**Please Join US**

**For our**

**2nd Annual**

**BACK on TRACK Splash Invitional Meet**

**11yr’s and over Meet**

Saturday January 13, 2018

Hastings Lake YMCA,

Lindenhurst, Illinois

**Hastings Lake YMCA Back on Track Invitational**

**Saturday January 13,2018**

Hastings Lake YMCA is proud to present our 2nd annual Back on Track Invitational Meet for 11 and over swimmers.

MEET REFEREE MEET DIRECTOR ENTRY CHAIRMAN

Joe Rozani Tom Adamczyk Ralph Stark

(847) 507-0318 (847) 687-3041 (815) 759-8357

Location: Hastings Lake YMCA

1995 Grass Lake Road

Lindenhurst, IL. 60046

(847) 356-4006

Meet: Closed YMCA Invitational Meet

Facility: The pool is an Indoor 6 Lane, 25 Yard Heated Fresh Water pool, non-turbulent Lane lines, Starting Blocks, and Colorado System 6 Timing equipment.

Indoor Seating, for approximately 150 spectators.

No Folding chairs of large tote bags will be allowed on deck during the meet.

Official Rules: Current USA Swimming Technical Rules shall govern this meet.

Time Finals: All events will be conducted on a time final basis.

Meet Schedule:

3:45 pm - Doors Open

4:00 pm - Warm Ups

4:15 pm - Scratch Meeting

4:30 pm - Officials Meeting 4:45 pm – Timers Meeting

5:15 pm - Meet Starts

Warm Ups: Warm up lanes and times will be determined after entries are received. Lane assignments will be provided by email. They will also be in the team meet packet on the morning of the meet.

Timers: We will be requesting that all teams provide timers to time at least one lane all day. Timer assignments will be provided after all entries have been received. **Swimmers entered in the 1000 Free must provide their own timer and lap counter. Stop watches will be provided.**

Officials: All YMCA certified officials are welcome and encouraged to participate, please help make our meet a great success.

Awards: Individual - Ribbons for top 12 finishing places per event.

Scoring: The top twelve individual places will be scored as follows:

Individual Events: 16-13-12-11-10-9-7-5-3-2-1

The top eight relay places will be scored as follows:

Relay Events: 10-8-6-5-4-3-2-1

Meet Information: Swimmer’s may swim a maximum of 6 events, but no more than 4 individual events. Swimmers age as of January 13, 2018 will determine their age group.

Entries: Please submit entries to [Stingrays@ymcachicago.org](mailto:Stingrays@ymcachicago.org) in a HyTek file, by no later than 9pm on January 8, 2016.

Entry Fees: $4.00 per Individual event, $12.00 per Relay team. Please make check payable to Hastings Lake YMCA, or transfer will be accepted to our clearing account.

Seeding: All events will be seeded as timed finals swum slowest to fastest regardless of age.

Bullpen: No Bull Pen

Safety: Each team must have at least one coach supervising at all times during warm ups. The final 10 minutes of each warm up session will be used for one way sprints off the block only.

**Parking: IMPORTANT!! Please advise families that limited parking will be available at Hastings Lake; an onsite drop off area will be provided for families to unload family members and gear for the day. Weather will determine if parking will be allowed on the grass field and basketball court. Please advise families to follow the directions of the parking staff when they arrive. We will work hard to accommodate everyone.**

Admission; Free

Heat Sheets: $3.00

Final Results: A PDF, and meet backup file will be emailed to all participating team within 24 hours of the completion of the meet.

Concessions: Lots of great food will be available all evening at our concession stand.

Hospitality: A hospitality area for all coaches and officials will be provided.

Flash Photography: No flash photography will be permitted during the start of each race.

Changing: Changing into or out of swimwear in areas other than the locker room is prohibited.

**Back on Track Splash Meet**

Eligibility - 11 Years of age as of January 13, 2018

Cost - $4.00 per Individual event.

$12.00 per Relay Team

Max Individual entries per swimmer - 4 Max Relay Events per swimmer - 2

**Events**

**Women *Men***

1 12U 200 Free Relay 2

3 14U 200 Free Relay 4

5 21U 200 Free Relay 6

7 11 & O 400 IM 8

9 11 & O 200 Free 10

11 11 & O 100 Breast 12

13 11&O 200 Back 14

15 11&O 100 Fly 16

17 11&O 100 Free 18

19 11&O 500 Free 20

21 12U 200 Medley Relay 22

23 14U 200 Medley Relay 24

25 21U 200 Medley Relay 26

27 11&O 200 Fly 28

29 11&O 100 Back 30

31 11&O 200 Breast 32

33 11&O 200 IM 34

35 11&O 50 Free 36

37 11&O 1000 Free ` 38

**Hastings Lake YMCA Back of Track Invitional**

**Entry Form**

Please return this sheet with your entries by January 8, 2018

Please make all checks payable to “Hastings Lake YMCA”.

Chicago Metro teams will be journaled for your entry fees.

Team Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaches Attending \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bullpen Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Officials:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Individual Entries \_\_\_\_\_\_\_\_\_ X $4.00 = $ \_\_\_\_\_\_\_\_\_\_

Total Relay Entries \_\_\_\_\_\_\_\_\_\_ x $12.00 = $ \_\_\_\_\_\_\_\_\_\_

Total Team Meet Fees $ \_\_\_\_\_\_\_\_\_\_\_\_\_