers may enter a maximum of 3 individual events each day plus the 400 / 800
Swimmers may only do either the 400 free or 400 IM in session 6

ENTRY FEES:

All fees must accompany entry. **Please make checks payable to CWAC.**

| | |
|-------------------------|---------------------|
| Individual Entry Fees: | \$4.00 per event |
| Illinois Surcharge: | \$2.00 per swimmer |
| UIC Facility Surcharge: | \$8.00 per swimmer |
| Admission: | \$10.00 per swimmer |

Fees not received 7 days after the meet are subject to a \$100 fine. Please include the Entry Summary/Release form with payment.



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DISCLAIMERS: 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 to COVID-19.

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 individual with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, CWAC AND UIC 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.

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, CWAC will operate this meet while limiting the number of individuals in the pool building and ensuring adequate social distancing of those individuals. 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

SEEDING / POSITIVE CHECK-IN:

Positive check-in will be at the discretion of the meet host based on entries. Please e-mail all scratches to the Meet Entry Chair by 4 PM on Friday (7/8). There will be a positive check-in for the 800 free and the deadline is 3 PM on Saturday. 800's will run fastest to slowest alternating women and men. 800 swimmers must provide their own timer and counter. There will be a positive check-in for the 400 free / 400 IM and the deadline is 3 PM on Sunday. 400's will run slowest to fastest. 400 swimmers must provide their own timer.

MEET RESULTS:

Final results will be posted on the CWAC website at www.cwacswimming.com and will be e-mailed to teams after the last session on July 10, 2022.

AWARDS:

Individual swimmers in the 10 & Under and 11 – 12 age group events will receive awards for 1st – 8th place. No awards will be given for Open events.

FACILITY NOTE:

We are guests of UIC. It is important that all people attending this meet, whether it be swimmers, coaches or spectators, treat the facility with the utmost care. The following rules will be strictly enforced:

- **ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK**
- Keep all trash picked up



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- Do not go or let children go, in any unauthorized areas. This means any place other than the lobby, seating areas, steps to the deck. Elevators and steps going up and down stairs are off limits. Due to USA Swimming insurance requirements **only** swimmers, coaches, officials and volunteers are allowed on deck.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the block.
- **NO FLASH PHOTOGRAPHY AT THE START OF RACE-HEATS!**

BROADCAST STATEMENT:

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

CWAC will have security people roaming the spectator areas, deck and locker room areas. If any spectator or swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further admittance or competition.

DECK CHANGING:

Changing into or out of swim suits other than in locker rooms or designated areas is not appropriate and strictly prohibited. Any athlete not complying with this rule is subject to removal from the meet.

ADMISSION: Admission will be included as part of the entry fees.

HEAT SHEETS: Heat sheets will be available on Meet Mobile.

RESULTS: Meet results will be posted and available through Meet Mobile.

CONCESSIONS: Drinks and potentially snacks

HOSPITALITY: Will be available for all coaches and officials



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WARM – UP PROCEDURE

WARM-UP PROCEDURE:

- No diving allowed from blocks or edge of pool.
- Sit & Slide entry only!
- Sprinting and pace work is done as needed.
- All lanes will be used for general warm-up.
- The Host Team reserves the right to assign teams to lanes for warm-up.

At conclusion of the warm-up period, all swimmers MUST clear the pool. The first event will start no sooner than 10 minutes from the conclusion of the warm-up.

RACING STARTS:

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

COACHES RESPONSIBILITIES:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
- Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Unattached swimmers, or attached swimmers attending the meet without coaches, must report to the safety coordinator for lane assignment
- Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.
- 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 locker rooms or other designated areas is not appropriate and is prohibited.
- Use of a drone is not permitted.

MAAPP:

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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ENTRY SUMMARY / RELEASE: This summary form must be completed and returned with all entries by **Friday, July 1, 2022**. Please be certain to include all of the following:

1. Individual entry sheets
2. Check for entries made payable to: **Chicago Wolfpack Aquatic Club**
3. This summary form completed

Mail all of the above to: David Stephens, 1076 W Roosevelt Road, Chicago, IL 60608

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Illinois Swimming Surcharge: Number of Swimmers _____ @ \$2.00 = \$ _____

UIC Facility Surcharge: Number of Swimmers _____ @ \$8.00 = \$ _____

Admission Fee: Number of Swimmers _____ @ \$10.00 = \$ _____

Number of Entries: _____ @ \$4.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Club official submitting entry: _____ Coaches Names: _____

Name _____

Address _____

City _____

State/Zip _____

Telephone(____) _____ (am) _____

(____) _____ (pm)

Please indicate the latest time that we may call in the evening _____

E-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; CWAC; UIC; 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 included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of 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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SATURDAY EVENTS

| SESSION 1 - SATURDAY AM - 8 AM Warm Up / 9 AM Meet Start | | |
|--|--------------------|---------------|
| Women's Event # | Event | Men's Event # |
| 1 | 11-12 200 IM | 2 |
| 3 | 10&Under 200 IM | 4 |
| 5 | 11-12 100 Back | 6 |
| 7 | 10&Under 100 Back | 8 |
| 9 | 11-12 50 Fly | 10 |
| 11 | 10&Under 50 Fly | 12 |
| 13 | 11-12 50 Breast | 14 |
| 15 | 10&Under 50 Breast | 16 |
| 17 | 11-12 100 Free | 18 |
| 19 | 10&Under 100 Free | 20 |

| SESSION 2 - SATURDAY PM - 1 PM Warm Up / 2 PM Meet Start | | |
|--|-----------------|---------------|
| Women's Event # | Event | Men's Event # |
| 21 | Open 200 IM | 22 |
| 23 | Open 200 Fly | 24 |
| 25 | Open 100 Back | 26 |
| 27 | Open 200 Breast | 28 |
| 29 | Open 100 Free | 30 |

| SESSION 3 - SATURDAY 800 SESSION - 15 Minutes After Session 2 | | |
|---|---------------|---------------|
| Women's Event # | Event | Men's Event # |
| 31 | Open 800 Free | 32 |



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SUNDAY EVENTS

| SESSION 4 - SUNDAY AM - 8 AM Warm Up / 9 AM Meet Start | | |
|--|---------------------|---------------|
| Women's Event # | Event | Men's Event # |
| 33 | 11-12 200 Free | 34 |
| 35 | 10&Under 200 Free | 36 |
| 37 | 11-12 100 Breast | 38 |
| 39 | 10&Under 100 Breast | 40 |
| 41 | 11-12 50 Back | 42 |
| 43 | 10&Under 50 Back | 44 |
| 45 | 11-12 50 Free | 46 |
| 47 | 10&Under 50 Free | 48 |
| 49 | 11-12 100 Fly | 50 |
| 51 | 10&Under 100 fly | 52 |

| SESSION 5 - SUNDAY PM - 1 PM Warm Up / 2 PM Meet Start | | |
|--|-----------------|---------------|
| Women's Event # | Event | Men's Event # |
| 53 | Open 200 Free | 54 |
| 55 | Open 100 Breast | 56 |
| 57 | Open 100 Fly | 58 |
| 59 | Open 200 Back | 60 |
| 61 | Open 50 Free | 62 |

| SESSION 6 - SUNDAY 400 SESSION - 15 Minutes After Session 5 | | |
|---|---------------|---------------|
| Women's Event # | Event | Men's Event # |
| 63 | Open 400 Free | 64 |
| 65 | Open 400 IM | 66 |