



2016 NASA “B Min” Winter Blast~Off

Sponsored by TYR

Northwestern University, December 2-4, 2016
Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction#

“B” minimum entry standard is required for all events and age groups with the exception of 8 & U.
Times are specifically listed in the Order of Events.

| | | |
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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 Jeff Frydenlund jmf_tri@yahoo.com Meet Referee 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, December 2

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

Sat & Sun AM
December 3-4

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

Sat & Sun MID-AM
December 3-4

Warm-ups: not before 10:30am
Positive Check-in: will close 20 minutes after beginning of warm-ups
Meet starts: not before 11:30am

Sat & Sun PM
December 3-4

Warm-ups: not before 1:30pm
Positive Check-in: close 20 minutes after beginning of warm-ups
Meet starts: not before 2:30pm

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, 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 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 November 14th, 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 245, Des Plaines, IL 60018, phone 847-824-1596; fax 847-824-1726. A swimmers’ age as of December 2nd, 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, 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.
- Entry Deadline** Entries will not be accepted before 8:00am Monday, November 14th, or after 5:00pm Wednesday, November 17th, 2016. 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: Open 500 Free*, 9 - 10 200 Free, 11 - 12 200 Free, Open 200Free & all relays.
**The 500 Free swimmers need to provide their own timers and counters*
- Time Standards** 2013-2016 National Age Group Motivational Times 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 but for the 8&U who will not need a qualifying time. 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 Senior are derived from the 13-14 age group.
- Entry Procedure** All entries must be received by 5: 00 pm on Wednesday, November 17th, 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.
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
 \$ 10.00 per Relay
 \$ 2.00 ISI surcharge per swimmer
 \$ 10.00 per swimmer (admission)
 \$ 1.00 facility clean-up charge per swimmer
- Please make checks payable to: NASA 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 meetings.
- Awards** Ribbons will be awarded for places 1-8 for 8 & under, 9-10 and 11-12 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 are 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 Monday, November 28th.
- Admissions** There will be no admission fee at this meet (each swimmer will be charged \$10 in lieu of admission)
- Parking** Parking is available free of charge (SAT & SUN ONLY) in the campus lots to the South of the Norris Aquatic Center. You may not park in the lot before 4:00pm on Friday, December 2nd.
- 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 swimmers.

Order of Events

Session I – Friday PM
4:30-5:25pm Warm-up 5:30pm Meet Start

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|-------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 1 | TF | 1:43.39 | - | 10&U 100 IM | 1:40.39 | - | TF | 2 |
| 3 | TF | 3:02.49 | 3:28.39 | 11-12 200 IM | 3:00.99 | 3:26.99 | TF | 4 |
| 5 | TF | 2:53.19 | 3:19.49 | Senior 200 IM | 2:41.89 | 3:07.09 | TF | 6 |
| 7 | TF | 3:20.19 | 3:48.49 | 10&U 200 Free | 3:09.19 | 3:34.79 | TF | 8 |
| 9 | TF | 2:41.19 | 3:03.79 | 11-12 200 Free | 2:37.19 | 2:58.99 | TF | 10 |
| 11 | TF | 2:33.89 | 2:55.19 | Senior 200 Free | 2:24.49 | 2:45.69 | TF | 12 |

Session II – Saturday AM
7:00-7:45am Warm-up, 8:00am Meet Start

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|-----------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 13 | TF | 48.59 | 55.69 | 9-10 50 Back | 48.59 | 55.69 | TF | 14 |
| 15 | TF | - | - | 8 & U 50 Free | - | - | TF | 16 |
| 17 | TF | 1:58.79 | 2:16.89 | 9-10 100 Breast | 1:53.69 | 2:11.99 | TF | 18 |
| 19 | TF | - | - | 8 & U 25 Breast | - | - | TF | 20 |
| 21 | TF | 39.49 | 44.99 | 9-10 50 Free | 38.49 | 43.79 | TF | 22 |
| 23 | TF | - | - | 8 & U 25 Fly | - | - | TF | 24 |
| 25 | TF | 1:55.49 | 2:11.19 | 9-10 100 Fly | 1:54.09 | 2:09.39 | TF | 26 |
| 27 | TF | - | - | 8 & U 100 Med Relay | - | - | TF | 28 |
| 29 | TF | - | - | 9-10 200 Medley Relay | - | - | TF | 30 |

Session III – Saturday MID-AM
Warm-ups: not before 10:30am – Meet Start: not before 11:30am*

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|------------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 31 | TF | 38.79 | 44.89 | 11-12 50 Back | 38.99 | 44.89 | TF | 32 |
| 33 | TF | 1:35.79 | 1:49.99 | 11-12 100 Breast | 1:33.59 | 1:48.29 | TF | 34 |
| 35 | TF | 34.09 | 38.69 | 11-12 50 Free | 33.09 | 37.79 | TF | 36 |
| 37 | TF | 1:26.29 | 1:37.49 | 11-12 100 Fly | 1:24.49 | 1:36.19 | TF | 38 |
| 39 | TF | - | - | 11-12 200 Medley Relay | - | - | TF | 40 |

* Denotes an approximation

Session IV – Saturday PM

Warm-ups: not before 1:30pm, Meet Starts: not before 2:30pm*

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|-------------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 41 | TF | 32.89 | 37.59 | Senior 50 Free | 30.39 | 34.39 | TF | 42 |
| 43 | TF | 3:13.99 | 3:42.59 | Senior 200 Breast | 3:00.49 | 3:29.49 | TF | 44 |
| 45 | TF | 1:18.29 | 1:30.09 | Senior 100 Back | 1:13.59 | 1:24.99 | TF | 46 |
| 47 | TF | 2:52.39 | 3:13.29 | Senior 200 Fly | 2:40.39 | 3:02.59 | TF | 48 |
| 49 | TF | - | - | Senior 200 Medley Relay | - | - | TF | 50 |
| | | | | <i>10 Minutes Break</i> | | | | |
| 51 | TF | 6:51.79 | - | Senior 500 Free** | 6:29.49 | - | TF | 52 |

* Denotes an approximation ** Swimmers need to provide their own timers and counters

Session V – Sunday AM

7:00-7:45am Warm-up, 8:00am Meet Start

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|----------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 53 | TF | 53.59 | 1:01.29 | 9-10 50 Breast | 53.19 | 1:01.19 | TF | 54 |
| 55 | TF | - | - | 8 & U 25 Free | - | - | TF | 56 |
| 57 | TF | 1:45.09 | 2:01.89 | 9-10 100 Back | 1:41.39 | 1:56.09 | TF | 58 |
| 59 | TF | - | - | 8 & U 25 Back | - | - | TF | 60 |
| 61 | TF | 1:30.69 | 1:43.09 | 9-10 100 Free | 1:28.49 | 1:41.29 | TF | 62 |
| 63 | TF | - | - | 8 & U 100 IM | - | - | TF | 64 |
| 65 | TF | 47.99 | 54.39 | 9-10 50 Fly | 46.69 | 52.79 | TF | 66 |
| 67 | TF | - | - | 8 & U 100 Free Relay | - | - | TF | 68 |
| 69 | TF | - | - | 9-10 200 Free Relay | - | - | TF | 70 |

Session VI – Sunday MID-AM

Warm-ups: not before 10:30am – Meet Start: not before 11:30am*

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|----------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 71 | TF | 1:25.29 | - | 11-12 100 IM | 1:23.19 | - | TF | 72 |
| 73 | TF | 43.69 | 49.09 | 11-12 50 Breast | 43.79 | 49.89 | TF | 74 |
| 75 | TF | 1:26.29 | 1:38.89 | 11-12 100 Back | 1:24.09 | 1:37.79 | TF | 76 |
| 77 | TF | 1:13.59 | 1:24.99 | 11-12 100 Free | 1:12.19 | 1:22.19 | TF | 78 |
| 79 | TF | 37.29 | 41.79 | 11-12 50 Fly | 37.69 | 42.69 | TF | 80 |
| 81 | TF | - | - | 11-12 200 Free Relay | - | - | TF | 82 |

* Denotes an approximation

Session VII – Sunday PM

Warm-ups: not before 1:30pm, Meet Starts: not before 2:30pm*

| FEMALE | | | | | MALE | | | |
|--------|--------|---------|---------|-----------------------|---------|---------|--------|-----|
| No. | Format | SCY | LCM | Event Description | SCY | LCM | Format | No. |
| 83 | TF | 1:11.39 | 1:21.29 | Senior 100 Free | 1:06.29 | 1:16.19 | TF | 84 |
| 85 | TF | 2:48.39 | 3:13.19 | Senior 200 Back | 2:38.39 | 3:02.99 | TF | 86 |
| 87 | TF | 1:29.39 | 1:42.89 | Senior 100 Breast | 1:22.59 | 1:34.89 | TF | 88 |
| 89 | TF | 1:17.69 | 1:28.09 | Senior 100 Fly | 1:12.19 | 1:22.19 | TF | 90 |
| 91 | TF | - | - | Senior 200 Free Relay | - | - | TF | 92 |

* Denotes an approximation

Summary of Entries/Fees

| | | | | |
|-------------------------|---------------------|-------|--------------|-------|
| | Total # of Entries | _____ | @ \$5.00 = | _____ |
| Relays | Total # of Relays | _____ | @ \$10.00 = | _____ |
| ISI Surcharge | Total # of Swimmers | _____ | @ \$2.00 = | _____ |
| Admission | Total # of Swimmers | _____ | @ \$10.00 = | _____ |
| 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

Date _____

Print Name _____