

**FOX Valley Swim Team  
Fall First Splash**

**Saturday, and Sunday, October 17-18, 2009**

**Sanctioned by USA Swimming and Illinois Swimming, Inc., Sanction #ILS09-1006**

**Meet Director**

John Ivkovich  
630-378-3421  
meetdirector@foxswimteam.com

**Entry Chairperson**

Carol Mordach  
(630) 904-1751  
2420 Comstock Ct.  
Naperville, 60564  
meetentries@foxswimteam.com

**Safety Chairperson**

Jeff Levant  
jklevant@msn.com

**Meet Referee**

Tom Gradle  
(630) 904-4288  
officials@foxswimteam.com

**FORMAT**

This is a **POSITIVE CHECK-IN** meet.

A listing of events offered each session is attached.

*Saturday & Sunday A.M.* Warm-ups: 8:00 - 8:45am  
Positive Check-in Closes: 8:20am  
Meet Start: 9:00am

**LOCATION**

Neuqua Valley High School, 2360 95<sup>th</sup> 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 **October 17, 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**

**The Entry Chairperson will not accept entries before Thursday, September 24, 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 **Thursday, September 24, 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:  
Carol Mordach - meetentries@foxswimteam.com

Mail Entries to:  
Carol Mordach  
2420 Comstock Ct.  
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 per session**.

### **ADDITIONAL LIMITATIONS**

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.

### **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 fees are \$3.00 per event, 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 9, 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. Swimmers not checking in will be considered a scratch for that session's events.

### **OFFICIALS/MEET WORKERS**

Officials are needed. Anyone willing to officiate should call the Meet Referee

### **RESULTS**

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

### **AWARDS**

Awards will be given to the high point winner in each of the following groups, boys and girls, ages 6&under, 7, 8, 9, 10, 11, 12. Standard points will be used.

**ADMISSIONS**

Saturday admission is \$5.00 and Sunday admission is \$5.00. No charge for children.

**CONCESSIONS**

Food and beverages will be available for sale 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 BULL PEN**

On Saturday and Sunday the swimmers waiting area will be located in the stands. **NO swimmers will be allowed on deck unless their event is close.** There will be a bull-pen and clerk of course for the 10 and under swimmers.

**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 95<sup>th</sup> 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 95<sup>th</sup> 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**  
**Fall First Splash**  
**October 18-19, 2008**  
**Order of Events**

**Session 1: Saturday Morning**

Warm-ups: 8:00 - 8:45 AM

Positive Check-in Ends: 8:20 AM

Meet Begins: 9:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
1	11/12	50 BACK	2
3	9/10	50 BACK	4
5	11/12	50 BREAST	6
7	9/10	50 BREAST	8
9	11/12	50 FLY	10
11	9/10	50 FLY	12
13	11/12	50 FREE	14
15	9/10	50 FREE	16
17	11/12	100 IM	18
19	9/10	100 IM	20

*3 individual event maximum entry*

**Session 2: Sunday Morning**

Warm-ups: 8:00 - 8:45 AM

Positive Check-in Ends: 8:20 AM

Meet Begins: 9:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
21	13&OVER	100 BACK	22
23	8&UNDER	25 BACK	24
25	13&OVER	100 BREAST	26
27	8&UNDER	25 BREAST	28
29	13&OVER	100FLY	30
31	8&UNDER	25 FLY	32
33	13&OVER	100 FREE	34
35	8&UNDER	25 FREE	36
37	13&OVER	200 IM	38

*3 individual event maximum entry*

Please return this form with your entries.

**FOX VALLEY SWIM TEAM**  
**Fall First Splash**  
**October 17-18, 2009**

Volunteer Sheet

Club: \_\_\_\_\_

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

**ISI Officials Volunteers**

Name & Phone Numbers	Level	Sat	Sun
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____

Please return this form with your entries.

Questions, please call Tom Gradle, Meet Referee, at (630) 904-4288 or e-mail at [officials@foxswimteam.com](mailto:officials@foxswimteam.com)



