FMCS

SPEEDO CLASSIC

Presented by FMC Aquatic and Hinsdale Swim Club NOV 18-20, 2022



Speedo Classic

Presented by: FMC & HSC

November 18-20, 2022

*this is the complementary meet to the Speedo Grand Challenge Meet

Hosts:

FMC Aquatic
Hinsdale Swim Club

Location:

Don Watson Aquatic Center at Hinsdale Central High School 5500 Grant St Hinsdale, IL 60521

All times and deadlines in Central Time Standard CST

Entry Timeline

Opens: Tuesday, October 18, 2022 at 8:00 AM Closes: Friday, November 11, 2022 at 8:00 AM

Team Updates

Sunday, November 13, 2022 at 5:00 PM

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Sanctioned by USA Swimming, Inc. Sanction Number: SANCTION # ILS1131-22

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

MEET ENTRY CHAIR: Ben Munster e-mail: coachbenhinsdale@gmail.com

P.O. Box 126 cell: 919-338-9166

Hinsdale, IL 60522-0126

Meet Director:Sarah Chasee-mail: sarahpchase@yahoo.comMeet Referee:Brett Cumberlande-mail: bdcumberland@comcast.netSafety Director:Kristen Frandsene-mail: kristen.frandsen@yahoo.comAdmin Official:Carolee Harrise-mail: caroleeharris@gmail.com

HSC Head Coach: Scott Erdman e-mail: scotterdman@hotmail.com 708-717-4218

FMC Head Coach: David Krotiak e-mail: DKrotiak@fmcaquatic.com 630-546-2380

IMPORTANT DATES: Meet Entries Accepted: Tuesday, October 18, 2022 at 8:00 AM

Coaches Meeting Wednesday, November 16th at 7:30 PM via Zoom

Session	Date	Location	Pos. Check In Deadline	Warm Up Start	Meet Start
1	Friday 11/18	Don Watson Aquatic Center	4:50 PM	4:30 PM	5:30 PM
2	Saturday 11/19	Don Watson Aquatic Center	12:20 PM	12:00 PM	1:00 PM
3	Sunday 11/20	Don Watson Aquatic Center	12:20 PM	12:00 PM	1:00 PM

HOST CLUBS: Hinsdale Swim Club (hinsdaleswimming.org)

FMC Aquatic (fmcaquatic.com)

SANCTION: The meet is sanctioned under Illinois Swimming Inc. Sanction # ILS1131-22, Illinois Swimming Incorporated (ISI). USA Swimming rules shall prevail at this meet.

FORMAT: This meet will be conducted as a timed final for all individual and relay events.

This meet is the complementary meet to the Speedo Grand Challenge. Swimmers entered in the Speedo Grand Challenge SHOULD NOT enter in this meet. The <u>only exception to that rule is for the Open 1000 Free</u> since there is not one offered at the Speedo Grand Challenge.

Due to timeline restraints, we may limit events. We reserve the right to not swim relays. The Open 1000 Free may be limited to 3 heats of each gender. The Open 400 IM may be limited to 5 heats of each gender. The 10&U 200 IM and 200 Free may be limited to 7 heats of each gender.

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FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. Flyover starts will be used for all events other than backstroke events.

In accordance with USA Swimming Rules (Article 105), 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.

LOCATION:

Don Watson Aquatic Center

<u>Hinsdale Central High School</u> 5500 S. Grant St. Hinsdale, IL

10 lane, 25-yard competition pool; five additional lanes available at all times for warm up/cool down. It is equipped with non-turbulent lane lines, starting blocks with wedge, a horn start system with a strobe and automatic timing with touch pads. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. There are not backstroke wedges. Starting depth end of the pool is 12'6" and depth at the turn end is 7'0". The facility is owned and operated by the Hinsdale Township High School District 86. As necessary, staff at the facility will handle operational matters. Please note that the Host Club does not control operational decisions. The competition course has not been certified in accordance with 104.2.2C(4).

ELIGIBILITY: All swimmers must be currently registered with USA Swimming (prior to the entry deadline), and their USA Swimming identification numbers must be included on the entry forms. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of **Friday, Nov 18, 2022** determines their age group eligibility for the meet.



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EVENT SCHEDULE

SESSION 1 – Friday, November 18, 2022 Warm-Up: 4:30 pm, Meet Start: 5:30 pm						
WOMEN MEN						
Event #	SCY	LCM	EVENT	SCY	LCM	Event #
1	3:38.49	4:09.39	10&U 200 IM	3:35.49	4:06.19	2
3	5:55.89	6:47.89	OPEN 400 IM	5:26.99	6:14.09	4
5	3:18.99	3:45.79	10&U 200 FREE	3:06.69	3:33.49	6
7	13:49.19	12:21.29	OPEN 1000 FREE	12:52.99	11:40.09	8

SESSION 2 – Saturday, November 19, 2022						
Warm-Up: 12:00 pm, Meet Start: 1:00 pm						
	WOMEN MEN					
Event #	SCY	LCM	EVENT	SCY	LCM	Event #
9	2:29.39	2:50.49	OPEN 200 FREE	2:16.49	2:37.39	10
11	47.39	53.39	10&U 50 FLY	45.69	51.79	12
13	-	ı	8&U 25 BREAST	ı	ı	14
15	1:25.89	1:39.49	OPEN 100 BREAST	1:16.49	1:29.89	16
17	1:58.09	2:14.79	10&U 100 BREAST	1:53.39	2:09.39	18
19	-	-	8&U 25 BACK	1	-	20
21	1:14.69	1:27.29	OPEN 100 BACK	1:08.09	1:20.19	22
23	1:41.99	1:59.19	10&U 100 BACK	1:39.79	1:55.09	24
25	2:46.79	3:11.89	OPEN 200 IM	2:31.69	2:56.59	26
27	1:42.59	-	10&U 100 IM	1:38.79	ı	28
29	31.79	36.39	OPEN 50 FREE	28.39	32.59	30
31	38.89	44.09	10&U 50 FREE	38.09	43.59	32
33	2:45.29	3:07.29	OPEN 200 FLY	2:31.29	2:52.29	34
35	-	-	10&U 200 MEDLEY RELAY	-	-	36



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SESSION 3 – Sunday, November 20, 2022 Warm-Up: 12:00 pm, Meet Start: 1:00 pm						
	WOMEN MEN					
Event #	SCY	LCM	EVENT	SCY	LCM	Event #
37	1:14.69	1:25.39	OPEN 100 FLY	1:07.49	1:17.39	38
39	1:53.99	2:09.99	10&U 100 FLY	1:51.39	2:07.09	40
41	-	-	8&U 25 FLY	-	-	42
43	2:42.99	3:08.39	OPEN 200 BACK	2:27.99	2:53.79	44
45	46.99	54.89	10&U 50 BACK	47.49	55.29	46
47	6:40.59	5:58.49	OPEN 500 FREE	6:10.59	5:33.69	48
49	-	-	8&U 25 FREE	-	-	50
51	3:05.99	3:35.89	OPEN 200 BREAST	2:48.19	3:15.39	52
53	53.19	1:00.49	10&U 50 BREAST	52.09	59.69	54
55	1:08.89	1:19.19	OPEN 100 FREE	1:02.39	1:11.99	56
57	1:29.59	1:41.99	10&U 100 FREE	1:27.79	1:40.59	58
59	-	-	OPEN 25 FREE	-	-	60
61	-	-	10&U 200 FREE RELAY	-	-	62

QUALIFYING TIMES: Only swimmers having achieved qualifying times on or after November 1, 2020 are eligible for this meet. Entry times may be submitted in short course yards or long course meters.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than <u>eight (8)</u> individual events during the meet. No swimmer shall be permitted to compete in more than two (2) individual events on Friday and <u>three (3)</u> individual events per day on Saturday or Sunday.

Qualifying standards for the Speedo Classic are based on the 2021-2024 "B" National Motivational time standards. For Open swimmers, the "B" Time Standards are from 15-16 year old table. **There are no Bonus Events allowed at the Speedo Classic.**

INDIVIDUAL EVENTS:

Open 500 and 1000 Freestylers must provide their own counter. Open 1000 Freestylers must provide their own counter and timer.

DISTANCE BONUS EVENTS: Swimmers with either a 1500 LCM Freestyle or 1650 SCY Freestyle qualifying time may enter the Open 1000 Freestyle event.

Qualifying Time standards: Men: 1650 Free: 21:35.39 SCY 1500 Free: 22:08.99 LCM

Women: 1650 Free: 23:05.19 SCY 1500 Free: 23:43.89 LCM

Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard. The 1000 Freestyle will be swum fastest to slowest, alternating Women's and Men's Heats.



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The Open 1000 Free is the only event that swimmers entered in the Speedo Grand Challenge will be able to enter since there is not one offered at that meet. Swimmers in the Speedo Grand Challenge that enter the Open 1000 Free at this meet will **NOT** be charged the Facility Surcharge for this meet as well. Instead they will only be charged the ISI Surcharge and the Event Entry Fee.

RELAYS: Teams may enter only "A" and "B" relays. Relays must be made up of athletes entered in the meet with an individual qualifying time. No relay only swimmers. There are no qualifying times for relay events. Due to timeline restraints, we reserve the right to not swim relays or to limit teams to only an "A" relay.

SEEDING: All events shall be seeded in order of SCY, LCM.

POSITIVE CHECK-IN: There will be positive check-in for all events. Positive check-in will close 40 minutes prior to the start of each session.

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

COACHES: All coaches must be currently registered with USA Swimming and mustprovide proof of current registration at all sessions of this meet.

SCORING: Scoring in both individual and relay events. Relay events will be scored as double.

Individual event scoring: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

AWARDS: Awards will be awarded for first, second and third place in each 10&U event. One high point award will be given to each gender in the 10&U events.

An award will be given to the first place finisher in each Open event. One high point will be given to each gender in the Open events.

ENTRIES: All entry times shall have been achieved in sanctioned/approved USA Swimming competitions or shall have been observed swims in accordance with USA Swimming rules. All teams are required to send an entry file compatible with Hy-Tek Meet Manager to:

Ben Munster P.O. Box 126 Hinsdale, IL 60522-0126

coachbenhinsdale@gmail.com

No handwritten entries will be accepted. Each swimmer must be entered with full name (last name first), age, and USA Swimming Registration Number on the entry. All times must be completed to the hundredth of a second.

IMPORTANT! Attached summary sheet, waiver & release form, and entry fees must be mailed to Hinsdale Swim Club, P.O Box 126, Hinsdale, IL 60522-0126 by **Monday**, **Nov 14, 2022**.

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ENTRY DEADLINE: Entries will not be accepted before 8:00 AM on Tuesday, October 18, 2022. Host teams will not be responsible for undelivered or misdelivered e- mail entries. HSC will send an e-mail confirming receipt (which the sending Club should print out as evidence of delivery). Failure to submit all required forms and payment within the period mandated above shall be sufficient cause to refuse the entry. Please send e-mail entries by attaching the appropriate Hy-Tek file. NO HAND DELIVERED ENTRIES WILL BE ACCEPTED.

The deadline for entries to be received is 8:00 AM, Friday, November 11, 2022. No telephone entries will be accepted. Teams not accepted will have their entries returned as soon as possible, definitely within four (4) days of receipt via email.

ENTRY UPDATES, MODIFICATIONS, OR ADDITIONS: Once an entry has been submitted and accepted, all swimmers will be entered into the meet and any deletions must be handled through the scratch process described below.

Any electronic data files submitted after the initial entry must be clearly labeled to describe the changes included. The updated Hy-Tek file will be added to the original entry file you submitted, allowing you to update information, modify swimmers' times, or add additional entries (at the discretion of the Entry Chair). As with the original entries, additions will be handled on a first come, first entered basis. No additional updates and additions may be added after 5:00 PM on Sunday, November 13th 2022.

All requests for entry changes of any type must be submitted by the **swimmer's coach**, via e-mail. Requests from parents or swimmers will not be honored, except for an unattached swimmer's parent acting in the role of coach.

ENTRY LIMITATIONS: Deck entries will not be allowed. Swimmers are allowed a maximum of 8 individual events. No swimmer is allowed to swim more than 3 events per day.

Host teams reserve the right to add swimmers to the meet if time permits.

ENTRY FEES: \$8.00 per individual event entry

\$16.00 per relay event

\$2.00 per swimmer ISI surcharge \$18.00 per swimmer facility charge

Please make entry fee checks payable to Hinsdale Swim Club.

Any entries that are canceled due to event or heat limitations will be refunded.

ENTRY CONFIRMATION: A listing of each team's entered swimmers, their events, and the pre-scratch rankings in such events will be e-mailed the Tuesday prior to the meet. If you provide an e-mail address with your entry, you will receive your listing via e-mail. All team entries will be posted on our web site at http://hinsdaleswimming.org

SWIMMER SUPERVISION: Each team or coach is responsible for the supervision of their swimmers in the water, deck, and balcony areas. No Smoking is allowed in any area of the swimming facility or facility grounds. The Meet Referee, FMC Aquatic, Hinsdale Swim Club, Hinsdale District 86, and the facility management reserve the right to remove any person from the meet for entering an unauthorized area, for displaying un-sportsmanlike conduct, or for any other reason deemed relevant.

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MARSHALLING: A minimum of two (2) marshals appointed by the Meet Referee shall attend all warm-up sessions to enforce Warm-Up procedures. Marshals shall be current members of USA Swimming. At all times during the meet, marshals shall have authority to maintain order, in accordance with their role described in section 102.18 of the USA Swimming rules discretion of the above parties.

TIMERS & OFFICIALS: All teams with six (6) or more swimmers entered in the meet *may* be required to provide timers to work during meet sessions. Host teams will provide at least eight (8) timers for each of the meet sessions. If attending teams are required to provide timers, session and lane assignments for each team will be posted on the host meet page at www.hinsdaleswimming.org.

Any current USA Swimming officials from your team who would be able to work at this meet should contact the Meet Referee in advance of the meet. Any assistance is greatly appreciated by the host teams and ALL of the swimmers attending the meet.

CONCESSIONS: Hinsdale Swim Club prides itself on the quality and variety of its concessions. A delicious assortment of food and refreshments will be available for purchase at all sessions. Personal coolers will NOT be allowed in the immediate pool area or in the spectator area. We ask that parents and swimmers help to maintain the cleanliness of the facility and assist in picking up their area before leaving and in disposing of any garbage.

MEET RESULTS: Results will be posted on the host team's website at www.hinsdaleswimming.org (Hosted Meets Page) as soon as possible after the meet. One (1)copy of the meet results will be sent via e-mail to each club participating in the meet. Coaches who request results on a diskette or USB Drive must provide their own. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming time standards.

SPECTATORS: Parents are only allowed in the balcony area and the lobby. Only swimmers, meet officials, USA Swimming member coaches, and timers will be allowed on-deck. Anyone entering other areas of the building is subject to be ejected from the meet.

Admissions: No Charge

HANDICAP ACCESS: The Don Watson Aquatic Center provides handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or special needs swimmers are asked to include a short notification of such along with their entry and to notify the Meet Director and/or Meet Referee upon arrival at the meet.

ADDITIONAL INFORMATION: The host teams require that all guest teams follow therules and code of conduct of the Don Watson Aquatic Center with respect to property, conduct, and safety. Any unacceptable conduct may result in ejection from the meet with no refund for admission or entry fees.

Only swimmers, meet officials, USA Swimming member coaches, and timers will be allowed on deck. All teams are expected to provide a monitor(s) to supervise their swimmers in the team area.

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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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. "

OR

"Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet."



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SUMMARY OF FEES, WAIVER & RELEASE

FMC Aquatic and Hinsdale Swim Club

The Speedo Classic

Nov 18-20, 2022

Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # ILS1131-22

This completed and signed Summary of Fees, Waiver & Release form, together with your club's meetentries and a check payable to FMC Aquatic for the entire amount of entry fees must be received no later than 2:00 PM on Friday, November 11, 2022.

MEET ENTRY CHAIR:	Ben Munster P.O. Box 126 Hinsdale, IL 60522-0126	e-mail: <u>coachbenhi</u> cell: 919-338-9160			
]	No. of individual entries@ \$	8.00 each	each =		
]	No. of Relays @ \$16.00 each		=		
-	Total # swimmers ISI surcharge	_@ \$2.00 each	=		
5	Γotal # swimmers Facility surcharge _	@ \$18.00 each	=		
		Total Meet Fo	ees =	_	
Name of Club: _			_Club Code	LSC	
Coaches Attendi	ng:				
Mailing Address	:				
	es:				
Phone:	Email:				
In consideration to participants in the Meet from r USA Swimming, Illinois Swin representatives, trustees, empl	the acceptance of this entry, I, intending to my club, hereby consign, waive and release any mining Inc., HSC, the Don Watson Natatorium loyees, directors, officers, successors, or any aid Meet. I attest that all athletes included in this embers of USA Swimming.	be legally bound on by and all rights and claims at Hinsdale Central High and all injuries suffered	behalf of myself, my clus or damages which may School, Hinsdale District by me or any contestan	ab and accrue against ct 86, their at, or	
Signature (Club)	Representative):				
Date:					
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WARM-UP: All current Illinois Swimming warm-up and safety guidelines will be in effect. Warmups will be conducted in a format at the discretion of the Meet Director and Meet Referee. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. Coaches shall actively supervise their swimmers throughout the warm-up sessions.

RACING STARTS: 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.

Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start. There are not backstroke wedges available at the Don Watson Natatorium.

Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start. 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.

Warm-up procedures shall be enforced for any breaks during the competition. Flagrant violations of safety requirements or warm-up procedures by a swimmer may result in that swimmer being barred from his or her next individual event.

The Meet Referee may restrict use of bands, hand paddles, or fins during warm-up. The Meet Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Unattached swimmers, or swimmers attending the meet without coaches, must report to the Meet Referee before entering the pool for approval and lane assignment for warm-up.

ISI Safety Guidelines and Warm-Up Procedures will be in affect at this meet.

COACHES' RESPONSIBILITIES:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-upprocedures as they apply to conduct at the meet.
- Coaches shall be on deck during warm-up sessions and shall actively supervise their swimmers throughout the entire warm-up session(s) and at all warm downs during the meet.
- All coaches must display a current USA Swimming membership card upon enteringthe pool deck (USA Swimming's Deck Pass is acceptable). Coaches must be able to present credentials at all times while on deck.
- Coaches shall instruct anyone from their team not working or displaying proper credentials to leave the deck.
- Any coaches' meetings at the meet will be conducted at times other than the 30minute General Warm-up and the 20 minute Specific Warm-Up.



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Use of audio or visual recording devices, including a cell phone, is notpermitted 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. 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 ONLY by athletes. Swimmers are asked to not loiter in the locker rooms. Coaches and officials will use separate restrooms.

COVID-19 PROTOCOL: Following Dupage County Health Department guidelines and regulations.

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 contractingor 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, ILLINOIS SWIMMING, FMC AQUATIC, FMC NATATORIUM, HINSDALE SWIM CLUB, HINSDALE DISTRICT 86 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 BUTNOT 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.