

Swim Fest
Presented by
The Lake Forest Swim Club
4-5/ June 2022



SANCTIONED BY: Wisconsin Swimming, Inc.

SANCTION #: WI2022-2145

Current USA Swimming and WSI rules, including safety and Minor Athlete Abuse Prevention Policy (“MAAPP”) will govern this meet. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. ***The Wisconsin Meet Reservation System will be used to secure entry into the meet.***

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. An athlete member at a sanctioned meet who is 18 years of age or older, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered “not in good standing” and can be subject to fines under Wisconsin Swimming Policy 11.2.1.. ***Underwater photography of any kind is prohibited at all times during this meet in any pool.***

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. Operation of a drone, or any other flying apparatus, is prohibited over the venue anytime athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. Training equipment or devices are not permitted during warm-up periods at this meet.

ENTRIES FOR THIS MEET OPEN 8/MARCH 2022. SEND ENTRY FILE TO entries@swimlsc.org

In applying for this sanction(ed event), the Host, Lake Forest SwimClub, agrees to comply and to enforce all health and safety mandates and guidelines of USASwimming, Wisconsin Swimming, Inc., the State of Wisconsin, and the North Shore Health Department.

We have taken enhanced health and safety measures for you, the other participants, and meet staff. You must follow all instructions while visiting the RecPlex. 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(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 THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] 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.

YOU ACKNOWLEDGE THE CONTAGIOUS NATURE OF COVID-19 AND VOLUNTARILY ASSUME THE RISK THAT YOUR FAMILY, INCLUDING CHILD(REN), MAY BE EXPOSED TO OR INFECTED BY COVID-19 WHILE ON-SITE AT THE

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POOL OR FACILITY AND THAT SUCH EXPOSURE OR INFECTION MAY RESULT IN PERSONAL INJURY, ILLNESS, PERMANENT DISABILITY, AND DEATH. YOU UNDERSTAND THAT THE RISK OF BECOMING EXPOSED TO OR INFECTED BY COVID-19 AT THE POOL OR FACILITY MAY RESULT FROM THE ACTIONS, OMISSIONS, OR NEGLIGENCE OF MYSELF AND OTHERS, INCLUDING, BUT NOT LIMITED TO, THE LAKE FOREST SWIM CLUB, PLEASANT PRAIRIE REC PLEX, VOLUNTEERS, AND PROGRAM PARTICIPANTS AND THEIR FAMILIES.

The Lake Forest Swim Club will follow safety protocols set by the North Shore Health Department, Village of Pleasant Prairie, Wisconsin Swimming, and USA Swimming. Updated/New information will be communicated to each team accordingly.

DATES	June 4-5, 2022		
LOCATION	Rec Plex Aqua Arena, 9900 Terwall Terr., Pleasant Prairie, WI 53158		
	Entrance to the building for all Spectators, Coaches, Athletes, Officials, and Meet Personnel is located on the south side of the building - west entrance.		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045		847.735.5372 LFSC@swimlfc.org www.swimlfc.org
MEET DIRECTOR	Laurel Whittington	NOTE: send all correspondence to the address above. DO NOT address to Laurel! The Lake Forest College mailroom will not recognize our Meet Director's name.	847.735.5372
ENTRIES	Laurel Whittington	entries@swimlfc.org	847.735.5372
COVID WAIVER	The COVID waiver of liability MUST be completed for all athletes entered in the meet. A link to the Waiver will be sent to each team entered in the meet.		
ELIGIBILITY	All entered swimmers must be current (2022) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies.		
MEET REFEREE	Brigit Isaacson		beisaacson@gmail.com
ADMINISTRATIVE OFFICIAL	Laurel Whittington		coachlaurel@swimlfc.org
FACILITY	The competition pool is an 8, 9, or 10-lane 50 meter course ranging from 7' 0" to 7' 1" in depth. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Colorado timing system and display. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of such certification is on file with USA Swimming. Changing into or out of swimsuits in areas other than the locker rooms is prohibited.		
MEET SCHEDULE	Morning session	Warm-ups: 8:00am	Meet: 9:00am
	Afternoon session	Warm-ups: TBD	Meet: TBD

Final schedule to be determined after all entries are received.

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ENTRY FEES	The individual event entry fee is \$5.50 per individual event. Deck entries will not be accepted at this meet. A Wisconsin Swimming surcharge of \$4.00, \$10.00 technology/administrative surcharge, and a RecPlex facility surcharge of \$5.00 per swimmer entered in individual events must be included with entry. Make checks payable to “Lake Forest Swim Club”.
ENTRY DEADLINE	All entries must be received at the swim club office by Tuesday, May 24, 2022, 5:00pm. Please submit all entries <i>via</i> email to entries@swimlpsc.org . Send forms, club waiver and fees to Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045
EVENTS, ENTRY LIMITATIONS and SEEDING	<p>An event schedule for this meet is included with this meet announcement. Swimmers may enter and swim six (6) individual events each day. The Sr 400 IM and 800 free will be swum in alternating fashion, fastest to slowest seeded heats Please submit LCM entry times.</p> <p>All events will be conducted as pre-seeded timed final events swum slowest to fastest seeded heats. Swimmers competing in heat limited events are required to check in and positively declare their intent to swim for each event. Swimmers who do not check in will be scratched from that event. Special seeding procedures will be used for disabled athletes (see USA Rule 202.2.13).</p> <p>The following events <i>MAY</i> be limited to three heats based on submitted entry times:</p> <ul style="list-style-type: none">● 8/9/10-year-old 100m events● Sr 400 free, 800 free and all 200m events● 12 & under 200 IM and 400 Free <p>Heat limitations will <i>only</i> be imposed if necessary to manage the timeline. It is our intent to swim as many heats as possible. All swimmers entered in heat-limited events must provide a seed time. To check seeding for heat-limited events visit www.swimlpsc.org after May 26, 2022.</p>
AWARDS	Awards will be given for 1st – 10 th place in individual events for 8/9/10, 11/12 and 12 & under age categories. There will be no awards for Sr events.
DECK ACCESS and CREDENTIALS	Only contestants, coaches, volunteer meet support, timers and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck.
SWIMMER SUPERVISION	Each team or coach is responsible for the supervision of his or her swimmers. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area. In accordance with the Federal Video Voyeurism Prevention Act of 2004, the use of camera phones or video recording devices in the locker rooms is prohibited.
SPECTATORS and HEAT SHEETS and MEET RESULTS:	Heat Sheets will be available at no charge on Meet Mobile or for download at www.swimlpsc.org Meet results will be posted online at www.swimlpsc.org
COACHES MEETING	Coaches meetings will be held if determined necessary by the Meet Referee.
PARKING:	Parking is available at the RecPlex facility.

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Swimmers may enter and swim six (6) individual events plus relays each day. The Sr 400 IM and 800 free will be swum in alternating fashion, fastest to slowest seeded heats Please submit LCM entry times. The following events *MAY* be limited to three heats based on submitted entry times:

- 8/9/10 year-old 100m events
- Sr 400 free, 800 free and all 200m events
- 12 & under 200 IM and 400 Free

Saturday, June 5

WOMEN'S EVENT		MEN'S EVENT	
1	200 Back	2	200 Fly
3	100 Fly	4	50 Free
5	200 Breast	6	100 Back
7	100 Free	8	50 Fly
9	50 Breast	10	200 IM
11	50 Back	12	100 Breast
13	400 Free***	14	800 Free***

Saturday, June 5

WOMEN'S EVENT		MEN'S EVENT	
15	8/9/10 50 Breast	16	8/9/10 50 Breast
17	11/12 100 Breast	18	11/12 100 Breast
19	8/9/10 50 Free	20	8/9/10 50 Free
21	11/12 100 Free	22	11/12 100 Free
23	8/9/10 50 Fly	24	8/9/10 50 Fly
25	11/12 50 Fly	26	11/12 50 Fly
27	8/9/10 100 Back	28	8/9/10 100 Back
29	11/12 100 Back	30	11/12 100 Back
31	12 & under 200 IM***	32	12 & under 400 Free***

Sunday, June 6

WOMEN'S EVENT		MEN'S EVENT	
33	200 Fly	34	200 Back
35	50 Free	36	100 Fly
37	100 Back	38	200 Breast
39	50 Fly	40	100 Free
41	200 IM	42	50 Breast
43	100 Breast	44	50 Back
45	800 Free***	46	400 Free***

Sunday, June 6

WOMEN'S EVENT		MEN'S EVENT	
47	8/9/10 100 Breast	48	8/9/10 100 Breast
49	11/12 50 Breast	50	11/12 50 Breast
51	8/9/10 100 Free	52	8/9/10 100 Free
53	11/12 50 Free	54	11/12 50 Free
55	8/9/10 100 Fly	56	8/9/10 100 Fly
57	11/12 100 Fly	58	11/12 100 Fly
59	8/9/10 50 Back	60	8/9/10 50 Back
61	11/12 50 Back	62	11/12 50 Back
63	12 & under 400 Free***	64	12 & under 200 IM***

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SUMMARY OF ENTRIES

INDIVIDUAL EVENTS _____ Women _____ events X \$5.50 = \$ _____

_____ Men _____ events X \$5.50 = \$ _____

TOTAL ENTRY FEES \$ _____

SWIMMER SURCHARGE _____ Women _____ X \$19.00 = \$ _____

_____ Men _____ X \$19.00 = \$ _____

TOTAL SURCHARGE FEES \$ _____

TOTAL MEET FEES \$ _____

All entries must be received at the swim club office by Tuesday, May 24, 2022, 5:00pm. Please submit all entries *via* e-mail to entries@swimlfc.org. Send forms, club waiver, and fees to Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045. Parents should email the COVID Waiver of Liability to waiver@swimlfc.org

Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries _____

Phone Day () _____
Eve () _____

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.

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 which may accrue against USA Swimming, Wisconsin Swimming, the Lake Forest Swim Club, the RecPlex Aqua Arena, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) _____ DATE _____

Wisconsin Swimming Meet Reservation Form



Host Club _____ Lake Forest Swim Club _____

Name of Meet _____ LFSC SwimFest _____

Date of Meet _____ 4-5/June _____ 2022 _____

Team _____

Contact Person _____

Address _____ Phone (_____) _____
(Street / P.O. Box)

(City) (State) (Zip)

EMAIL ADDRESS: _____

		Entry Fee		Swims	Total
Number of Swims	Fri A.M.	_____	x	_____	_____
	Fri P.M.	_____	x	_____	_____
	Sat A.M.	_____	x	_____	_____
	Sat P.M.	_____	x	_____	_____
	Sun AM.	_____	x	_____	_____
	Sun P.M.	_____	x	_____	_____
Meet Total		_____	x	_____	_____

Total Individual Entry Fees Submitted _____ Check # _____

Note: Relay, surcharges and time trial fees are not figured into this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay, surcharge, or time trial fees, UNLESS OTHERWISE SPECIFIED ON HOST TEAM'S WAIVER.

For Host Club Only

Date Received _____ Amount Enclosed _____

6/23/2009