

**FOX Valley Swim Team
13th Annual Fall Classic**

Friday, Saturday, and Sunday, November 6-8, 2009

Sanctioned by USA Swimming and Illinois Swimming, Inc., Sanction # ILS09-1107

Meet Director

Carol Mordach
(630) 904-1751
meetdirector@foxswimteam.com

Entry Chairperson

Sonia Hertogs
1255 Leverenz Rd.
Naperville, 60564
meentries@foxswimteam.com

Safety Chairperson

Jeff Levant
jklevant@msn.com

Meet Referee

Bonnie Quinn
630-904-0997
officials@foxswimteam.com

FORMAT

This will be a Timed Finals, **POSITIVE CHECK-IN** meet. A listing of events offered each session is attached. 13/14 and 15 and over events will be swum together but separated by age group for results.

PLEASE NOTE, 11/12 GIRLS – AM SESSION, 11/12 BOYS –PM SESSION

Friday P.M.

Warm-ups: 5:00 - 5:45pm
Positive Check-in Closes: 5:20pm
Meet Start: 6:00pm

Saturday & Sunday A.M.

Warm-ups: 7:00 - 7:45am
Positive Check-in Closes: 7:20am
Meet Start: 8:00am

Saturday & Sunday Mid

Positive check-in closes: 11:10am
Meet start: 20 min after the conclusion of the am session
Swimmers must provide their own timer (one) and their own lap counter.

Saturday & Sunday P.M.

Warm-ups: immediately after the midday session but not before 12:30pm
Positive Check-in Closes: 12:50pm
Meet Start: one hour after the conclusion of the midday session but not before 1:30pm

LOCATION

Neuqua Valley High School, 2360 95th Street, Naperville, IL; one mile east of Rt. 59. The school is a non-smoking facility. Likewise, there is no smoking allowed on the grounds.

FACILITY

The Neuqua Valley High School pool is a 25-yard, eight-lane pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and a Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool. A coach must supervise swimmers in the warm-up/cool down pool at all times. Spectator seating is for 750.

RULES/SAFETY

All USA and ISI swimming rules and ISI safety rules will be strictly enforced.

ELIGIBILITY

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 S River Road, Suite 30, DesPlaines, IL 60018, E-mail: ilswimoffice@sbcglobal.net, Phone: 847-824-1596, Fax: 847-824-1726. A swimmer's age as of **November 6, 2009** will determine their age for the meet.

MEMBERSHIP

Insurance regulations require that all swimmers, coaches, 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.

COACHES

All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck. Coaches may pick up their meet packet in the Hospitality Room.

ENTRY DEADLINE

Meet Information will be posted on the Fox Valley Swimming Website (www.Foxswimteam.com). The Entry Chairperson will not accept entries before Friday, October 2, 2009 at 8:00 am. Hand delivered, phoned or faxed entries will **NOT** be accepted. All team entries must be e-mailed. Please e-mail your zipped, commlink files beginning at 8:00 am, Central Standard Time on **Friday, October 2, 2009. A completed and signed Entry Summary Sheet, provided in this packet, and payment in full must be received within 72 hours of receipt of your e-mailed entry. An entry is not complete until all necessary paperwork including, Entry Summary Sheet, Volunteer Sheet, Summary of Fees Report and check for entry fees made payable to FOX Valley Swim Team are received.** Entries that are expressed mail should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postal card with your entries.

E-Mail Entries to:
Sonia Hertogs - meetentries@foxswimteam.com

Mail Entries to:
Sonia Hertogs
1255 Leverenz Rd.
Naperville, IL 60564

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order.

ENTRY LIMITATIONS

ABSOLUTELY NO DECK ENTRIES WILL BE PERMITTED, except for corrections made of mistakes made by the entry chairperson. Swimmers may swim a **maximum of 3 individual events plus one relay per session** except for Friday evening. **On Friday evening, swimmers age 12 & under are limited to 1 event and swimmers 13 & over are limited to 2 events.**

ADDITIONAL LIMITATIONS

The host team reserves the right to limit all events 200 yards or greater.

The host team reserves the right to swim additional heats if time allows. The host team reserves the right to swim it's own swimmers.

The host team reserves the right to limit the number of heats to conform to a four-hour time limit for each session.

The 1000 free is offered. The top 24 qualifying times for girls and top 24 qualifying times for boys will swim (fastest to slowest).

Should limitations be necessary, a copy of those sessions will be sent to each team so that the affected swimmers may be notified.

Any swimmer entered in more than the maximum number of events on the meet entry will be scratched from the last event(s) entered until the maximum of 3 events on Saturday and Sunday and 1 event (2 event 13 and up) on Friday is reached. Relay swimmers must be entered in at least one individual event.

ENTRY FORMS

Team entries should be submitted via e-mail using Hy-tek software. A hard copy printout of the entry, showing team's name, meet name, swimmers current registration number, age, first name, middle initial and last name must be part of the meet packet. If Hy-tek is not used, the entries must be submitted on the enclosed entry form. Do not submit entry cards. The enclosed "Entry Summary Sheet" must be completed and a copy of the "Team Manager Fees Report" enclosed. The Release Form **MUST BE SIGNED** and returned with your entry. These must be returned together with your check payable to: FOX Valley Swim Team. Failure to enclose all required paperwork shall be sufficient grounds for refusal of the entry. **ENTRY PACKETS WILL BE ACCEPTED ONLY AT THE ABOVE ADDRESS FOR THE MEET ENTRY CHAIRPERSON.**

ENTRY FEES

The entry fee for individual events is \$3:00 per event. The entry fee for relays is \$7.00 per relay. ISI surcharge of \$2.00 per swimmer and a Neuqua Valley High School surcharge of \$2.00 per swimmer. Make checks payable to the FOX Valley Swim Team.

ENTRY VERIFICATION

An e-mail will be sent confirming receipt of entry within 48 hours.

ENTRY DEADLINE & TIME LINE LIMIT

Friday, October 23, 2009 is the last date the entry chairperson will accept entries. Entries shall not be considered received until delivered to the entry chairperson at the address shown in the meet information. Entries will be accepted until the time limit, subject to the 4-hour/10 hour rule is reached and entries received thereafter will be returned immediately. If a phone number is included on the Entry Summary Sheet, teams that do not get into the meet will be called immediately. No additional swimmers may be entered after original team entry has been processed.

STARTING

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. In accordance with USA Swimming Rules; Articles 105, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches and swimmers to contact the Meet Referee, prior to competition, with specific requests.

POSITIVE CHECK- IN

This meet will utilize positive check-in for all sessions. Positive check-in will close 40 minutes prior to the first event for each session. A separate positive check-in for the Midday session, 1000 Free will be held beginning at 10:30 am and will close 40 minutes later (11:10 am). Swimmers not checking in will be considered a scratch for that session's events. Late check-ins will be able to swim only if there are open lanes available in the slower heats.

OFFICIALS/MEET WORKERS

Officials are needed. Anyone willing to officiate should call the Meet Referee. **SWIMMERS IN THE 1000 MUST PROVIDE 1 TIMER AND A LAP COUNTER TO BE ABLE TO SWIM.**

RESULTS

Results will be posted on the host website within 24 hours of the meets conclusion.

AWARDS

In lieu of awards, all swimmers will receive a participation award.

ADMISSIONS AND PSYCH SHEETS

Admission is \$2.00 for the Friday evening session. Saturday admission is \$5.00 and Sunday admission is \$5.00. No charge for children. A Psych Sheet covering all sessions will be available at a cost of \$6.00.

CONCESSIONS

Food and beverages will be available for sale in the school commons/cafeteria area and in the observation balcony. **NO FOOD IS ALLOWED ON DECK.** A hospitality room will be provided for coaches and officials. There is absolutely no smoking allowed on the school grounds or in the building.

SWIMMER WAITING AREAS

On Saturday and Sunday the swimmers waiting area will be located in the commons. **NO** swimmers will be allowed on deck unless their event is close. On Friday evening all swimmers will be allowed on the deck.

HOTELS

Red Roof Inn 1698 Diehl Road, Naperville (630) 369-2500
Fairfield Inn and Suites 1847 W Diehl Road, Naperville (630) 548-0966
Super 8 Motel 4228 Longmeadow Drive, Aurora (630) 898-5419

DIRECTION TO NEUQUA VALLEY HIGH SCHOOL

From Chicago, North, & West: I88 West to Route 59 South. 6 miles South on Rt. 59 to 95th Street. Jewel grocery store on your left. Turn left (East). 1 mile to Neuqua Valley High School on your right (South) side of the street.

From the South: I55 North to Route 59 North (10-15miles) to 95th Street. Turn right (East). School is on right (South) side of the street.

WARM-UP PROCEDURE

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.

| 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 |

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.

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. Backstrokes 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.

**FOX Valley Swim Team
13th Annual Fall Classic
November 6-8, 2009
Order of Events**

PLEASE NOTE, 11/12 GIRLS – AM SESSION, 11/12 BOYS –PM SESSION

Session 1; Friday

Warm-ups: 5:00 - 5:45 PM
Positive Check-in Ends: 5:20 PM
Meet Begins: 6:00 PM

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|------------|----------|------|
| 1 | 12 & Under | 200 IM | 2 |
| 3 | Senior | 400 IM | 4 |
| 5 | 12 & Under | 200 Free | 6 |
| 7 | Senior | 500 Free | 8 |

*1 event maximum entry for 12 & under
2 events maximum entry for 13 & over
All events may be limited to 4 fastest heats.*

Session 2; Saturday Morning

Warm-ups: 7:00 - 7:45 AM
Positive Check-in Ends: 7:20 AM
Meet Begins: 8:00 AM

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|-----------|----------------|------|
| 9 | Senior | 200 Free | 10 |
| 11 | 11/12 | 50 Free | |
| 12 | Senior | 100 Breast | 13 |
| 14 | 11/12 | 100 Breast | |
| 15 | Senior | 200 Fly | 16 |
| 17 | 11/12 | 50 Fly | |
| 18 | Senior | 100 Back | 19 |
| 20 | 11/12 | 100 Back | |
| 21 | Senior | 50 Free | 22 |
| 23 | 11/12 | 200 Free Relay | |

3 individual event maximum entry

Session 3; Saturday Midday

Warm-ups in the cool down pool prior to the start of the session
Positive check-in ends 11:10am

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|-----------|----------------|------|
| NA | Senior | 1000 Freestyle | 24 |

Session 4; Saturday Afternoon

Warm-ups: immediately after the midday session but not before 12:30pm (TBA one week prior to the meet)
Positive Check-in Ends: (20min after the start of warm ups)
Meet Begins: one hour after the start of warm ups

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|------------|----------------|------|
| | 11/12 | 50 Free | 25 |
| 26 | 10 & Under | 50 Free | 27 |
| 28 | 8 & Under | 50 Free | 29 |
| | 11/12 | 100 Breast | 30 |
| 31 | 10 & Under | 100 Breast | 32 |
| 33 | 8 & Under | 25 Breast | 34 |
| | 11/12 | 50 Fly | 35 |
| 36 | 10 & Under | 50 Fly | 37 |
| 38 | 8 & Under | 25 Fly | 39 |
| | 11/12 | 100 Back | 40 |
| 41 | 10 & Under | 100 Back | 42 |
| 43 | 8 & Under | 100 Free Relay | 44 |
| 45 | 10 & Under | 200 Free relay | 46 |
| | 11/12 | 200 Free Relay | 47 |

3 individual event maximum entry

Session 5; Sunday Morning

Warm-ups: 7:00 - 7:45 AM
Positive Check-in Ends: 7:20 AM
Meet Begins: 8:00 AM

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|-----------|------------------|------|
| 48 | 11/12 | 100 Free | |
| 49 | Senior | 100 Free | 50 |
| 51 | 11/12 | 50 Back | |
| 52 | Senior | 200 Back | 53 |
| 54 | 11/12 | 100 IM | |
| 55 | Senior | 200 IM | 56 |
| 57 | 11/12 | 100 Fly | |
| 58 | Senior | 100 Fly | 59 |
| 60 | 11/12 | 50 Breast | |
| 61 | Senior | 200 Breast | 62 |
| 63 | 11/12 | 200 Medley Relay | |

3 individual event maximum entry

Session 6; Sunday Midday

Warm-ups in the cool down pool prior to the start of the session
Positive check-in ends 11:10am

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|-----------|----------------|------|
| 64 | Senior | 1000 Freestyle | NA |

Session 7; Sunday Afternoon

Warm-ups: immediately after the midday session but not before 12:30pm (TBA one week prior to the meet)
Positive Check-in Ends: (20min after the start of warm ups)

Meet Begins one hour after the start of warm ups

| GIRLS | AGE GROUP | EVENT | BOYS |
|-------|------------|------------------|------|
| | 11/12 | 100 Free | 65 |
| 66 | 10 & Under | 100 Free | 67 |
| 68 | 8 & Under | 25 Free | 69 |
| | 11/12 | 50 Back | 70 |
| 71 | 10 & Under | 50 Back | 72 |
| 73 | 8 & Under | 25 Back | 74 |
| | 11/12 | 100 IM | 75 |
| 76 | 10 & Under | 100 IM | 77 |
| 78 | 8 & Under | 100 IM | 79 |
| | 11/12 | 100 Fly | 80 |
| 81 | 10 & Under | 100 Fly | 82 |
| 83 | 8 & Under | 100 Medley Relay | 84 |
| | 11/12 | 50 Breast | 85 |
| 86 | 10 & Under | 50 Breast | 87 |
| | 11/12 | 200 Medley Relay | 88 |
| 89 | 10 & Under | 200 Medley Relay | 90 |

3 individual event maximum entry

Please return this form with your entries.

**FOX VALLEY SWIM TEAM
13th ANNUAL FALL CLASSIC**

November 6-8, 2009

Volunteer Sheet

Club: _____

Club Code: _____

ISI Officials Volunteers

| Name & Phone Numbers | Level | Fri PM | Sat AM | Sat PM | Sun AM | Sun PM |
|----------------------|-------|--------|--------|--------|--------|--------|
| 1. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 4. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 5. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 6. _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 7. _____ | _____ | _____ | _____ | _____ | _____ | _____ |

Please return this form with your entries.

Questions, please call Bonnie Quinn, Meet Referee, at (630)-904-0997 or e-mail at officials@foxswimteam.com

| | | | | | | | | |
|--|--|--|--|--|------------|-------------|------------|-------|
| Fox Valley Swim Team 12th Annual Fall Classic | | | | | Individual | Events | x \$3.00 = | _____ |
| November 6-8, 2009 | | | | | Relay | Events | x \$7.00 = | _____ |
| Entry Deadline: October 23, 2009 | | | | | ISI/NVHS | per swimmer | x\$4.00= | _____ |
| USA Sanction #ILS09 | | | | | | | | |

| | Age Group _____ | Sex _____ | Event No. Description | Session # | | | | Session # | | | |
|----|------------------|------------|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | | # | # | # | # | # | # | # | # |
| | Club Code: _____ | | | | | | | | | | |
| | Last Name | First Name | USA # | Seed Time | Seed Time | Seed Time | Seed Time | Seed Time | Seed Time | Seed Time | Seed Time |
| 1 | | | | | | | | | | | |
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| 16 | | | | | | | | | | | |
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| 18 | | | | | | | | | | | |
| 19 | | | | | | | | | | | |
| 20 | | | | | | | | | | | |

| | | | | | | | |
|----------------------|-----|--|--|----------------------|-----|--|--|
| Relays Event # _____ | | | | Relays Event # _____ | | | |
| "A" | "C" | | | "A" | "C" | | |
| | | | | | | | |
| "B" | "D" | | | "B" | "D" | | |
| | | | | | | | |