**Meet Director/Entry Chair**  **Meet Referee**  **Safety Chair**

 Josh Dunn Mike Schorr Christine Aguirre

 16050 127th Street 312-925-3109 16050 127th Street

 Lemont, IL 60439 Mike.schorr@live.net Lemont, IL 60439

 630-842-1214 630-327-8301

 jdunn@lemontparks.org caguirre@lemontparks.org

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

Location: Lemont Park District – CORE, 16050 W 127th St, Lemont, IL 60439

Pool: The Lemont Park District – CORE pool has six lanes, 25 yards. Permanent slanted starting blocks are used. Competitor non-turbulent lane lines with 15-meter markers are in place. The pool is 6’ 6” deep at the starting end and 4’ at the turn end. Daktronics timing with full six-lane scoreboard will be used. Seating capacity is 200.

Rules: All USA Swimming, Inc. and Illinois Swimming, Inc. rules apply. A copy of the ISI warm up procedures is enclosed. All rules will be strictly enforced. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Meet Schedule:** *This will be a positive check-in meet.*

**Session 1**

Warm-up: 12:00-12:55 pm

Positive Check in Closes: 12:20pm Meet Starts: 1:00 pm

LPD reserves the right to adjust start times based upon entries. Coaches/entry persons will be notified of a change via email no later than February 22, 2020. Information will also be posted on the LPD website at [www.lemontdolphins.org.](http://www.lemontdolphins.org/)

Events: All events are timed finals and swum slowest to fastest. Please submit short course YARD times (SCY) to ensure proper seeding. The host club reserves the right to limit events based on the 4/10 hour rule. If a swimmer is entered in more than five (5) individual events, the entry chair will take the first three events and disregard the rest of the entered events for that swimmer.

Event Limitations: **All swimmers are limited to five (5) individual events per day**. The host club reserves the right to limit events based on timeline restrictions.

Scratches: This is a positive check-in meet for all sessions. Check-in must be completed forty-five (40) minutes prior to the start of the session. Swimmers not checking in will be considered scratched for the session.

Eligibility: Only USA Swimming, Inc. registered athletes are eligible. All swimmers must be registered prior to the meet entry deadline. Entrant’s age as of February 22, 2020 will determine the age for the meet. Illinois Swimming, Inc. registration applications may be obtained at 1400 E. Touhy Avenue, Suite, 410, Des Plaines, Illinois (847) 824-1596.

Meet Results: A copy of the final results will be emailed to all represented clubs, following the conclusion of the meet.

Coaches Info: All coaches must be USA Swimming, Inc. member coaches. In order to receive the coach’s packet and deck privileges, coaches will be asked to show proof of current USA Swimming Coaching credential status to the Meet Director and sign a check-in sheet. Coaches must continuously display credentials while on deck.

Concessions: Food and beverages will be available throughout the meet. No food will be allowed in the spectator area. Water only will be allowed.

Admissions: There will be no admission fee; instead, each swimmer will be charged a $5.00 Facility Fee. Heat Sheets will be available for purchase. Parking is free.

Entry Procedure: \*HyTek entries should be sent electronically via **email to jdunn@lemontparks.org**.

Please submit your summary sheet/signed team waiver, pdf copy of the entry, and a signed check within

72 hours. Please mail your summary sheet/signed waiver and check for full amount of fees to the Entry Chair listed on the front page, signature-released. Failure to comply with any of these requirements is sufficient cause for refusal of entries. Deck entries will be accepted at $5.00/event.

Timers: Any team with swimmers in the 2nd session will be required to provide One timer and one counter for that session for that swimmer.

Warm ups/down: All warm ups/down must be supervised by a coach.

Entry Time Limit: All entries will be accepted in the order in which they are received subject to the 4/10 hour rule.

PLEASE NOTE PER ILLINOIS SWIMMING:

“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.

Entry Fee: **Individual events are $5.00 per event**, **Deck entries are $7.00 per event**. A **$2.00 ISI swimmer surcharge per athlete** is applied. A **$5.00 Facility Fee** applies per swimmer. Please make checks payable to the Lemont Park District (LPD), and mail with the entry form and summary sheet/signed team waiver to:

 Josh Dunn

 Lemont Park District Dolphins

 10628 127th Street

 Lemont, IL

 630.257.6787 x 3002

Entries: Entries will not be accepted prior to **February 7, 2019 at 8 AM** or after February 18, 2019.

Entries will be accepted electronically via email to the **Entry Chairperson at jdunn@lemontparks.org**. Failure to comply with any of these requirements is sufficient cause for refusal of entries.

Safe Sport:

The competition course has not been certified in accordance with 104.2.2C(4). “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.”

Drones:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present

# MEET SUMMARY

Complete this form, mail it with a check payable to Lemont Park District

 Mail to: Josh Dunn

 Lemont Park District Dolphins

 10628 127th Street

 Lemont, IL 60439

Summary of Fees:

12 & Under # of Entries \_\_\_\_\_\_\_\_\_\_ @ $5.00 each = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Open # of Entries \_\_\_\_\_\_\_\_\_\_ @ $5.00 each = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL # of Swimmers \_\_\_\_\_\_\_\_\_\_\_ @ $2.00 each ISI Surcharge = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL # of Swimmers \_\_\_\_\_\_\_\_\_\_\_ @ $5.00 each Facility Fee = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Club for heat sheet: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USA Affiliation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (LSC)

Club Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_ Zip Code: \_\_\_\_\_\_\_\_

Coaches Attending:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Release:

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club; hereby waive, consign, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Lemont Park District, their representatives, directors, officers, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet, as a representative of my club. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming, Inc.

Signature (USA Coach, Club Representative, or Parent):

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Session 1:**

Warm ups 12:00 pm -12:55 pm;

Positive Check-in Closes 12:20 pm, Meet Starts 1:00 pm

Girls Event Boys

1 Open 500 Free 2

3 12 & U 100 IM 4

5 Open 50 Free 6

7 12 & U 50 Free 8

9 Open 100 Fly 10

11 12 & U 50 Fly 12

13 Open 200 Back 14

15 12 & U 100 Back 16

17 Open 200 Free 18

19 12 & U 50 Back 20

21 Open 100 Back 22

23 12 & U 100 Breast 24

25 Open 200 Breast 26

27 12 & Under 200 IM 28

29 Open 100 Free 30

31 12 & U 100 Free 32

33 Open 200 IM 34 35 12 & U 100 Fly 36

37 Open 200 Fly 38

39 12 & U 50 Breast 40

41 Open 100 Breast 42

43 12 & U 200 Free 44

45 Open 400 IM 46

**Session 2**:

20 minute warm up immediately at the conclusion of Session 1, but not before 3:00 pm.

Event

1. Open Mixed 1000 Freestyle
2. Open Mixed 1650 Freestyle

The 1000 & 1650 will be positive check-in only.

Check-in closes 30 minutes prior to the end of

Session 1. This event will be limited to the top three

(3) heats. LPD reserves the right to limit events in accordance with the timeline guidelines. This event will be swum fastest to slowest. Each Swimmer is

required to provide 1 timer and counter for race

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ISI Safety Requirements - Warm-up Procedures

A. WARM-UP PROCEDURES

1. General Warm-up (first 30-45 minutes)
	1. 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.
	2. No sprinting or pace work allowed during this general warm-up session.
	3. 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)
	1. Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. NO DIVING.
	2. 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  | 3,4,5,6  |  3,4,5,6  |
| 10 LANE 1&10  | 3,4,5,6,7,8  |  3,4,5,6,7,8  |

B. SAFETY GUIDELINES

1. Coaches Responsibilities
	1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
	2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
2. Host Team Responsibilities
	1. MARSHALLING

 i. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the warm up session. ii. Marshalls shall be current members of USA Swimming. iii. 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 requirements or warm-up procedures.

* 1. Host teams shall provide signs for each lane at both ends of the pool that indicate the designated use during warmup.
	2. 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.”
	3. 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.
	4. Hazards in locker rooms, on the deck, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
1. Miscellaneous
	1. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
	2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
	3. 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.
	4. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
	5. 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.
	6. THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.
	7. Unattached Swimmers
	8. Unattached swimmers must have an identified coach member of USA Swimming taking responsibility for such swimmer throughout the meet. Please contact the meet director with this information prior to arriving at the meet.

 NOTE: The host team reserves the right to assign warm-up lanes. Information will be emailed and placed in coaches’ packets.