

Welcome to the 2018 Illinois Swimming Regional Championship Meet Hosted by Scout Aquatics at Lake Forest High School. We are looking forward to get in some fast swimming this weekend!

Please be sure to read through all of the details below regarding the meet. Our [Regionals Meet Event Page](#) is set up for coaches and spectators to access all information pertaining to the venue, as well as the [Illinois Swimming Championship Meets Page](#).

- Lake Forest High School: The pool is located at the East campus-1285 N. McKinley Rd. Lake Forest, IL
- Aquatics Center Entrance: The pool is located in the north side of the building. Parking is found in both the front (east) and back (west) sides of the building.
- Entry List: I've attached the Entry List. Please look through your teams entries, and let me know if you spot an error.
- Late Entries: At this time, the late penalty rule is in effect. Late entries will be accepted after the entry deadline, but no later than 24 hours prior to the start of competition. Fees for entries submitted after the entry deadline shall be as follows:
  - A. Three (3) times the established entry fee per individual event submitted.
  - B. Three (3) times the established entry fee per relay event submitted.
  - C. ISI Surcharge is applicable for all new swimmers submitted in an individual event.
  - D. All such fees shall be paid to the host club prior to the start of competition

Please make any late entry payments payable to **Scout Aquatics**.

- Scratches: With a positive check-in Regional, pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to me.
- Positive Check-In + Meet Start Times: As a reminder, this is a positive check-in meet! Check-ins will be distributed to the Coaching Staff at each session. Please note the start times, and when positive check-in closes!

- Timelines: See attached a preliminary session report.
- Missed Events: Please remind your swimmers that if they miss an event, they will be removed from their next individual event + relay.
- Over-entered Athletes: We will be putting together coaches packets with misc. information. Exception reports for swimmers entered in more than the session/meet max will be included in that packet, so that you can indicate on the positive check-in which event(s) will be scratched. Failure to do so will result in having any event past the limit automatically dropped.
- Warm-Up/Cool Down Pool: The shallow end will be available throughout the meet for warm-up and cool down purposes only. A lifeguard will be monitoring this pool throughout the course of the weekend, in case swimmers choose to utilize it for free swim.
- Bulkhead: We ask that the bulkhead in the competition pool be reserved only for Officials and athletes that will be counting during the distance events. Please do not use the bulkhead to cross from one side of the pool to the other, unless it's an emergency.
- Team Seating: We will have 2 sets of bleachers and chairs around the competition pool. Please encourage your swimmers to sit in the field house as well - this will give all Coaches + Officials enough room to watch the races.
- Awards: We will be using the starting blocks for our Awards presentation. Per the timeline, awards breaks are scheduled within each session. Please remind your athletes to head by the awards table (under the Scoreboard). We'd like to get through awards in a timely manner, while recognizing each swimmer's accomplishments. Coaches of the athlete winning each event should go to the awards area ASAP to pass out the awards for that event. Lane 1 will represent 8<sup>th</sup> place and will go up to lane 8 for 1<sup>st</sup> place. We have created a backdrop with our theme in the Metcalf Foyer for additional photo opportunities.
- Vendors: We will have Ocean's Apparel and The Swim Team Store set up in the Field House.
- Timers: I will put a request for timers out tomorrow. In addition, if you could put it out to your families, we are offering a weekend pass (worth \$20) to anyone that would like to sign up for timing ahead of time with our volunteer coordinators. Please email Shane Koonce with your interest before the meet begins at: [shane.koonce@gmail.com](mailto:shane.koonce@gmail.com)
- Warmups: Warmup assignments will also go out tomorrow. As always, the shallow end well, will always be available.

If you have any questions, please feel free to let me know how I can help. Best of luck to you and your athletes participating in all up-coming Championship Meets!

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Sincerely,

Carolyn