

**FOX Valley Swim Team
Fall First Splash**

Saturday and Sunday, October 19-20, 2013

Sanctioned by USA Swimming and Illinois Swimming, Inc., IL Sanction

Meet Director

John Ivkovich
Ikester5@comcast.net

Entry Chairperson

Carol Mordach
cmordach@sbcglobal.net
2420 Comstock Ct.
Naperville, 60564

Safety Chairperson

candmpoedtke@aol.com

Meet Referee

Tim Steffl
Steffl@wowway.com

FORMAT

This is a timed final, **POSITIVE CHECK-IN** meet.

A listing of events offered each session is attached.

Saturday & Sunday A.M. Warm-ups: 7:00 - 7:50am
Positive Check-in Closes: 7:20am
Meet Start: 8:00am

Saturday & Sunday P.M. Warm-ups: Noon-12:50pm
Positive Check-in Closes: 12:20pm
Meet Start: 1:00pm

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Spectator seating is for 750.

RULES/SAFETY

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

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.

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, 1400 E. Touhy Avenue Suite 245, IL 60018, E-mail: ilswimoffice@sbcglobal.net, Phone: 847-824-1596, Fax: 847-824-1726. A swimmer's age as of **October 19, 2013** 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.

ENTRY DEADLINE

The Entry Chairperson will not accept entries before Tuesday, September 17, 2013 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 **Tuesday, September 17, 2013. 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 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 – cmordach@sbcglobal.net

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 and one relay 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 its 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 or comparable software. If Hy-tek or comparable software is not used, the entries must be submitted on the enclosed entry form. The enclosed Entry Summary/Release Sheet and Volunteer Summary Sheet **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 \$4.00 per individual event, \$7 per relay, ISI surcharge of \$2.00 per swimmer, and a facilities 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

Thursday, October 10, 2013 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 without consent from the entry chair.

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 contact 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, and 12. Standard points for individual events 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 high school commons. **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 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
Fall First Splash
October 19-20, 2013
Order of Events

Session 1: Saturday Morning

Warm-ups: 7:00 - 7:50 AM

Positive Check-in Ends: 7:20 AM

Meet Begins: 8:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
1	13&OVER	100 FREE	2
3	8&UNDER	25 FREE	4
5	13&OVER	100 FLY	6
7	8&UNDER	25 FLY	8
9	13&OVER	200 IM	10
11	8&UNDER	100 IM	12

3 individual event maximum entry

Session 3: Sunday Morning

Warm-ups: 7:00 - 7:50 AM

Positive Check-in Ends: 7:20 AM

Meet Begins: 8:00 AM

GIRLS	AGE GROUP	EVENT	BOYS
29	13&OVER	100 BACK	30
31	8&UNDER	25 BACK	32
33	13&OVER	100 BREAST	34
35	8&UNDER	25 BREAST	36
37	13&OVER	50 FREE	38
39	8&UNDER	50 FREE	40

3 individual event maximum entry

Session 2: Saturday Afternoon

Warm-ups: 12:00 -12:55 PM

Positive Check-in Ends: 12:20 PM

Meet Begins: 1:00 PM

GIRLS	AGE GROUP	EVENT	BOYS
13	11/12	50 FREE	14
15	9/10	50 FREE	16
17	11/12	50 FLY	18
19	9/10	50 FLY	20
21	11/12	100 IM	22
23	9/10	100 IM	24
25	11/12	200 Medley Relay	26
27	9/10	200 Medley Relay	28

3 individual event maximum entry

Session 4: Sunday Afternoon

Warm-ups: 12:00 -12:55 PM

Positive Check-in Ends: 12:20 PM

Meet Begins: 1:00 PM

GIRLS	AGE GROUP	EVENT	BOYS
41	11/12	50 BACK	42
43	9/10	50 BACK	44
45	11/12	50 BREAST	46
47	9/10	50 BREAST	48
49	11/12	100 FREE	50
51	9/10	100 FREE	52
53	11/12	200 Free Relay	54
55	9/10	200 Free Relay	56

3 individual event maximum entry

Please return this form with your entries.

FOX VALLEY SWIM TEAM

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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 contact Tim Steffl, Meet Referee, e-mail at Steffl@wowway.com

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Entry Summary Sheet

Fall First Splash

October 19-20, 2013

Complete this form and mail it along with your entry forms and check to:

Carol Mordach
2420 Comstock Ct.
Naperville, IL
60564

Checks payable to: Fox Valley Swim Team

Summary of Fees

	Cost Per swimmer	Totals
Total Number of individual events	x\$4.00	
Total Number of relay events	x\$7.00	
Total Number of Swimmers (facilities surcharge)	x\$2.00	
Total Number of Swimmers (ISI Surcharge)	x\$2.00	
	TOTAL FEES	

Name of Club: _____	Address: _____
Telephone Number: _____	Club ISI Code: _____
Name of Entry person: _____	Address: _____
Telephone Number: _____	Entry Chair E-Mail: _____
Coach(es) Name(s): _____	E-Mail: _____ Phone: _____
*Head Parent Official: _____	E-Mail: _____ Phone: _____

(*Please give us the name of an official from your team that our Referees may contact regarding your parent officials.)

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages, which may occur against USA Swimming, Illinois Swimming Inc., School District 204 and its Board of Directors, Neuqua Valley High School, the Fox Valley Swim Team, their representatives, directors, officers, employers or its successors from any and all injuries suffered by me or any contestant or representative in said meet, as representative of my club. I further attest that all athletes entered into this competition are all duly and currently registered with USA Swimming, Inc.

Signed: (COACH, CLUB REP. OR PARENT) _____

Title _____

Date _____
