



# Monster Mash

Presented by  
The Lake Forest Swim Club  
October 23-24, 2021



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**SANCTIONED BY:** Wisconsin Swimming, Inc.

**SANCTION #:** WI2021-520S

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Current USA Swimming and WSI rules, including safety and Minor Athlete Abuse Prevention Policy (“MAAPP”) will govern this meet. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. ***The Wisconsin Meet Reservation System will be used to secure entry into the meet.***

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. **An athlete member at a sanctioned meet who is over 18 years of age, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered “not in good standing” and can be subject to fines under Wisconsin Swimming Policy 11.2.1. Underwater photography of any kind is prohibited at all times during this meet in any pool.**

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. Operation of a drone, or any other flying apparatus, is prohibited over the venue anytime athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. Training equipment or devices are not permitted during warm-up periods at this meet.

**ENTRIES FOR THIS MEET OPEN 14/SEPT 2021. SEND ENTRY FILE TO [entries@swimlfc.org](mailto:entries@swimlfc.org) ENTRIES MAY BE CAPPED AT APPROXIMATELY 500 SWIMMERS/SESSION (subject to changing circumstances).**

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In applying for this sanction(ed event), the Host, Lake Forest Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Wisconsin Swimming, Inc., the State of Wisconsin, and the North Shore Health Department.

We have taken enhanced health and safety measures for you, the other participants, and meet staff. You must follow all instructions while visiting the RecPlex. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

YOU ACKNOWLEDGE THE CONTAGIOUS NATURE OF COVID-19 AND VOLUNTARILY ASSUME THE RISK THAT YOUR FAMILY, INCLUDING CHILD(REN), MAY BE EXPOSED TO OR INFECTED BY COVID-19 WHILE ON-SITE AT THE POOL OR FACILITY AND THAT SUCH EXPOSURE OR INFECTION MAY RESULT IN PERSONAL INJURY, ILLNESS, PERMANENT DISABILITY, AND DEATH. YOU UNDERSTAND THAT THE RISK OF BECOMING EXPOSED TO OR INFECTED BY COVID-19 AT THE POOL OR FACILITY MAY RESULT FROM THE ACTIONS, OMISSIONS, OR NEGLIGENCE OF MYSELF AND OTHERS, INCLUDING, BUT NOT LIMITED TO,



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THE LAKE FOREST SWIM CLUB, PLEASANT PRAIRIE RECPLEX, VOLUNTEERS, AND PROGRAM PARTICIPANTS AND THEIR FAMILIES.

The Lake Forest Swim Club will follow safety protocols set by the North Shore Health Department, Village of Pleasant Prairie, Wisconsin Swimming, and USA Swimming. Anyone that does not abide by all rules above or further instructions given by coaches or meet marshal's on-site, will be asked to leave. No refund of entry fees will be provided

<b>DATES</b>	October 23-24, 2021		
<b>LOCATION</b>	Rec Plex Aqua Arena, 9900 Terwall Terr., Pleasant Prairie, WI 53158		
	Entrance to the building for all Spectators, Coaches, Athletes, Officials, and Meet Personnel is located on the south side of the building - west entrance.		
<b>HOST CLUB</b>	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045		847.735.5372 <a href="mailto:LFSC@swimlfc.org">LFSC@swimlfc.org</a> <a href="http://www.swimlfc.org">www.swimlfc.org</a>
<b>MEET DIRECTOR</b>	Laurel Whittington	<b>NOTE:</b> send all correspondence to the address above. <i>DO NOT address to Laurel Whittington!</i> The Lake Forest College mailroom will not recognize our Meet Director's names.	847.735.5372
<b>ENTRIES</b>	Laurel Whittington	<a href="mailto:entries@swimlfc.org">entries@swimlfc.org</a>	847.735.5372
<b>ELIGIBILITY</b>	All entered swimmers must be current (2021) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies.		
<b>MEET REFEREE ADMINISTRATIVE OFFICIAL</b>	Brigit Isaacson Laurel Whittington		<a href="mailto:beisaacson@gmail.com">beisaacson@gmail.com</a> <a href="mailto:coachlaurel@swimlfc.org">coachlaurel@swimlfc.org</a>
<b>FACILITY</b>	The competition pool is an 8, 9, or 10-lane 50 meter course ranging from 7' 0" to 7' 1" in depth. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Colorado timing system and display. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. Deck changes are prohibited.		
<b>MEET SCHEDULE</b>	Sat/Sun am session Sat/Sun pm session	Warm-ups: 8:00am Warm-ups: TBD	Meet: 9:00am Meet: TBD
	Please visit the LFSC website ( <a href="http://www.swimlfc.org">www.swimlfc.org</a> ) after October 15, 2021, for the afternoon warm-up schedule and to check seeding for heat limited events. Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).		
<b>ENTRY FEES</b>	The individual event entry fee is \$5.50 per individual event. A Wisconsin Swimming surcharge of \$4.00, \$10.00 technology/administrative surcharge, and a RecPlex facility surcharge of \$5.00 per swimmer entered in individual events must be included with entry. <b>Make checks payable to "Lake Forest Swim Club"</b> . Deck entries may be accepted if open lanes are available, entry fee is \$8.00.		
<b>ENTRY DEADLINE</b>	All entries must be received at the swim club office by Tuesday, October 12, 2021, 5:00pm. Please submit all entries via email to <a href="mailto:entries@swimlfc.org">entries@swimlfc.org</a> . Send forms, waiver and fees to <i>Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045</i>		



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## EVENTS, ENTRY LIMITATIONS and SEEDING

An event schedule for this meet is included with this meet announcement. Swimmers may enter and swim six (6) individual events each day. The Sr 400 IM and 1000 free will be swum in alternating fashion, fastest to slowest seeded heats. This meet may be conducted in 2 pools if entries warrant such division. Check the LFSC website ([www.swimlfsc.org](http://www.swimlfsc.org)) after *October 15, 2021*, for more information.

All events except heat limited events will be conducted as pre-seeded timed final events. Swimmers competing in heat limited events are required to check-in and positively declare their intent to swim for each event. Swimmers who do not check-in will be scratched from that event. **Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).**

The following events *MAY* be limited to three heats based on submitted entry times:

- 9/10 200 free and 200 IM
- 11/12 500 free and 200 IM
- Sr 400 IM, 1000 free and all 200 stroke events

Heat limitations will *only* be imposed if necessary to manage the timeline. It is our intent to swim as many heats as possible. All swimmers entered in heat-limited events **must** provide a seed time. To check seeding for heat-limited events visit [www.swimlfsc.org](http://www.swimlfsc.org) after October 15, 2021

## AWARDS

Awards will be given for 1st – 10<sup>th</sup> place in individual events for 8 & under, 9/10, and 11/12 age categories.

## DECK ACCESS and CREDENTIALS

Only contestants, coaches, volunteer meet support, timers and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck.

## SWIMMER SUPERVISION

Each team or coach is responsible for the supervision of his or her swimmers. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area. 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.

## SPECTATOR ADMISSION and HEAT SHEETS:

Spectator seating will open 60 minutes prior to the scheduled start of each session (subject to change due to new COVID restrictions). There is no charge for admission.

Heat Sheets	Free, posted online and through Meet Mobile
LIVE streaming	We are working with the RecPlex to provide LIVE streaming of the meet ... stay tuned.

## COACHES MEETING

Coaches meetings will be held if determined necessary by the Meet Referee.

## MEET RESULTS

Meet results will be posted online at [www.swimlfsc.org](http://www.swimlfsc.org)

## PARKING:

Parking is available at the RecPlex facility.



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**Saturday, October 23**

Warm-up: 8:00am      Meet Starts: 9:00am

WOMEN'S EVENT		MEN'S EVENT	
1 *	11/12 500 Free	2 *	9/10 200 Free
3	Mixed 8 & under 50 Free		
5	9/10 50 Free	6	9/10 50 Free
7	11/12 100 Free	8	11/12 100 Free
9	Sr 50 Free	10	Sr 100 Free
11	Mixed 8 & under 25 Breast		
13	9/10 50 Breast	14	9/10 50 Breast
15	11/12 100 Breast	16	11/12 100 Breast
17	NO EVENT	18	Sr 50 Breast
19	Sr 100 Breast	20	Sr 200 Breast
21	Mixed 8 & under 25 Fly		
23	9/10 100 Fly	24	9/10 100 Fly
25	11/12 50 Fly	26	11/12 50 Fly
27	Sr 100 Fly	28	Sr 50 Fly
29	Sr 50 Back	30	Sr 200 Fly
31	Mixed 8 & under 50 Back		
33	9/10 100 Back	34	9/10 100 Back
35	11/12 50 Back	36	11/12 50 Back
37	Sr 200 Back	38	Sr 100 Back
39 *	9/10 200 IM	40 *	11/12 200 IM

Warm-up: TBD      Meet Starts: TBD

WOMEN'S EVENT		MEN'S EVENT	
41 *	Sr 400 IM	42 *	Sr 1000 Free

**Sunday, October 24**

Warm-up: 8:00am      Meet Starts: 9:00am

WOMEN'S EVENT		MEN'S EVENT	
43 *	9/10 200 Free	44 *	11/12 500 Free
45	Mixed 8 & under 25 Free		
47	9/10 100 Free	48	9/10 100 Free
49	11/12 50 Free	50	11/12 50 Free
51	Sr 100 Free	52	Sr 50 Free
53	Mixed 8 & under 50 Breast		
55	9/10 100 Breast	56	9/10 100 Breast
57	11/12 50 Breast	58	11/12 50 Breast
59	Sr 50 Breast	60	Sr 100 Breast
61	Sr 200 Breast	62	NO EVENT
63	Mixed 8 & under 50 Fly		
65	9/10 50 Fly	66	9/10 50 Fly
67	11/12 100 Fly	68	11/12 100 Fly
69	Sr 50 Fly	70	Sr 100 Fly
71	Sr 200 Fly	72	Sr 50 Back
73	Mixed 8 & under 25 Back		
75	9/10 50 Back	76	9/10 50 Back
77	11/12 100 Back	78	11/12 100 Back
79	Sr 100 Back	80	Sr 200 Back
81	11/12 200 IM	82	9/10 200 IM

Warm-up: TBD      Meet Starts: TBD

WOMEN'S EVENT		MEN'S EVENT	
83 *	Sr 1000 Free	84 *	Sr 400 IM

\* This event MAY be limited to 3 heats. Please check the LFSC website [www.swimlfsc.org](http://www.swimlfsc.org) after October 15, 2021 to verify heat limitations. All swimmers entered in the 1000 free and the 400 IM *must* provide a seed time and lane timer. A seed time is required for the 9/10 200 free and the 11/12 500 free.



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**SUMMARY OF ENTRIES**

<b>INDIVIDUAL EVENTS</b>	_____ Women	_____ events X \$5.50 =	\$ _____
	_____ Men	_____ events X \$5.50 =	\$ _____
<b>TOTAL INDIVIDUAL EVENTS</b>			\$ _____

<b>SWIMMER SURCHARGE &amp; TECHNOLOGY FEES</b>	_____ Women	x \$19.00 =	\$ _____
	_____ Men	x \$19.00 =	\$ _____

**TOTAL MEET FEES** \$ \_\_\_\_\_

**All entries must be received at the swim club office by Tuesday, October 12, 2021, 5:00pm. Please submit all entries via E-mail to [entries@swimlfc.org](mailto:entries@swimlfc.org). Send forms, waiver and fees to Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045**

Club \_\_\_\_\_ Code \_\_\_\_\_

Coaches attending \_\_\_\_\_

Mailing address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Contact for entries \_\_\_\_\_

Phone Day (     ) \_\_\_\_\_  
 Eve (     ) \_\_\_\_\_

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.

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims which may accrue against USA Swimming, Wisconsin Swimming, the Lake Forest Swim Club, the RecPlex Aqua Arena, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) \_\_\_\_\_ DATE \_\_\_\_\_