

B.R. Ryall YMCA Swim Team

Valentine's Day Last Chance Meet

February 14-16, 2014

SANCTIONS: Sanctioned by USA Swimming and Illinois Swimming, Inc.
Sanction #ILS

MEET DIRECTOR: Steve Davis
602 469-2957
Pandnh4@mac.com

ENTRY CHAIR: Katie Sivak
630 525-0227
ksivak@ryallymca.org

MEET REFEREE: Dennis Norton
847 658-7839
dtnortonsr@me.com

SAFETY CHAIR: Polly Green
630 699-8477
pollyfields.green@gmail.com

LOCATION: University of Illinois – Chicago
901 W. Roosevelt Rd., Chicago, IL. 60608

***The school is a non-smoking facility. There is no smoking allowed on the grounds.*

FACILITY: The UIC pool is 25 yard, eight-lane pool with starting blocks at the west end of the pool. The Start end of the pool is 16' 0" deep. Competitor 6" non-turbulent lane lines, Daktronics timing system and eight-lane display board will be used. Warm-up facility and seating for 550.
The competition course has been certified in accordance with 104.2.2C(4). The copy of such Certification is on file with USA Swimming.

FORMAT: This is a timed-final meet. Positive check-in will be used for all sessions. Bull-pen will be used for 8 & Under only.

Friday (Session 1)	Warm-up Positive check-in closes Meet starts	5:00pm – 5:45 p.m. 5:20 p.m. 6:00 p.m.
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Sat. & Sun a.m. (Sessions 2 & 5)	Warm-up Positive check-in closes Meet starts	7:00 – 7:45 a.m. 7:20 a.m. 8:00 a.m.
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Sat. & Sun p.m. (Sessions 3 & 6)	Warm-up Positive check-in closes Meet starts	12:00 – 12:45 p.m. 12:20 p.m. 1:00 p.m.
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Sat. p.m. 1650 (Session 4)	Warm-up immediately following the end of session 3 15 minutes for warm-ups Meet starts immediately after warm-ups end
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RULES & SAFETY: All current USA Swimming and ISI rules and Regulations apply. ISI and USA Swimming Safety Rules will be strictly enforced.

ELIGIBILITY: Only USA Swimming 2013 registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of the first day of the meet. USA swimming registration forms can be obtained from Illinois Swimming, Inc., 1400 E. Touhy Ave., Suite 245 Des Plaines IL, 60018 or online at www.ilswim.org.

USA SWIMMING, INC. MEMBERSHIP: Insurance regulations require that all swimmers, judges, starters and referees are a current member of USA Swimming. It is the responsibility of each club to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate or be on deck.

COACHES: Coaches must be current USA Swimming coaching members to be allowed on deck and must continuously display their USA membership card at all times while on deck.

ENTRY DEADLINE: Entries will be accepted beginning at 8:00 a.m. on Monday January 13, 2014. **Entries will not be accepted by the entry chairman before 8:00 a.m. [CST] on Monday January 13, 2014. No Fax entries will be accepted. An email will be sent confirming receipt of entry and acceptance into the meet within 48 hours.**

ENTRIES: Absolutely NO deck entries will be permitted, except for corrections by mistakes made by the entry chairperson. "NO TIMES" will not be accepted. The entry chair reserves the right to refuse entries which are submitted with "No Times". Estimate seed times where necessary. 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. Swimmers are limited to two (2) events on Friday and three (3) events per day on Saturday and Sunday. **A Team Manager Event File will be made available on the host team's website at www.brnyall.com.**

All computer entries must be accompanied by a hard copy printout of your Commlink data file, or filled out on the entry forms provided within this packet by the host club. **The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries by an authorized representative of the swim team.** These must be returned together with the entry forms and **your check made payable to the B.R. Ryall YMCA Swim Team.** Failure to do so shall be sufficient grounds for refusal of the entry.

E-mail entries will be accepted conditionally (please zip your e-mail entry) and will be considered official upon receipt of hard copy, entry file, signed check, summary of fees, and release form within 48 hours of the receipt of the electronic entry. **Please send one copy of email entries to the meet entry chair and one to the meet director. Emailed entries are the preferred form of entries for this meet. Entries received after the meet reaches the time limits will be returned immediately.**

ENTRY FEES: Entry fees will be \$4.00 per individual event, plus a \$5.00 ISI and facility charge per swimmer entered. Please make checks payable to **B.R. Ryall YMCA Swim Team.**

ENTRY LIMITATIONS: Deck entries will not be permitted. Distance events of 200 or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. The host team reserves the right to swim additional heats if time allows.

LONG EVENTS ENTRY LIMITATIONS: Due to the 10 hours and 4 hour limitation rules, it may be necessary to limit entries for distance events of 200 or greater. If this limitation is imposed, entries will be accepted according to the fastest seed times. Proof of time may be called for prior to the final seed of events. A refund of entry fees for these events will be given if this occurs. The 1650 event will be a separate session and started from fastest to slowest, alternating girls and boys. Swimmers must provide timers and counters for the 1650.

EVENTS: In accordance with USA Swimming Rules (articles 105 and 202.1.13) the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee prior to competition with specific requests.

POSITIVE CHECK-IN: This meet is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. **A second check-in may be required for the 1650.** Swimmers must check in each day. **Positive check-in closes 30 minutes before the first event of each session.** There will be a bullpen for 8 & Under swimmers only. Do not submit entry cards; the host club will provide all timers' cards.

SEEDING: All events will be timed finals, swum from slowest to fastest with the exception of the 1650 freestyle events, which will be swum from fastest to slowest, alternating girls and boys heats. **Please submit short course yard times for entry purposes.** All SCM and LCM times will be considered non-conforming and seeded in the slowest heats. "No times" will not be accepted.

AWARDS: All awards will be based on the final results. 1st through 8th place will be awarded in each age group. No awards will be given for 13 & Over swimmers.

RESULTS: Results will be posted as the meet progresses. Final results will be e-mailed to all teams and posted on the brnyall website. Additional copies may be purchased for \$10.00. Please contact the entry chair for details.

TIMERS: Teams will be asked to provide timers for each session of the meet. Team timer assignments will be posted on the host website at www.brnyall.com and/or emailed to participating coaches prior to the meet.

SWIMMER SUPERVISION: Each coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and designated rest areas. The meet and facility hosts reserve the right to remove any swimmer from the meet for entering an unauthorized area. Teams will not be allowed warm-up privileges without the team's coach on the pool deck.

USA Swimming 202.3.4: Use of Audio or Visual recording devices, including a cell phone, is NOT permitted in changing areas, rest rooms or locker rooms.

SECURITY: No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers.

CONCESSIONS & HOSPITALITY: Food and beverages will be for sale Friday through Sunday. A hospitality room will be provided for coaches and officials throughout the meet.

ADMISSIONS: Friday \$3.00
Saturday \$5.00
Sunday \$5.00
10 & Under free

BR Ryall Valentine's Day Last Chance Meet

Session #1: Friday, February 14 2014

Warm-ups 5:00 – 5:45 p.m. Meet starts 6:00 p.m.

Women Event #	EVENT	Men's Event #
1	10 & Under 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

Session #2: Saturday, February 15 2014

Warm-ups 7:00 – 7:45 a.m. Meet starts 8:00 a.m.

Women Event #	EVENT	Men's Event #
11	11 – 12 200 free	12
13	10 & under 50 free	14
15	11 – 12 50 back	16
17	10 & under 50 back	18
19	11 – 12 100 breast	20
21	10 & under 100 breast	22
23	11 – 12 100 IM	24
25	10 & under 100 IM	26
27	11 – 12 50 fly	28
29	10 & under 50 fly	30

Session # 3: Saturday, February 15 2014

Warm-ups not before 12:00 p.m. Meet starts not before 1:00 p.m.

Women Event #	Event	Men's Event #
31	Open 200 free	32
33	8 & under 50 free	34
35	Open 100 back	36
37	8 & under 25 breast	38
39	Open 200 breast	40
41	8 & under 25 fly	42
43	Open 100 fly	44

Session # 4: Saturday, February 15 2014

45	Open 1650 free	46
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Session # 5: Sunday, February 16 2014

Warm-ups 7:00 – 7:45 a.m. Meet starts 8:00 a.m.

Women Event #	EVENT	Men's Event #
47	11 – 12 50 free	48
49	10 & under 200 free	50
51	11 – 12 100 back	52
53	10 & under 100 back	54
55	11 – 12 50 breast	56
57	10 & under 50 breast	58
59	11- 12 100 fly	60
61	10 & under 100 fly	62
63	11-12 100 free	64
65	10 & under 100 free	66

Session #6: Sunday, February 16 2014
Warm-ups not before 12:00 p.m. Meet starts not before 1:00 p.m.

Women Event #	EVENT	Men's Event #
67	Open 50 free	68
69	& under 100 IM	70
71	Open 200 fly	72
73	Open 100 breast	74
75	8 & under 25 back	76
77	Open 200 back	78
79	8 & under 25 free	80
81	Open 100 free	82
83	Open 200 IM	84

ISI Safety Requirements
Warm-up Procedures

	Friday P.M	Sat/Sun A.M	Sat/Sun P.M
Pool open for warm-ups General warm-ups all lanes	5:00 p.m. to 5:30 p.m.	7:00 a.m. to 7:30 a.m.	Not before 12:00 p.m. to 12:30 p.m.
Sprint Lanes – lanes 2,3,6,7 Gen. Warm-up – lanes 1,4,5,8	5:30 p.m. to 5:45 p.m.	7:30 a.m. to 7:45 a.m.	Not before 12:30 p.m. to 12:45 p.m.
POOL CLOSES	5:50 p.m.	7:50 a.m.	12:50 p.m.

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.

2. Specific Warm-up (last 30-45 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. MARSHALLING

1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or the Meet Director
2. The Meet Director shall be on deck during the entire warm-up session. One Marshall shall act as the safety coordinator, who should be a USA swimming member.
3. Marshals shall be current members of USA Swimming
4. 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 requirements or warm-up procedures.
5. Flagrant violations of safety requirements or warmUp procedures by a swimmer could result in the swimmer being barred from the next individual event.
6. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
7. Warm-up times and lane assignments shall be posted at several locations around the pool area.
8. An announcer shall be on duty for the entire warm-up period to announce lane and time changes and to assist with the conduct of the warm-up.
9. Hazards in locker rooms, on the deck, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

D. Miscellaneous

1. 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recall start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks during competition

THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.

Unattached Swimmers

Unattached swimmers must have an identified coach member of USA Swimming taking responsibility for such swimmer throughout the meet. Please contact the meet director with this information prior to arriving at the meet.

NOTE: The host team reserves the right to assign warm-up lanes. Information will be emailed to the coaches prior to the start of the meet and posted on the bryall.com website

B.R. Ryall Swim Team

Valentine's Day Last Chance Meet

February 14-16, 2014

Club Name: _____ Code: _____ LSC: _____

Head Coach:

Name: _____

Address: _____

City: _____

State / Zip _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Club Official(s):

Name: _____

Address: _____

City: _____

State / Zip: _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Please use space below for additional officials

Entry summary:

Total # of event entries: _____ x \$4.00 per entry = \$ _____

Total # of swimmers: _____ x \$5.00 per swimmer = \$ _____

(ISI and facility charge)

Make checks payable to **B.R. Ryall Swim Team**. Total enclosed: \$ _____

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming. In consideration of the acceptance of this entry, I, intending to be 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., BR Ryall Swim Team, BR Ryall YMCA, University of Illinois at Chicago, their representatives, directors, officers, 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.

Club Official Signature: _____ Date: _____

Mail to: B.R. Ryall YMCA Swim Team

ATTN: KATIE SIVAK

824 James Court

Wheaton IL 60189

630 525-0227