



2016 Fun in the WILD

Sponsored by TYR



Northwestern University, October 7-8, 2016
Sanctioned by USA Swimming and Illinois Swimming
Sanction#

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| <u>Meet Director</u> Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 alexderosi@gmail.com (847) 467-6272 Fax: (847) 467-1405 | <u>Entry Chairperson</u> Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 alexderosi@gmail.com (847) 467-6272 Fax: (847) 467-1405 | <u>Safety Chairperson</u> Jeff Frydenlund jmf_tri@yahoo.com <u>Meet Referee</u> Dan Schober Danbar795@gmail.com |
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Format

Short course yard 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 PM
October 7

Warm-ups: 4:30 – 5:25pm
Positive Check-in: 4:20 – 4:50pm
Meet starts: 5:30pm

Saturday AM
October 8

Warm-ups: 7:00 - 7:45am
Positive Check-in: 6:50 - 7:20am
Meet starts: 8:00am

Saturday PM
October 8

Warm-ups: not before 11:00am
Positive Check-in: closes 20 minutes after beginning of warm-ups
Meet starts: not before 12:00pm

Location

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

Facility

Norris Aquatics Center is home to an 8 lane, 50 meters pool with non-turbulent lane markers. Pool depth is 8 feet at the start end and 6 feet at the turn end. Limited lanes in an adjacent warm - down pool will be open during distance events Friday night, and Saturday and Sunday afternoon. The meet will be run using Colorado System 6 timing system, Hytek 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 with USA Swimming

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 September 21 st , 2016. 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 410, Des Plaines, IL 60018, phone 847-824-1596; fax 847-824-1726. A swimmers' age as of October 8th, 2016 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 | 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. |
| Entry Deadline | <u>Entries will not be accepted before 8:00am Wednesday, September 21st, or after 5:00pm Friday, September 23rd, 2016. Entries will be accepted in the order in which they are received. Entries received after the meet has filled will be returned.</u> |
| Entry Procedure | All entries must be received by 5:00 pm on Friday, September 23 rd , 2016. Short Course yard times should be submitted for entry purposes. Entries must be submitted via e-mail in a zipped, cl2 electronic file. The meet will be run using Hy-Tek Meet Manager version 3.0. <u>A signed Summary Fee / Release Form (provided in this packet) and a check for the payment in full must accompany all entries.</u> (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 \$ 10.00 per Elimination 25 Free \$ 10.00 per Mixed Relay \$ 2.00 ISI surcharge per swimmer \$ 5.00 admission cost (per swimmer) \$ 1.00 facility clean-up charge per swimmer Please make checks payable to: <u>NASA</u> 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 if necessary. A coaching representative from each team is requested to attend the meeting. |

Awards Trophies will be awarded to the winner of the Elimination 25 Free for the 8 & under, 9-10, 11-12, 13 & 14 age groups. High Point Trophies will be awarded to the 8 & under, 9-10 and 11-12, 13 & 14 age groups.

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.

Admissions No admission cost.

Parking Parking is available free of charge in the parking lot after 4pm on Friday and for the whole weekend.

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 area, restrooms or locker rooms.

“Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas in 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.

Warm-Up 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 15-30 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."

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

Backstrokers 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 swimmer

“Fun in the Wild”

SESSION 1

Warm-ups at 4:30pm; Meet start at 5:30pm

| GIRLS | Event Description | BOYS |
|--------------|-----------------------------|-------------|
| 11 | 10&U 50 Free | 12 |
| 13 | 11&12 50 Free | 14 |
| 15 | 13&14 100 Free | 16 |
| 17 | 15&O 100 Free | 18 |
| 19 | 10&U 100 IM | 20 |
| 21 | 11&12 100 IM | 22 |
| 23 | 13&14 100 IM | 24 |
| 25 | 15&O 100 IM | 26 |
| 27 | 10&U 100 MIXED Free Relay* | 27 |
| 29 | 11&12 100 MIXED Free Relay* | 29 |
| 31 | 13&O 100 MIXED Free Relay* | 31 |

* 2 Girls & 2 Boys

SESSION 2

Warm-ups at 7:00am; Meet start at 8:00am

| GIRLS | Event Description | BOYS |
|--------------|---|-------------|
| 1 | 8 & U 25 FREE Elimination Round | 2 |
| 3 | 10 & U 25 FREE Elimination Round | 4 |
| 5 | 11 & 12 25 FREE Elimination Round | 6 |
| 33 | 8 & U 25 FLY | 34 |
| 35 | 9 & 10 50 FLY | 36 |
| 37 | 11 & 12 50 FLY | 38 |
| 1 | 8 & U 25 FREE Elimination Round: TOP 16 | 2 |
| 3 | 10 & U 25 FREE Elimination Round: TOP 16 | 4 |
| 5 | 11 & 12 25 FREE Elimination Round: TOP 16 | 6 |
| 39 | 8 & U 25 BACK | 40 |
| 41 | 10 & U 50 BACK | 42 |
| 43 | 11 & 12 50 BACK | 44 |
| 1 | 8 & U 25 FREE Elimination Round: TOP 8 | 2 |
| 3 | 10 & U 25 FREE Elimination Round: TOP 8 | 4 |
| 5 | 11 & 12 25 FREE Elimination Round: TOP 8 | 6 |
| 45 | 8 & U 25 BREAST | 46 |
| 47 | 10 & U 50 BREAST | 48 |
| 49 | 11 & 12 50 BREAST | 50 |
| 1 | 8 & U 25 FREE Elimination Round: TOP 4 | 2 |
| 3 | 10 & U 25 FREE Elimination Round: TOP 4 | 4 |
| 5 | 11 & 12 25 FREE Elimination Round: TOP 4 | 6 |
| 51 | 8 & U MIXED 100 Medley Relay* | 51 |
| 53 | 9 & 10 MIXED 100 Medley Relay* | 53 |
| 55 | 11 & 12 MIXED 100 Medley Relay* | 55 |

* 2 Girls & 2 Boys

SESSION 3

Warm-ups at conclusion of Session 1; Meet starts 1 hour after beginning of Warm-ups

| GIRLS | Event Description | BOYS |
|--------------|---|-------------|
| 7 | 13 & 14 25 FREE Elimination Round | 8 |
| 9 | 15 & O 25 FREE Elimination Round | 10 |
| 57 | 13 & 14 50 FLY | 58 |
| 59 | 13 & O 100 FLY | 60 |
| 7 | 13 & 14 25 FREE Elimination Round: TOP 16 | 8 |
| 9 | 15 & O 25 FREE Elimination Round: TOP 16 | 10 |
| 61 | 13 & 14 50 BACK | 62 |
| 63 | 13 & O 100 BACK | 64 |
| 7 | 13 & 14 25 FREE Elimination Round: TOP 8 | 8 |
| 9 | 15 & O 25 FREE Elimination Round: TOP 8 | 10 |
| 65 | 13 & 14 50 BREAST | 66 |
| 67 | 15 & O 100 BREAST | 68 |
| 7 | 13 & 14 25 FREE Elimination Round: TOP 4 | 8 |
| 9 | 13 & O 25 FREE Elimination Round: TOP 4 | 10 |
| 69 | 13 & 14 50 FREE | 70 |
| 71 | 15 & O 50 FREE | 72 |
| 73 | 13 & O 200 MIXED 100 Medley Relay* | 73 |

** 2 Girls & 2 Boys*

Summary of Entries/Fees

| | | |
|-------------------------|---------------------------|--------------------|
| Entries | Total # of Entries _____ | @ \$5.00 = _____ |
| Relays | Total # of Relays _____ | @ \$10.00 = _____ |
| Admission | Total # of Swimmers _____ | @ \$5.00 = _____ |
| 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 NASA)

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

Date _____

Print Name _____