

**Winter 2020 Stateline Conference Swim Meet**  
**Hosted by: Morrison Seahorse Swim Club**  
**Saturday February 1, 2020**  
**Sanction # ILS0249-20**

**MEET DIRECTOR**

Tracy Henson  
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**ENTRY CHAIRPERSON**

Tracy Henson  
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**SAFETY CHAIRPERSON**

Jamie Harmon  
(815) 499-1859

**MEET REFEREE**

Darrell Kuehl

**FORMAT:** Winter 2020 Conference Swim meet is a deck seeded timed final meet.

**MEET SCHEDULE**

AM Session: Warm-ups at 8 am- Meet start at 9:15 am (8 & under, 9-10 year olds)

PM Session: Warm-ups will begin 30 minutes after the AM session ends. The PM Session will begin 1 hour 15 minutes after warm-ups start. (11-12, 13-14 & open)

**LOCATION:** Morrison High School Pool

643 Genesee Avenue, Morrison IL 61270  
Morrison, IL 61270

**FACILITY:** A six lane, 25 Yard indoor pool with permanent starting blocks at one end (depth at starting end is 4 feet). The pool has non-turbulent competition lane lines and a fully automated Daktronics Timing System with a six-lane read-out board.

**RULES:** All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. FINA starting procedures and rules (whistle commands, no recall) will be followed.

**ELIGIBILITY:** Only USA Swimming registered swimmers are eligible. A swimmer's age as of *date of the first day of competition* will determine their age for the meet. Entries listed "registration applied for" will not be accepted. USA swimming registration forms may be obtained from Illinois Swimming, 1400 E. Touhy Ave. Suite 410, Des Plaines, IL 60018. Phone 874-824-1596 Fax 874-824-1726.

#### **USA SWIMMING 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 be on deck.

#### **MAAPP POLICY:**

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.

#### **DRONES 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.

**COACHES:** All coaches must be currently registered with USA Swimming and must continuously display their current Deck Pass or proof of current registration at all times while on deck. All coaches **MUST** sign in at the timer's table.

**ENTRIES & FEES:** All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. **Individuals are limited to three individual events and two relays. Relay swimmers must be entered in at least one individual event. Maximum allowed of 6 swimmers per event per team, with 4 allowed to score. Also, a maximum of 2 relay entries per event, per team. There will be an surcharge of \$10.00 per swimmer and a \$2.00 ISI fee**

**ENTRY DEADLINE:** No fax or hand delivered entries will be accepted. Computer entries may be made using Hy-Tek Team Manager. All entries must be accompanied by a hard copy print out of your entry data file. A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. **All entries must be received by January 22, 2020.**

**Send all entries to: [tracy.henson@morrisonsschools.org](mailto:tracy.henson@morrisonsschools.org)**

**ENTRY VERIFICATION:** Meet host will accept no responsibility for transmission errors of faxed or e-mailed entries. It will remain up to the sender to verify receipt of entries.

**EVENTS:** In accordance with USA Swimming Rules; Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. They also reserve the right to impose "fly-over" starting procedures. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

#### **POSITIVE CHECK-IN:**

Check in will be conducted by coaches at the beginning of each session.

**SEEDING:** Submit swimmer's best time to assure proper seeding. Swimmers will be seeded from slowest to fastest.

**HEAT SHEETS:** Heat sheets will be \$5.00, no admission fees

**CONCESSIONS:**

Food and beverages will be available for sale. There is absolutely no smoking or consumption of alcoholic beverages allowed on school grounds or in the buildings.

**SCORING:** Standard scoring, up to 8<sup>th</sup> place will apply to all events. A maximum of 4 swimmers per team will be allowed to score for each event.

**AWARDS:** Individual awards will be given to 8 places. Relays will receive 1<sup>st</sup> – 3<sup>rd</sup> place medals. Heat Prizes will be given. A team trophy for the highest points will also be given. Awards will be provided by the host team, with the cost divided by all teams in the conference, whether you participate or not.

**MEET RESULTS:**

At the conclusion of the meet, the host team will email the visiting teams a team manager file, meet manager back-up file, and a PDF file of the meet results.

**CONTROLLED MEET WARM-UP and SAFETY GUIDELINES** To be posted at all ISI Sanction/Approved competitions

**A. WARM-UP PROCEDURES**

**1. General Warm-up** (first 30-45 minutes)

- a. **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.
- b. No sprinting or pace work allowed during this general warm-up session.
- c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

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

**2. Specific Warm-up** (last 15-30 minutes)

- a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
- b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- c. **General Warm-up Lanes** - **NO DIVING.** Circle swim only.
- d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

## **B. SAFETY GUIDELINES**

### **1. Coaches Responsibilities**

- A.** Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- B.** Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
- C.** “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.”

### **2. Host Team Responsibilities**

- a.** 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.
- b.** The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- c.** 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.”
- d.** 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.
- e.** Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

### **3. Miscellaneous:**

- a.** Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b.** Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c.** 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.
- d.** Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e.** 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.

**Pool Certification:** The competition course has not been certified in accordance with 104.2.2C(4)

**Safe Sport:** Use of audio or visual recording devices, including cell phones, 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 the locker rooms or other designated areas is prohibited.

**Starts:** 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.

**NOTE:** Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

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**AM Session: 8 & Under / 10 & Under Events**

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
1	8 & U 100 Medley Relay	2
3	10 & U 200 Medley Relay	4
5	8 & U 25 Free	6
7	10 & U 50 Free	8
9	8 & U 25 Breast	10
11	10 & U 50 Breast	12
13	8 & U 100 IM	14
15	10 & U 100 IM	16
17	8 & U 25 Back	18
19	10 & U 50 Back	20
21	8 & U 25 Fly	22
23	10 & U 50 Fly	24
25	8 & U 100 Free Relay	26
27	10 & U 200 Free Relay	28

***PM Session: 12 & Under, 14 & Under / Open Events***

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
29	12 & U 200 Medley Relay	30
31	14 & U 200 Medley Relay	32
33	Open 200 Medley Relay	34
35	12 & U 50 Free	36
37	14 & U 100 Free	38
39	Open 100 Free	40
41	12 & U 50 Breast	42
43	14 & U 100 Breast	44
45	Open 100 Breast	46
47	12 & U 100 IM	48
49	14 & U 200 IM	50
51	Open 200 IM	52
53	12 & U 50 Back	54
55	14 & U 100 Back	56
57	Open 100 Back	58
59	12 & U 50 Fly	60
61	14 & U 100 Fly	62
63	Open 100 Fly	64
65	12 & U 200 Free Relay	66
67	14 & U 200 Free Relay	68
69	Open 200 Free Relay	70

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Name of Club \_\_\_\_\_ Club Initials \_\_\_\_\_

Names of coaches attending Meet \_\_\_\_\_

Mailing Address:     Name \_\_\_\_\_  
                          Address \_\_\_\_\_  
                          City, State, Zip \_\_\_\_\_  
                          Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
                          E-mail address \_\_\_\_\_

Total Number of Individual Entries: \_\_\_\_\_ Total Number of Relays: \_\_\_\_\_

Total Number of Swimmers Attending Meet \_\_\_\_\_

Surcharge of \$10.00 per swimmer & a \$2.00 ISI fee per swimmer.

Total Amount Included \$ \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; Morrison Seahorse Swim Club, Morrison Community Unit School District #6, 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 this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature \_\_\_\_\_ Date \_\_\_\_\_