



# 2019 Speedo Thanksgiving Classic

Hosted by the Academy Bullets Swim Club

November 15-17, 2019

USA Swimming Sanction: ILS19-1108



<b>Meet Director</b> Misty O'Connell (630) 240-5094 <a href="mailto:mistyoco@yahoo.com">mistyoco@yahoo.com</a>	<b>Meet Referee</b> Tim Krull (630) 418-1540 <a href="mailto:tkrull@comcast.net">tkrull@comcast.net</a>	<b>Entry Chair</b> Todd Capen PO Box 2165 Naperville, IL 60567 (847) 571-7644 <a href="mailto:t.capen@academybullets.com">t.capen@academybullets.com</a>
<b>Safety Director</b> Scott Walker <a href="mailto:s.walker@academybullets.com">s.walker@academybullets.com</a>	<b>Host Coaches</b> Todd Capen, Mike Laurich, Brian Brown, Jeremy Meserole <a href="http://www.academybullets.com">www.academybullets.com</a>	<b>Email Entries</b> <a href="mailto:t.capen@academybullets.com">t.capen@academybullets.com</a>

**Location:** Riverside Brookfield High School - 160 Ridgewood Rd., Riverside, IL 60546

**Facility:** **Riverside Brookfield High School:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25 yard, six lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is seven feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all six lanes.

<b>Meet Schedule:</b>	Friday PM Session 1 (10&U, 11-12, Open)	Warm-ups: 5:00pm	Meet Start: 6:00pm
	Saturday AM Session 2 (9-10, 11-12)	Warm-ups: 7:00am	Meet Start: 8:00am
	Saturday PM Session 3 (8&U, 13&Over)	Warm-ups: Not before 12:00pm	Meet Start: Not before 1:00pm
	Sunday AM Session 4 (9-10, 11-12)	Warm-ups: 7:00am	Meet Start: 8:00am
	Sunday PM Session 5 (8&U, 13&Over)	Warm-ups: Not before 12:00pm	Meet Start: Not before 1:00pm

**Eligibility:** In accordance with the current USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire 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.

**Seeding:** All entries should be submitted in Short Course Yards (SCY) to ensure proper seeding. All events will be swum slowest to fastest.

**Entry Forms:** We will use Hytek Meet Manager 6.0 for Windows for this meet. Entries must be submitted via email attachment using a Commlink or SDIF file. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. Entries must be accompanied by a signed release and check in full payment of the entry fees. Email entries to the Entry Chair Todd Capen at [t.capen@academybullets.com](mailto:t.capen@academybullets.com). Questions regarding entries should be directed to the Entry Chair.

**Entry Limits:** Friday – All swimmers are limited to **two (2) individual events on Friday PM**. All Friday PM events may be limited to the Top 24 entries. We will swim additional heats of these events should time allow.

Saturday & Sunday - All swimmers are limited to **three (3) individual events per day**.

**Entry Fees:** **\$4.00** per individual event. **\$7.00** per relay entry. A surcharge of **\$2.00** per swimmer has been instituted by Illinois Swimming, Inc. There will also be a facility charge of **\$10.00** per swimmer. Make checks payable to **Academy Bullets Swim Club**.

**Entry Deadline:** Entries will not be accepted before **8:00am on Tuesday, October 8, 2019**. We will accept entries until the timeline capacity. Only entries received by e-mail will be accepted; no hand deliveries. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email. All entries must be received by Thursday, November 7, 2019.

**Entry Verification:** We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.



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- Check-in:** THIS IS A POSITIVE CHECK-IN MEET. We will close check-in for all sessions 20 minutes after the start of warm-ups.
- Awards:** Individual swimmers in the 8 & Under, 10 & under and 11-12 age groups will receive ribbons for 1st - 16th place. No awards will be given for 13-14 or Open events.
- Admission:** The Academy Bullets Swim Club will have No Admission charges at this meet and instead will have a \$10 facility surcharge per athlete that covers all admission costs. Heat sheets will be available for purchase.
- Deck Access:** Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet.
- Results:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- Concessions:** Food and beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.
- Officials:** There will be a need for Officials at this event. Officials who would like to work the meet should contact the Meet Referee Tim Krull at [tkrull@comcast.net](mailto:tkrull@comcast.net) to be assigned positions.
- Timers:** Any team with more than five swimmers in a session may have an assigned lane to time for that session. Timers will receive free admission for that session. Coaches will be notified of lane assignments prior to the meet.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. 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. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, 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 is not appropriate and is prohibited. 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.
- MAAPP:** 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.

# Event Order for 2019 Speedo Thanksgiving Classic

## November 15-17, 2019

### Friday PM – November 15th

Warm-up @ 5:00 PM; Meet Start @ 6:00 PM

1	10&U 200 IM	2
3	11-12 200 IM	4
5	Open 400 IM	6
7	11-12 500 Free	8
9	Open 500 Free	10

### Saturday AM – November 16th

Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

11	9-10 100 IM	
	9-10 200 Free	12
13	11-12 100 IM	
	11-12 200 Free	14
15	9-10 100 Breast	16
17	11-12 100 Breast	18
19	9-10 50 Free	20
21	11-12 50 Free	22
23	9-10 100 Fly	24
25	11-12 100 Fly	26
27	9-10 50 Back	28
29	11-12 50 Back	30
31	9-10 200 Medley Relay	32
33	11-12 200 Medley Relay	34

### Sunday AM – November 17th

Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

55	9-10 200 Free	
	9-10 100 IM	56
57	11-12 200 Free	
	11-12 100 IM	58
59	9-10 50 Fly	60
61	11-12 50 Fly	62
63	9-10 100 Free	64
65	11-12 100 Free	66
67	9-10 50 Breast	68
69	11-12 50 Breast	70
71	9-10 100 Back	72
73	11-12 100 Back	74
75	9-10 200 Free Relay	76
77	11-12 200 Free Relay	78

**\*\*Friday PM events may be limited to the Top 24 swimmers after check-in.\*\***

### Saturday PM – November 16th

Warm-up @ 12:00 PM; Meet Start @ 1:00 PM

35	Open 200 IM	36
37	8&U 50 Free	38
39	Open 100 Free	40
41	8&U 25 Fly	42
43	Open 200 Fly	44
45	8&U 25 Back	46
47	Open 100 Breast	48
49	8&U 100 Medley Relay	50
51	Open 200 Back	52
53	Open 200 Medley Relay	54

### Sunday PM – November 17th

Warm-up @ 12:00 PM; Meet Start @ 1:00 PM

79	Open 200 Free	80
81	8&U 25 Free	82
83	Open 100 Fly	84
85	8&U 25 Breast	86
87	Open 200 Breast	88
89	8&U 100 IM	90
91	Open 100 Back	92
93	8&U 100 Free Relay	94
95	Open 50 Free	96
97	Open 200 Free Relay	98

# WARM-UP PROCEDURE

## GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3 point entry.
- No sprinting or pace work allowed during this general warm-up.
- All lanes will be used for general warm-up.

## SPECIFIC WARM-UP (LAST 15 MINUTES)

Push/pace lanes: <ul style="list-style-type: none"> <li>• Push off one or two lengths from the starting end.</li> <li>• Circle swim only.</li> <li>• NO DIVING.</li> </ul>	Diving lanes: <ul style="list-style-type: none"> <li>• Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times.</li> <li>• ONE WAY SWIMMING ONLY.</li> </ul>	General warm -up lanes <ul style="list-style-type: none"> <li>• CIRCLE SWIM ONLY.</li> <li>• NO DIVING.</li> </ul>
Push/pace Lanes are 1 and 8	Diving/sprint Lanes are 2,3,6,7	General warm-up Lanes are 4 and 5

At conclusion of the 15 minute specific warm-up period, all swimmers **MUST** clear the pool.

The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

## COACHES RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.	Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.	Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.
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## HOST TEAM RESPONSIBILITIES

### Marshaling:

- A minimum of four marshals who report to and receive instructions from the Meet Referee and or the Meet Director shall be on deck during the entire warm-up session.
- One Marshall, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- 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.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool 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 step up on the blocks if there is a backstroker waiting to start.
- 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 the 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.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.



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Complete this form and email/mail with all entry forms to:

Entry Chair: Todd Capen  
Address – PO Box 2165, Naperville, IL 60567  
Email - [t.capen@academybullets.com](mailto:t.capen@academybullets.com)  
Phone - (847) 571-7644

### Summary of Fees:

Individual Entries	Girls	Number of Entries _____	x \$4.00 each =	_____
	Boys	Number of Entries _____	x \$4.00 each =	_____
		Total Number of Relay Entries _____	x \$7.00 each =	_____
		Total Number of Swimmers for Illinois Swimming Surcharge _____	x \$2.00 each =	_____
		Total Number of Swimmers for Facility Surcharge _____	x \$10.00 each =	_____
			<b>Total:</b>	_____

**\*\*Please make checks payable to Academy Bullets Swim Club\*\***

Name of Club \_\_\_\_\_ Club Code \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Coaches Attending: \_\_\_\_\_  
\*All coaches must be USA Swimming registered member coaches\*

In consideration of the acceptance of this entry, I, intending to legally bound on behalf of myself, my club and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club, Riverside Brookfield High School, District 208; or their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I attest that all athletes included in this entry and participating in the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_