

2015 NASA Spring Blast-Off
"B Min" Invitational Meet
May 1-3rd, 2015
Sanction # ILL0525-15



2015 NASA "B Min" Spring Blast-Off Sponsored by TYR

Northwestern University, May 1-3rd, 2015
Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction# ILL0525-15

"B" minimum entry standard is required for all events; times are specifically listed in the Order of Events. All swimmers ("B", "BB", "A" and faster) compete together for score/awards.

| | | |
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| Meet Director Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 alexderosi@gmail.com (847) 467-6272 Fax: (847) 467-1405 | Entry Chairperson Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 alexderosi@gmail.com (847) 467-6272 Fax: (847) 467-1405 | Safety Chairperson Kevin Zakrzewski Meet Referee Carolyn Yoch cayoch@comcast.net |
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Format Long course meter events in a timed finals format. Positive check-in will be required at all sessions. Fly-over starting procedures will be used.

Meet Schedule
Friday, May 1, 2015 Warm-ups: 4:30 pm
Positive check-in: 4:15 – 4:50 pm
Meet starts: 5:30 pm

Saturday & Sunday AM
May 2&3, 2015 Warm-ups: 7:00 am
Positive Check-in: 6:45-7:20 am
Meet starts: 8:15 am

Saturday & Sunday PM
May 2&3, 2015 Warm-ups: following am session but not before 12:00 noon
Positive Check-in: 11:45 am-12:20 pm
Meet starts: not before 1:15pm

Location Norris Aquatic Center
Northwestern University
2311 Campus Drive
Evanston, IL 60208

Facility Norris Aquatics Center is home to an eight lane, 50-meter pool with non-turbulent lane markers. Pool depth is 15 feet at the start end and 4 feet at the turn end. The meet will be run using Colorado System 6 timing system, Hy-Tek Meet Manager version 3.0, and an electronic video scoreboard. Bleacher seating is available for spectators.
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file USA Swimming

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- Safety** All current USA Swimming and ISI rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced.
- Eligibility** All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline of April 24th, 2015. Entries listed, as “registration applied for” will not be accepted. Registration forms can be obtained from Illinois Swimming online at www.ilswim.org or through the Illinois Swimming office, 1400 E Touhy Ave Suite 245, Des Plaines, IL 60018, phone 847-824-1596; fax 847-824-1726. A swimmers’ age as of May 1st, 2015 will determine their age for the meet. “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. ”
- USA Swimming, Inc., Membership** Insurance regulations require that all swimmers, judges, starters, and referees be a current member 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 on the deck.
- Coaches** All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.
- Time Standards** 2013-2016 National Age Group Motivational Times (Long Course Meters) will be utilized.
<http://www.usaswimming.org/Rainbow/Documents/247b781e-ec16-406d-bc76-38aea59b0008/2016MotivationalTimes-Top16.pdf>
Minimum entry qualification of “B Min” required for all individual events. Swimmers who are disqualified or who fail to swim qualifying times in events may be asked to either prove the qualifying time or pay a \$100.00 fine before their next event if their entry time is not in the USA Swim Database. Swimmers who fail to prove the time will be barred from their next event until proof or fine paid. Acceptable proof of time is printed results, Hy-Tek TM Proof of Time entry reports, .pdf results, reports from the USA Swimming times database. The host team will make exceptions for its swimmers. Time Standards for the Females and Males Open are derived from the 15-16 age group.
- Entry Deadline** Entries will not be accepted before 8:00am Monday, April 20th or after 5:00 pm Friday, April 24th, 2015. Entries will be accepted in the order in which they are received. Entries received after the meet has filled will be returned.
- Entry Limits** Swimmers may enter up to **THREE (3)** individual events each day. Deck entries will not be permitted. NASA reserves the right to limit the following events to the fastest 24 or fewer entries if the four-hour rule is affected:
- | | |
|---------------------|-----------------------------------|
| Friday Evening: | 800 Freestyle* |
| Saturday Morning: | 200 I.M. & 200 Free Relays |
| Saturday Afternoon: | 400 I.M. & 200 Free Relays |
| Sunday Morning: | 200 Freestyle & 200 Medley Relays |
| Sunday Afternoon: | 400 Freestyle & 200 Medley Relays |

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*The 800 free, 400 free and IM will be swum alternating women & men, fastest to slowest and all swimmers participating in these events need to provide their own timer and counter.
NASA reserves the right to swim additional heats if time allows.

Entry Procedure

All entries must be received by 5:00 pm on Friday, April 24th, 2015. Long Course meter times should be submitted for entry purposes. **Non-conforming seed times and "NT" entries will not be accepted.** Swimmers qualifying for this meet in short course yards (with a "NT" Long Course time) should be entered at an estimated equivalent long course meters time which best represents their abilities.

Entries must be submitted via e-mail in a zipped, c12 electronic file generated using Hy-Tek Team Manager. The meet will be run using Hy-Tek Meet Manager version 3.0.

A signed Summary Fee / Release Form (provided in this packet) and a check for the payment in full must accompany all entries. (For electronic entries, release form and entry check must be received within 72 hours of receipt of the e-mail entries.)

NASA will accept no responsibility for transmission errors of e-mailed entries. It will remain up to the sender to verify receipt of entries.

Entry Fees

\$ 5.00 per individual event
\$ 2.00 ISI surcharge per swimmer
\$ 1.00 facility clean-up charge* per swimmer
(*Maximum \$50 per club)
\$ 10.00 per relay.
Please make checks payable to: **NASA Wildcat Aquatics** and remit to the above address

Positive Check-in

This will be a positive check-in meet. Check-in will close 20 minutes after warm-ups begin. Swimmers failing to check-in on time will not be allowed to swim that session.

Coaches Meeting

A coaches' meeting will be held on the pool deck 10 minutes before scheduled warm-ups on Friday night (4:20pm) and Saturday morning (6:50am) if needed. A coaching representative from each team is requested to attend the meetings.

Awards

Ribbons will be awarded for places 1-8 for 10 & under, 11-12 and 13-14 age groups. No ribbons will be awarded to the senior age group.

Officials & Timers

We will need help from all clubs with officiating. Please ask your volunteer officials to plan to work all sessions they are attending.

All teams may be required to provide timers for one to two lanes at each session (2 – 4 volunteers), depending on the number of entries from each team. Please provide the name of a timer coordinator with your entry. Timer coordinators and coaches will be notified of lane assignments by e-mail on or before Tuesday, May 6th.

Admissions

A \$5.00 admission fee including heat sheets will be charged to spectators over 14 years of age.

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- Parking** Parking is available free of charge in the campus lots to the South of the Norris Aquatic Center after 4pm on Friday. Permits are required before 4pm.
- Concessions** A full concession stand will be available at all sessions throughout the weekend.
- Facility Rules** Locker rooms and showers are available, however, NO LOCKER SPACE IS AVAILABLE. Lockers are reserved for members of the facility only. All belongings are to be kept on the pool deck.
- Facility staff and officials will monitor the locker rooms during the meet. Any swimmers damaging property, violating facility rules, or engaging in un-sportsman-like behavior will be asked to leave the facility and be barred from further competition at the meet.
- Participant and spectator entry is limited to the pool facility. No swimmers or spectators are to enter any other section of the sports pavilion. Violation of facility rules and restrictions may result in disqualification of the swimmer(s) from the meet.
- 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.
- Coaches are asked to inform their swimmers of these rules and consequences before the meet.
- Lost & Found** Items found during the meet should be taken to the admissions table. Items not claimed by the end of the meet will be turned over to the Norris Aquatic Center lost and found.

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Warm-Up Procedure General Warm-up (first 30-45 minutes)

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.

No sprinting or pace work allowed during this general warm-up session.

Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

Specific Warm-up (last 30-45 minutes)

Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**

Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)

General Warm-up Lanes - NO DIVING. Circle swim only. At 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 Coaches Responsibilities

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 session at meets and all practices.

Host Team Responsibilities

Marshaling

- 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.

The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.

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.”

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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.

Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Miscellaneous

Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.

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 scheduled during the competition.

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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Session I- Friday Evening
Warm-up starts at 4.30pm – Session starts at 5.30pm

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|----------|-------------------|---------|----------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 1 | TF | 2:53.19 | 3:19.49 | 13-14 200 IM | 2:41.89 | 3:07.09 | TF | 2 |
| 3 | TF | 2:48.89 | 3:14.19 | Open 200 IM | 2:34.29 | 2:58.19 | TF | 4 |
| 5 | TF | 2:52.39 | 3:13.29 | 13-14 200 Fly | 2:40.39 | 3:02.59 | TF | 6 |
| 7 | TF | 2:46.79 | 3:09.39 | Open 200 Fly | 2:33.29 | 2:53.89 | TF | 8 |
| 9 | TF | 32.89 | 37.59 | 13-14 50 Free | 30.39 | 34.39 | TF | 10 |
| 11 | TF | 32.29 | 36.99 | Open 50 Free | 28.99 | 32.59 | TF | 12 |
| 13 | TF | - | 12:23.29 | Open 800 Free* | - | 11:40.79 | TF | 14 |

**Swimmers need to provide their own timer and counter*

Session II- Saturday AM
Warm-up starts at 7.00am – Session starts at 8.15am

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|---------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 15 | TF | 1:30.69 | 1:43.09 | 10 & U 100 Free | 1:28.49 | 1:41.29 | TF | 16 |
| 17 | TF | 1:13.59 | 1:24.99 | 11 & 12 100 Free | 1:12.19 | 1:22.19 | TF | 18 |
| 19 | TF | 47.99 | 54.39 | 10 & U 50 Fly | 46.69 | 52.79 | TF | 20 |
| 21 | TF | 37.29 | 41.79 | 11-12 50 Fly | 37.69 | 42.69 | TF | 22 |
| 23 | TF | 1:58.79 | 2:16.89 | 10 & U 100 Breast | 1:53.69 | 2:11.99 | TF | 24 |
| 25 | TF | 1:35.79 | 1:49.99 | 11-12 100 Breast | 1:33.59 | 1:48.29 | TF | 26 |
| 27 | TF | 48.59 | 55.69 | 10 & U 50 Back | 48.59 | 55.69 | TF | 28 |
| 29 | TF | 38.79 | 44.89 | 11 & 12 50 Back | 38.99 | 44.89 | TF | 30 |
| 31 | TF | 3:40.39 | 4:10.09 | 10 & U 200 IM | 3:38.89 | 4:08.09 | TF | 32 |
| 33 | TF | 3:02.49 | 3:28.39 | 11-12 200 IM | 3:00.99 | 3:26.99 | TF | 34 |
| 35 | TF | - | - | 10& U 200 Med Relay | - | - | TF | 36 |
| 37 | TF | - | - | 11&12 200 Med Relay | - | - | TF | 38 |

Session III-IV Saturday PM
Warm-up starts not before noon – Session starts at 1.15pm

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|------------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 39 | TF | 2:33.89 | 2:55.19 | 13-14 200 Free | 2:24.49 | 2:45.69 | TF | 40 |
| 41 | TF | 2:30.79 | 2:51.79 | Open 200 Free | 2:18.29 | 2:39.19 | TF | 42 |
| 43 | TF | 1:18.29 | 1:30.09 | 13-14 100 Back | 1:13.59 | 1:24.99 | TF | 44 |
| 45 | TF | 1:16.29 | 1:28.69 | Open 100 Back | 1:09.69 | 1:21.29 | TF | 46 |
| 47 | TF | 3:13.99 | 3:42.59 | 13-14 200 Breast | 3:00.49 | 3:29.49 | TF | 48 |
| 49 | TF | 3:09.99 | 3:36.59 | Open 200 Breast | 2:52.79 | 3:18.29 | TF | 50 |
| 51 | TF | - | - | 13-14 200 Med Relay | - | - | TF | 52 |
| 53 | TF | - | - | Open 200 Med Relay | - | - | TF | 54 |
| | | | | 10 minute break | | | | |
| 55 | TF | 5:58.49 | 6:47.89 | Open 400 IM* | 5:31.39 | 6:18.59 | TF | 56 |

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Session V- Sunday AM
Warm-up starts at 7.00am – Session starts at 8.15am

| FEMALE | | | | Event Description | MALE | | | |
|--------|--------|---------|---------|------------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | | SCY | LCM | Format | No. |
| 57 | TF | 3:20.19 | 3:48.49 | 10 & U 200 Free | 3:09.89 | 3:34.79 | TF | 58 |
| 59 | TF | 2:41.19 | 3:03.79 | 11 & 12 200 Free | 2:38.89 | 2:58.99 | TF | 60 |
| 61 | TF | 53.59 | 1:01.29 | 10 & U 50 Breast | 53.59 | 1:01.19 | TF | 62 |
| 63 | TF | 43.69 | 49.09 | 11-12 50 Breast | 44.29 | 49.89 | TF | 64 |
| 65 | TF | 1:55.49 | 2:11.19 | 10 & U 100 Fly | 1:55.19 | 2:09.39 | TF | 66 |
| 67 | TF | 1:26.29 | 1:37.49 | 11-12 100 Fly | 1:25.79 | 1:36.19 | TF | 68 |
| 69 | TF | 39.49 | 44.99 | 10 & U 50 Free | 38.89 | 43.79 | TF | 70 |
| 71 | TF | 34.09 | 38.69 | 11 & 12 50 Free | 33.39 | 37.79 | TF | 72 |
| 73 | TF | 1:45.09 | 2:01.89 | 10 & U 100 Back | 1:42.89 | 1:56.09 | TF | 74 |
| 75 | TF | 1:26.29 | 1:38.89 | 11-12 100 Back | 1:25.79 | 1:37.79 | TF | 76 |
| 77 | TF | - | - | 10 & U 200 Free Relay | - | - | TF | 78 |
| 79 | TF | - | - | 11 & 12 200 Free Relay | - | - | TF | 80 |

Session VI-VII Sunday PM
Warm-up starts not before noon – Session starts at 1.15pm

| FEMALE | | | | Event Description | MALE | | | |
|--------|--------|---------|---------|------------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | | SCY | LCM | Format | No. |
| 81 | TF | 1:19.09 | 1:28.09 | 13-14 100Fly | 1:12.19 | 1:22.19 | TF | 82 |
| 83 | TF | 1:17.39 | 1:26.09 | Open 100 Fly | 1:08.79 | 1:18.19 | TF | 84 |
| 85 | TF | 2:51.79 | 3:13.19 | 13-14 200 Back | 2:38.39 | 3:02.99 | TF | 86 |
| 87 | TF | 2:47.89 | 3:09.29 | Open 200 Back | 2:31.59 | 2:53.79 | TF | 88 |
| 89 | TF | 1:30.59 | 1:42.89 | 13-14 100 Breast | 1:22.59 | 1:34.89 | TF | 90 |
| 91 | TF | 1:28.29 | 1:41.09 | Open 100 Breast | 1:19.19 | 1:31.99 | TF | 92 |
| 93 | TF | 1:12.49 | 1:21.29 | 13-14 100 Free | 1:06.29 | 1:16.19 | TF | 94 |
| 95 | TF | 1:10.89 | 1:19.79 | Open 100 Free | 1:03.29 | 1:12.59 | TF | 96 |
| 97 | TF | - | - | 13-14 200 Free Relay | - | - | TF | 98 |
| 99 | TF | - | - | Open 200 Free Relay | - | - | TF | 100 |
| | | | | 10 minute break | | | | |
| 101 | TF | - | 6:00.39 | Open 400 Free* | - | 6:18.59 | TF | 102 |

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Summary of Entries/Fees

| | |
|--|-------------------|
| Total # of Entries _____ | @ \$5.00 = _____ |
| Total # of Relays _____ | @ \$10.00 = _____ |
| ISI Surcharge Total # of Swimmers _____ | @ \$2.00 = _____ |
| Facility Clean-up* Total # of Swimmers _____ | @ \$1.00 = _____ |
| * Maximum \$50 per team | |
| TOTAL FEES = _____ | |

(Include a check payable to Northwestern Aquatic Swim Association)

Club Name: _____

Coaches attending meet: _____

Club mailing address:

Contact for entry questions: _____

Phone: _____ Email: _____

Timer Coordinator Contact: _____

Phone: _____ Email: _____

Team Waiver

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Illinois Swimming, Inc., Northwestern Aquatic Swim Association, and Northwestern University, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I attest that our athletes entered in this sanctioned event are duly and currently registered with USA Swimming.

Signature _____
Coach, Club Representative, or Parent

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Date _____

Print Name _____