

The Speedo Grand Challenge

Presented by:
FMC & HSC

November 17-19, 2023



Hosts:

**FMC Aquatic
Hinsdale Swim Club**

Location:

**FMC Natatorium
275 Plaza Dr.
Westmont, IL 60559**

All sessions/time trials will be short course yards

(3 Full days. Prelims/Finals, A, B, C, D Finals)

All times and deadlines in Central Time Standard CST

Entry Deadlines

Opens: Tuesday, October 17, 2023 at 8:00 AM

(This Event Will Close Quickly, Last Year within 2 Minutes)

Closes: Friday, November 10, 2023 at 8:00 AM

Team Updates

Sunday, November 12, 2023 at 7:00 PM

This Meet And Time Trials Are Sanctioned By Illinois Swimming



SPEEDO GRAND CHALLENGE

Presented by FMC Aquatic and Hinsdale Swim Club

NOV 17-19, 2023



Sanctioned by USA Swimming, Inc. Sanction Number: # ILS1127-23 / Time Trial # ILS1128-23

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

MEET ENTRY CHAIR: Tony Alberti e-mail: entries@fmcaquatic.com 630-536-7104
275 Plaza Dr
Westmont, IL 60559

Meet Director: Christy Stanley e-mail: christystanley1112@gmail.com 630-707-3113
Meet Referee: Jim Bey e-mail: tribey@msa.com 630-204-6479
Safety Director: MaryAnn Kaufman e-mail: makaufman@fmcnatorium.org
Admin Official: Carolee Harris e-mail: caroleeharris@gmail.com
IDPH Compliance Director: Conor Ozog e-mail: COzog@fmcaquatic.com
Head Coach: FMC: David Krotiak e-mail: DKrotiak@fmcaquatic.com 630-546-2380
Head Coach: HSC: Scott Erdman e-mail: scotterdman@hotmail.com 708-717-4218

IMPORTANT DATES: Meet Entries Open: Tuesday, October 17, 2023 at 8:00 AM
Coaches Meeting: Tuesday, November 14th at 7:30 PM via Zoom

HOST CLUB WEBSITES: FMC Aquatic (fmcaquatic.com)

Session	Date	Type	Warm Up	Meet Start
1	Friday 11/17	Prelims	6:40 AM	8:15 AM
2	Friday 11/17	Finals	4:00 PM	5:15 PM
3	Saturday 11/18	Prelims	6:40 AM	8:15 AM
4	Saturday 11/18	Finals	4:00 PM	5:15 PM
5	Sunday 11/19	Prelims	6:40 AM	8:15 AM
6	Sunday 11/19	Finals	4:00 PM	5:15 PM

QUALIFYING TIMES: Only swimmers having achieved qualifying times on or after November 1, 2021 are eligible for this meet. Entry times may only be submitted in short course yards or long course meters. No relay only swimmers are permitted in this meet. **IMPORTANT: If you don't have a 100 stroke (fly/back/breast) qualifying time, the "50 stroke will be counted as a Bonus event.**

Qualifying standards for the Speedo Grand Challenge are based on modified 2021-2024 National Motivational Time Standards. Both Qualifying Standards and Bonus Time Standards can be found on page 10.

SEEDING: All events shall be seeded in order of SCY, LCM qualified times, then SCY, LCM bonus times. Prelims/Finals events will be circle seeded. ALL Individual Time Final distance events will be seeded fastest to slowest, with the fast heat swimming in Finals.

WARM-UPS: All current Illinois Swimming warm-up and safety guidelines will be in effect. Warmups will be conducted in a format at the discretion of the Meet Director and Meet Referee. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. Coaches shall actively supervise their swimmers throughout the warm-up sessions.



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STARTS: FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. Flyover starts will be used for all events other than backstroke events.

In accordance with USA Swimming Rules (Article 105), the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

BACKSTROKE STARTS: FMC Natatorium provides **Myrtha backstroke wedges** for both warm ups, and during competition in both courses. During warm up designated lanes will be backstroke start only lanes.

EQUIPMENT DURING WARM UP: There will be no use of bands, hand paddles, or fins during warm-up in the Competition Pool. The Meet Referee shall have control of mitigation actions necessary to relieve situations deemed as dangerous. In the Training Pool an athlete may use training devices.

Unattached swimmers, or swimmers attending the meet without coaches, must report to the Meet Referee before entering the pool for approval and lane assignment for warm-up.

PRELIMS: Location of athletes competing in prelims, Men will compete in the West Pool (diving board) and Women will compete in the East Pool (scoreboard side). Both courses are 9 lanes.

Team areas will be on the deck and upstairs in the south balcony area.

FINALS: All Finals will be conducted in the West Pool. ***Team areas will be on deck and the east-side of both north/south sides of the balcony. No athletes should be on the west balcony areas of the Finals Competition Pool.***

“A”, “B”, “C”, and “D” Finals for each gender. The “D” Final will be 16 and Under.

- The “A” heat, top 9 qualifiers of each event, report to the Ready Room for procession. Ready Room is located directly behind the 2 one meter diving boards (coach office).
- Athletes competing in the “B/C/D” heats report directly to their lanes/ blocks.
- Please report in a timely manner.
- There’ll be a check-in sheet at the clerk of the course table for all athlete’s swimming Finals, coaches may check-in their athletes. This will help us run a smooth Finals, and provide an opportunity to fill all lanes.
- Please read all information regarding scratches.

SCORING: Both individual and relay events are for Places 1-9, and 10-18. Relay events will be scored as double

Individual Scoring: **Top 9 Places** 22, 19, 18, 17, 16, 15, 14, 13, 12 / **Places 10-18:** 10, 8, 7, 6, 5, 4, 3, 2, 1

Relay Scoring: **Top 9 Places** 44, 38, 36, 34, 32, 30, 28, 26, 24 / **Places 10-18:** 20, 16, 14, 12, 10, 8, 6, 4, 2

AWARDS: Individual and Relay Awards will be presented to 1st, 2nd and 3rd place in each event. Team trophies will be awarded for 1st, 2nd and 3rd place.

FORMAT:

- This meet will be conducted as prelim/final for all individual events 500 yards and shorter.
- Time final individual events are the 1,000 and 1650 Freestyles, in prelims heats will be swum fastest to slowest with the fastest 9 swimmers competing in FINALS.
- **The Top 45 Relays in each gender will swim in FINALS Friday and Saturday, the remaining relays will swim in prelims. Each team may swim 3 Relays per gender/relay.**



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EVENT LIMITATIONS: A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may only compete in (3) individual events per day, including Time Trials.

- Due to timeline restraints, we may limit events 200 yds and longer.
- 400 IM and 500 Free will be limited to 8 heats (72 athletes) of each gender.
- The 1,000 Free will be limited to 5 heats (45 athletes), 1650 Free will be limited to 4 heats (36 athletes of each gender).
- Additional heats may be added in each of these events if time allows, a decision will be made by the meet host prior to the Coach's Meeting, Tuesday, November 14, 2023. Athletes cut from an event may enter a replacement event.

DISTANCE EVENTS: Swimmers with either a 1000 SCY Freestyle/800 LC qualifying time may enter the 1650 Freestyle event, an athlete with 1,650 Free/1,500 Freestyle qualifying time may enter the 1,000 SCY Freestyle event. In both cases you would enter your athlete with the slowest non-conforming time in the event.

- Time final individual events are the 1,000 and 1650 Freestyles, in prelims heats will be swum fastest to slowest with the fastest 9 swimmers competing in FINALS.
- *1650 Freestylers must provide their own counter/timer. 500 Freestylers must provide their own counters*
- *There'll be check-in sheets for the 1,000 Free, and 1,650 Free at the Clerk of the Course Table.*

50 STROKES, 100 IM's, & RELAY ENTRIES:

- **IMPORTANT:** *For entering 50 strokes (Fly/Back/Breast) use 100 yard times.*
- *For the 100 IM use your athletes 200 IM times.*
- *For 200 Relays, please submit 200 times for the 200 Free & Medley Relays (No Relay Only Swimmers).*
- *There are no qualifying standards for 50 strokes, 100 IM's, and Relays.*
- *If your swimmer doesn't have a qualifying time in a 100 Stroke (fly/back/breast), the 50 stroke counts as a bonus event.*

BONUS EVENTS: *Bonus events are permitted if a swimmer has at least one qualifying standard. Please make sure you "click the BONUS ENTRY BOX when submitting a bonus event".*

Bonus Events: 1 event = 3 bonus, 2 events = 2 bonus, 3 or 4 events = 1 bonus
Bonus Event Time Standards: Meet qualifying standard (+) 3 seconds for 200's, (+5 sec.) for 400, and 500 yards. There are no bonuses for the 1,000 and 1650 Free.

RELAYS: 45 Relays from both genders will swim in the FINALS sessions. Teams may enter an "A, B, C" relays.

- If by chance there's more than 45 relays in a gender we may have to swim those remaining heats in Prelims, the previous years.....there's been less than 30 relays in each gender.
- Relays must be made up of athletes entered with an individual qualifying time. No "relay only" swimmers.
- There are no qualifying times for relay events, please enter with 200 yard times.
- There'll be check-in sheets for relays at the clerk of course table.

TIME TRIALS: There'll be Time Trials offered Friday, Saturday, after the Prelims sessions and a short break, Trials may be limited to one hour based on timelines. Sunday is questionable.

_Sign up for the events will be in each morning until 10:00 AM.

_Athletes only entered into the meet may participate in Time Trials, the trial fee is set at \$10 for individual events, \$16 for relay events.

_An athlete may swim 3 individual events per day, a Time Trial swim counts in your daily total.

_Event Order: That day's events, followed by the next day's events, and then the next day's events.

Example: On Saturday, first would be Saturday's events, followed by Sunday's events, and then back to Friday's events. The Meet Referee and Admin Official may chose combine events to effectively run the Time Trial.



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SCRATCHES: ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course and/or emailed. Check-in and scratch deadlines are as follows:

(PLEASE SCRATCH ALL ATHLETES NOT PARTICIPATING IN FINALS, EVEN IF THEY HAVEN'T QUALIFIED FOR FINALS, "IF THEY'RE UNABLE TO SWIM" SCRATCH THEM. LETS KEEP THE ADMIN HAPPY!!!!!!)

SCRATCHES: Email scratches will be accepted until **4:00 PM on Thursday, November 16, 2023**. Scratches submitted via email must be sent to entries@fmcaquatic.com. It is the responsibility of the sender to ensure that this email is received by the host club.

After the beginning of the meet, scratches may only be made at the scratch table. All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

PENALTY: Any swimmer who fails to compete in an individual prelim event heat in which he/she is entered and from which he/she has not been scratched will be barred from their next individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. Any swimmer missing a finals swim in the evening session will be scratched from the rest of the meet.

USA SWIMMING, INC MEMBERSHIP: Insurance regulations require that all swimmers, judges, starters, and referees be current members 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.

ELIGIBILITY: All swimmers must be currently registered with USA Swimming (prior to the entry deadline), and their USA Swimming identification numbers must be included on the entry forms. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of **Friday, Nov 17, 2023** determines their age group eligibility for the meet.

COACHES: All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet.

COACHES ZOOM MEETING: There will be a virtual (Zoom-based) technical meeting on Tuesday, **November 14th at 7:30 PM**. Details will be sent to each coach. Coaches are encouraged to check the FMC Aquatic website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

COACHES' RESPONSIBILITIES:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at the meet.
- Coaches shall be on deck during warm-up sessions and shall actively supervise their swimmers throughout the entire warm-up session(s) and at all warm downs during the meet.
- All coaches must display a current USA Swimming membership card upon entering the pool deck (USA Swimming's Deck Pass is acceptable), at all times while on deck.
- Coaches shall instruct anyone from their team not working or displaying proper credentials to leave the deck.
- Each team will be responsible to send a representative to the Coaches Meeting. All coaches meetings will be announced with at least 15 minutes notice, and conducted at the Meet Referee's discretion.



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ENTRIES: All entry times shall have been achieved in sanctioned/approved USA Swimming competitions or shall have been observed swims in accordance with USA Swimming rules. All teams are required to send an entry file compatible with Hy-Tek Meet Manager to:

Tony Alberti
FMC Aquatic
275 Plaza Dr. Westmont, IL 60559
Entries@fmcaquatic.com

IMPORTANT! Attached summary sheet, waiver & release form, and entry fees must be mailed to FMC Aquatic 275 Plaza Dr, Westmont, IL 60559 by **Monday, November 13, 2023**.

ENTRY DEADLINE: Entries will not be accepted before **8:00 AM on Tuesday, October 17, 2023**. Host teams will not be responsible for undelivered or misdelivered e-mail entries. FMC will send an e-mail confirming receipt (which the sending Club should print out as evidence of delivery). Failure to submit all required forms and payment within the period mandated above shall be sufficient cause to refuse the entry. Please send e-mail entries by attaching the appropriate Hy-Tek file.

Deadline for entries to be received is **8:00 AM, Friday, November 10, 2023**. **No telephone entries will be accepted.** Teams not accepted will be notified within 4 days of receipt via email, entries will then be returned.

ENTRY UPDATES, MODIFICATIONS, OR ADDITIONS: Once an entry has been submitted and accepted, all swimmers will be entered into the meet and any deletions must be handled through the scratch process described below for meet entries.

Any electronic data files submitted after the initial entry must be clearly labeled to describe the changes included. The updated Hy-Tek file will be added to the original entry file you submitted, allowing you to update information, modify swimmers' times, or add additional entries (at the discretion of the Entry Chair). As with the original entries, additions will be handled on a first come, first entered basis. No additional updates and additions may be added after 7:00 PM on Sunday, November 12th 2023.

All requests for entry changes of any type must be submitted by the **swimmer's coach**, via e-mail. Requests from parents or swimmers will not be honored, except for an unattached swimmer's parent acting in the role of coach.

Host teams reserve the right to swim their athletes in the event.

ENTRY FEES:

- \$10.00 per individual Open event entry
- \$16.00 per relay event
- \$2.00 per swimmer ISI surcharge
- \$18.00 per swimmer facility charge
- \$10.00 per coach

Please make entry fee checks payable to FMC Aquatic.

ENTRY CONFIRMATION: A listing of each team's entered swimmers, their events, and the pre-scratch rankings in such events will be e-mailed the Tuesday prior to the meet. If you provide an e-mail address with your entry, you will receive your listing via e-mail. All team entries will be posted on our website at <http://www.fmcaquatic.com>.



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EVENT SCHEDULE

Session 1 - Friday Prelims, November 17, 2023						
Warm Up: 6:40 AM			Meet Start: 8:15 AM			
Women			Men			
Event #	Qualifying Standard		Event	Qualifying Standard		Event #
	LCM	SCY		SCY	LCM	
1	1:14.29	1:03.39	50 Backstroke	58.09	1:08.09	2
3	2:43.29	2:21.79	200 IM	2:08.89	2:30.19	4
5	30.79	26.79	50 Freestyle	23.99	27.49	6
9	1:24.69	1:12.99	100 Breaststroke	1:04.99	1:16.39	10
11	2:39.39	2:20.49	200 Butterfly	2:08.49	2:26.49	12
7	10:29.39	11:44.79	1000 Freestyle*	10:58.59	9:54.09	8
13	200 Free Relay**					14
* The 1000 Free will be swum at the end of prelims fastest to slowest, fastest heat of men and women will be swum in finals.						
** See above section (page 4) pertaining to relays.						

Prelims: Men will compete in the West Pool (diving board end), Women in the East Pool (scoreboard end).

Session 2 - Friday Finals, November 17, 2023		
Warm Up: 4:00 PM		Meet Start: 5:15 PM
Women		Men
Event #	Event	Event #
1	50 Backstroke	2
3	200 IM	4
5	50 Freestyle	6
7	1000 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	200 Free Relay	14

FINALS: WEST POOL



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EVENT SCHEDULE

Session 3 - Saturday Prelims, November 18, 2023						
Warm Up: 6:40 AM			Meet Start: 8:15 AM			
Women			Men			
Event #	Qualifying Standard		Event	Qualifying Standard		Event #
	LCM	SCY		SCY	LCM	
15			100 IM			16
17	2:40.29	2:18.49	200 Backstroke	2:05.69	2:27.69	18
19	3:03.89	2:38.29	200 Breaststroke	2:22.99	2:46.29	20
21	1:07.29	58.39	100 Freestyle			
			500 Freestyle	5:14.69	4:43.09	22
23	1:12.59	1:03.39	50 Butterfly	57.29	1:05.69	24
25	5:04.29	5:40.39	500 Freestyle			
			100 Freestyle	52.89	1:01.09	26
27			200 Medley Relay**			28
** See above section (page 4) pertaining to relays.						

Prelims: Men will compete in the West Pool (diving board end), Women in the East Pool (scoreboard end).

Session 4 - Saturday Finals, November 18, 2023			
Warm Up: 4:00 PM	Meet Start: 5:15 PM		
Women	Men		
Event #	Event		Event #
15	100 IM		16
17	200 Backstroke		18
19	200 Breaststroke		20
21	100 Freestyle		
	500 Freestyle		22
23	50 Butterfly		24
25	500 Freestyle		
	100 Freestyle		26
27	200 Medley Relay		28

FINALS: WEST POOL



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EVENT SCHEDULE

Session 5 - Sunday Prelims, November 19, 2023						
Warm Up: 6:40 AM			Meet Start: 8:15 AM			
Women			Men			
Event #	Qualifying Standard		Event	Qualifying Standard		Event #
	LCM	SCY		SCY	LCM	
35	20:10.49	19:37.29	1650 Freestyle*	18:20.39	18:49.09	36
29	2:24.99	2:06.89	200 Freestyle	1:55.79	2:13.69	30
33	1:12.59	1:03.39	100 Butterfly	57.29	1:05.69	34
37	1:14.29	1:03.39	100 Backstroke	58.09	1:08.09	38
31	5:46.69	5:01.99	400 IM	4:37.29	5:17.59	32
39	1:24.69	1:12.99	50 Breaststroke	1:04.99	1:16.39	40

* The 1650 Free will be swum at the end of prelims fastest to slowest, fastest heat of men and women will be swum in finals.

Prelims: Men will compete in the West Pool (diving board end), Women in the East Pool (scoreboard end).

Session 6 - Sunday Finals, November 19, 2023		
Warm Up: 4:00 PM		Meet Start: 5:15 PM
Women		Men
Event #	Event	Event #
29	200 Freestyle	30
31	400 IM	32
33	100 Butterfly	34
35	1650 Freestyle	36
37	100 Backstroke	38
39	50 Breaststroke	40

FINALS: WEST POOL

No Time Standards for 50 Strokes (enter 100 yds times)

Bonus Events: 1 event = 3 bonus, 2 events = 2 bonus, 3 or 4 events = 1 bonus

Bonus Event Time Standards: Meet qualifying standard (+) 3 seconds for 200's. (+5 sec.) for 400, and 500 yards. There are no bonuses for the 1,000 and 1650 Free.

"A", "B", "C", and "D" Finals for each gender. The "D" Final will be 16 and Under.



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Women		Qualifying Standards	Men	
LCM	SCY	Event	SCY	LCM
30.79	26.79	50 Freestyle	23.99	27.49
1:07.29	58.39	100 Freestyle	52.89	1:01.09
2:24.99	2:06.89	200 Freestyle	1:55.79	2:13.69
5:04.29	5:40.39	500 Freestyle	5:14.69	4:43.09
10:29.39	11:44.79	1000 Freestyle	10:58.59	9:54.09
20:10.49	19:37.29	1650 Freestyle	18:20.39	18:49.09
1:14.29	1:03.39	100 Backstroke	58.09	1:08.09
2:40.29	2:18.49	200 Backstroke	2:05.69	2:27.69
1:24.69	1:12.99	100 Breaststroke	1:04.99	1:16.39
3:03.89	2:38.29	200 Breaststroke	2:22.99	2:46.29
1:12.59	1:03.39	100 Butterfly	57.29	1:05.69
2:39.39	2:20.49	200 Butterfly	2:08.49	2:26.49
2:43.29	2:21.79	200 IM	2:08.89	2:30.19
5:46.69	5:01.99	400 IM	4:37.29	5:17.59

Women		Bonus Standards	Men	
None	None	50 Freestyle	None	None
None	None	100 Freestyle	None	None
2:27.99	2:09.89	200 Freestyle	1:58.79	2:16.69
5:09.29	5:45.39	500 Freestyle	5:19.69	4:48.09
None	None	1000 Freestyle	None	None
None	None	1650 Freestyle	None	None
None	None	50 Backstroke	None	None
None	None	100 Backstroke	None	None
2:43.29	2:21.49	200 Backstroke	2:08.69	2:30.69
None	None	50 Breaststroke	None	None
None	None	100 Breaststroke	None	None
3:06.89	2:41.29	200 Breaststroke	2:25.99	2:49.29
None	None	50 Butterfly	None	None
None	None	100 Butterfly	None	None
2:42.39	2:23.49	200 Butterfly	2:11.49	2:29.49
2:46.29	2:24.79	200 IM	2:11.89	2:33.19
5:51.69	5:06.99	400 IM	4:42.29	5:22.59



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SUMMARY OF FEES, WAIVER & RELEASE
 FMC Aquatic
The Speedo Grand Challenge
 Nov 17-19, 2023

Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # ILS1127-23 / Time Trial #ILS 1128-23

This completed and signed Summary of Fees, Waiver & Release form, together with your club's meet entries and a check payable to FMC Aquatic for the entire amount of entry fees must be sent no later than **Monday, November 13, 2023.**

MEET ENTRY CHAIR: Tony Alberti e-mail: entries@fmcaquatic.com
 275 Plaza Dr. cell: 630-536-7104
 Westmont, IL 60559

No. of Open Entries _____ @ \$10.00 each = _____

No. of Relays _____ @ \$16.00 each = _____

Total # swimmers ISI surcharge _____ @ \$2.00 each = _____

Total # swimmers Facility surcharge _____ @ \$18.00 each = _____

Total number of Coach _____ @ \$10:00 each= _____

Total Meet Fees = \$ _____

Name of Club: _____ Club Code _____ LSC _____

Coaches Attending: _____

Mailing Address: _____

Contact for Entries: _____

Phone: _____ Email: _____

THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED!

In consideration to 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 or damages which may accrue against USA Swimming, Illinois Swimming Inc., FMC Aquatic, the FMC Natatorium, HSC, Hinsdale School District #96, the Don Watson Aquatic Center and their representatives, trustees, employees, directors, officers, successors, or any and all injuries suffered by me or any contestant, or representative of my club in said Meet. I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

Signature (Club Representative): _____ Date: _____



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LOCATION OF FMC NATATORIUM: 275 Plaza Drive, Westmont, IL

Westmont is located 20 miles west of downtown Chicago across from TY Warner Park, 25 minutes from both O'Hare Airport and Midway Airport. Westmont provides many great restaurants, hotels, and shopping opportunities. Neighboring towns such as Hinsdale, Oakbrook, Clarendon Hills, Downers Grove, and Lombard are just on the edge of Westmont. All provide a variety of great dining options and hotels within 5-15 minutes of FMC Natatorium. Oakbrook and Lombard have large shopping centers with a wide variety of stores and restaurants within the mail.

ABOUT THE FACILITY:

FMC Natatorium is a newer facility (3 years old as of September 16, 2023) and already has a reputation of being one of the fastest pools in the United States. With a Competition Pool depth of no less than eight feet and as deep as fourteen feet. Finals are conducted in the West Pool which is eleven feet at the start and turn ends. Air quality and lighting are state of the art, along with a reputation of a comfortable and clean setting.

We're proud to say we have two Myrtha Pools, the first is a 50 Meter Competition Pool with two Myrtha stainless steel bulkheads, the 2nd is a Training Pool with (8) lanes. The Competition Pool will be set up for two (9) lane, 25-yard pools, each lane's width is 8 feet, 2 inches, separated by 6" Competitor Lane-lines. The competition course has been certified in accordance with 104.2.2.C

Myrtha starting blocks include a moveable foot wedge, and for the backstokers Myrtha backstroke wedges are provided. The timing system and touchpads are produced by Swiss Timing – Omega and include back-up buttons. Results are presented on a 42' x 12.5' LED viviLED Display Board.

The 8 lane, 25 yard Training Pool will be designated for warm up/cool down during warm ups and the meet.

SPECTATORS: Parents are only allowed in the balcony area and the lobby. Only swimmers, meet officials, USA Swimming member coaches, and timers will be allowed on deck. Anyone entering other areas of the building is subject to be ejected from the meet. There's no charge for Prelims/Finals.

HANDICAP ACCESS: FMC Natatorium provides handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or special needs swimmers are asked to include a short notification of such along with their entry and to notify the Meet Director.

SWIMMER SUPERVISION: Each team or coach is responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Please encourage your swimmers and parents to clean up after themselves. No Smoking is allowed in any area of the swimming facility or facility grounds. The Meet Referee, FMC Aquatic, and the facility management reserve the right to remove any person from the meet for entering an unauthorized area, for displaying unsportsmanlike conduct, damage of property or for any other reason deemed relevant.

We appreciate all coaches who respect our facility, please keep your team area clean during each session.

TIMERS & OFFICIALS: All teams with six (6) or more swimmers entered in the meet *may* be required to provide timers to work during meet sessions. FMC Aquatic will provide at least eight (8) timers for each of the meet sessions. If attending teams are required to provide timers, session and lane assignments for each team will be posted on the FMC/HSC Senior Grand Challenge page at www.fmcaquatic.com.

Any current USA Swimming officials from your team who would be able to work the meet should contact the Meet Referee (Jim Bey) prior to the meet. Any assistance is greatly appreciated by FMC Aquatic/Hinsdale Swim Club.



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MEET RESULTS: Results will be posted on the host team's website at www.fmcaquatic.com (Speedo Grand Challenge page) as soon as possible after the meet. One (1) copy of the meet results will be sent via e-mail to each club participating in the meet. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming events.

ADDITIONAL INFORMATION: The FMC Aquatic/Hinsdale Swim Club requires that all guest teams follow the rules and code of conduct of the FMC Natatorium with respect to property, conduct, and safety. Any unacceptable conduct may result in ejection from the meet with no refund for admission or entry fees.

Only swimmers, meet officials, USA Swimming member coaches, and timers will be allowed on deck. All teams are expected to provide a monitor(s) to supervise their swimmers in the team area.

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. "

OR

"Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet." Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

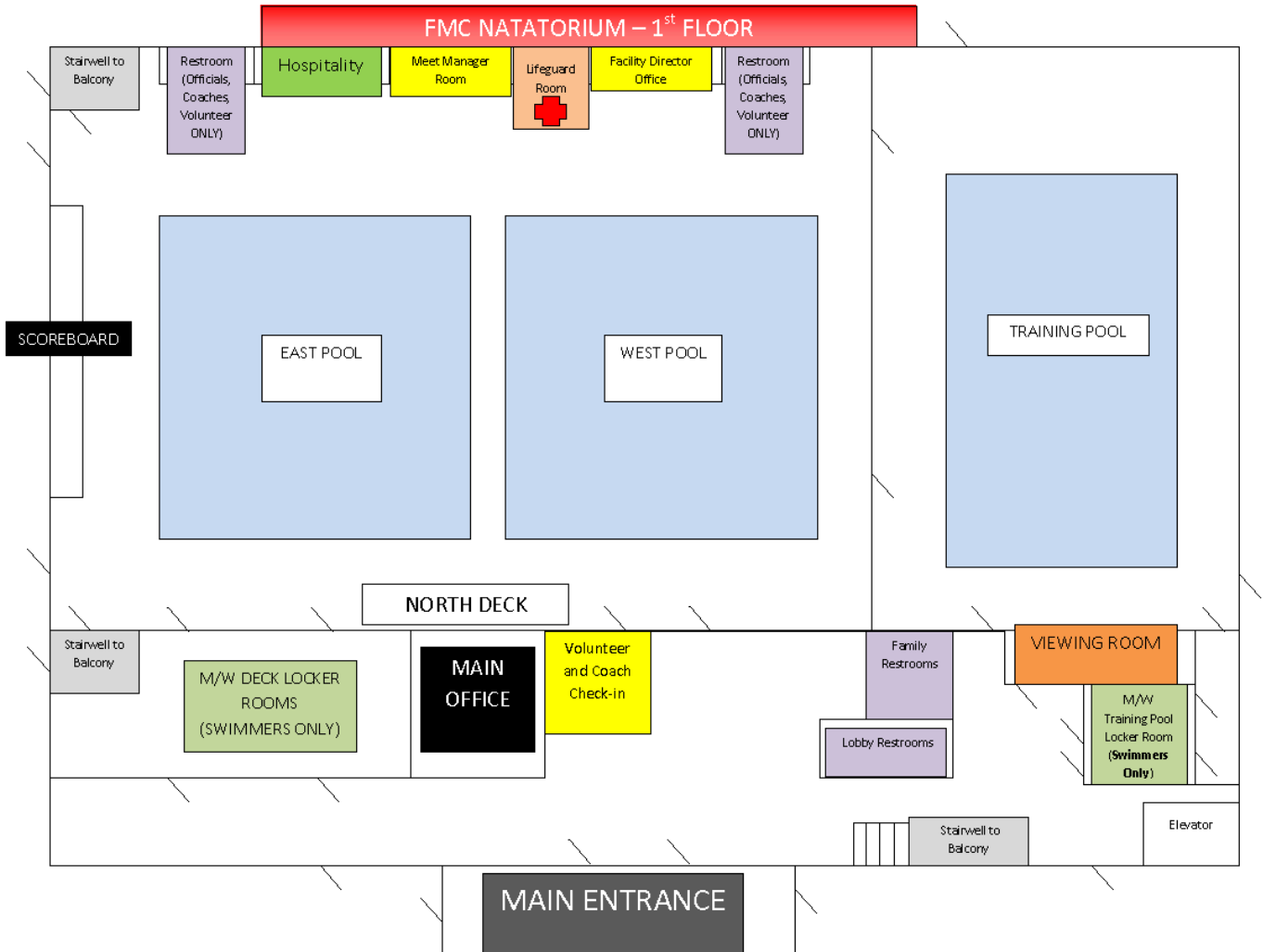
Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Swimmers changing in non-designated areas will be removed from the remainder of the meet.

ON DECK PROTOCOL: There will be restrooms on deck available for coaches, officials, and adults. Locker rooms are for athletes only, may be used to change into and out of suits only. Coaches and officials will use separate restrooms.



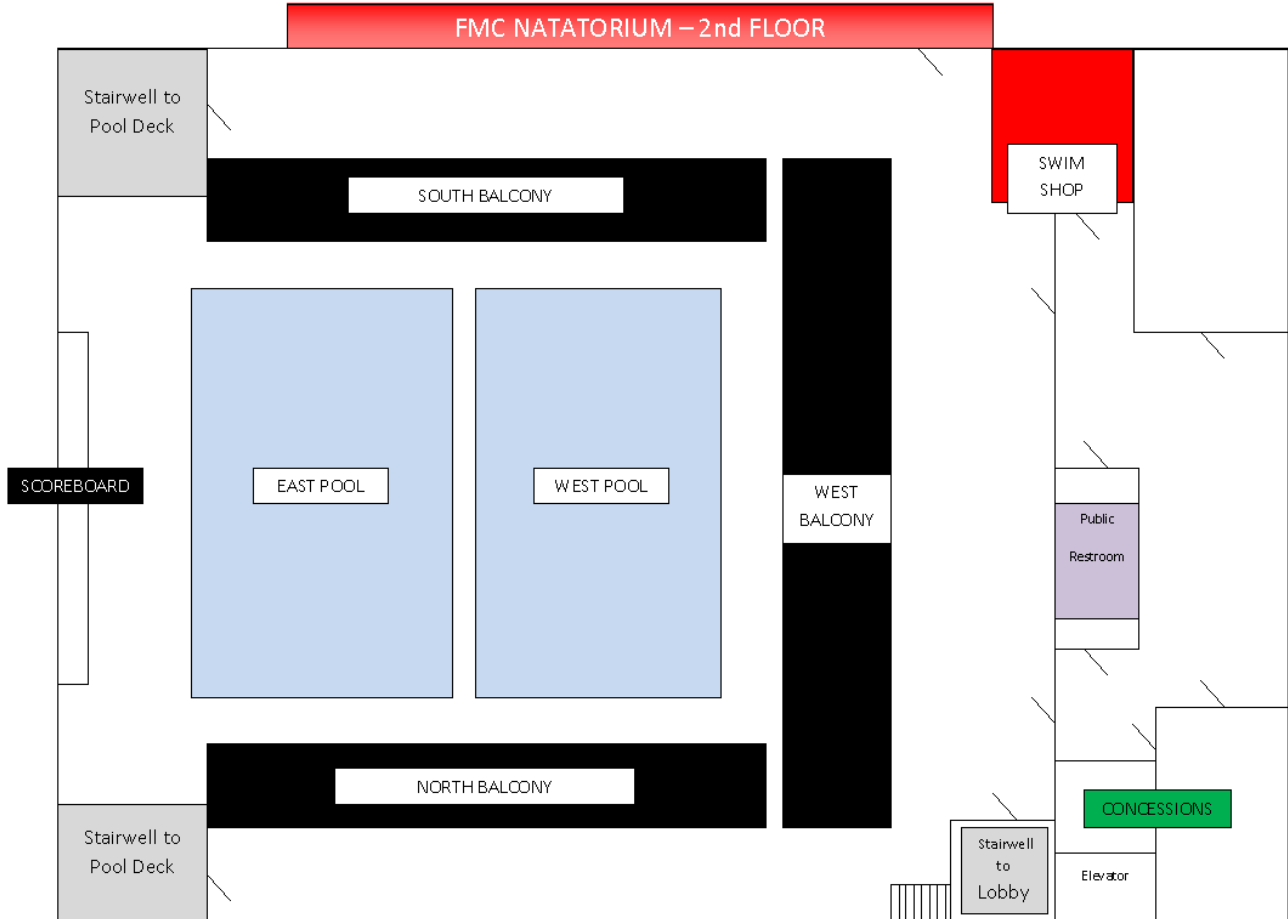
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