



2nd Annual 10 and Under TYR End of Summer Sizzler
 Hosted by the Palatine Swim Team
 July 30th, 2022



Sanctioned by USA Swimming, Inc.
 Sanction Number ILL0732-22

Meet Directors
 Dustin Thompson
 847-202-3240
 ddt1326@yahoo.com

Entry Chairperson
 Dustin Thompson
 PPD Swim Team
 250 E. Wood St.
 Palatine, IL 60067

PPDmeetentries@gmail.com
 847-202-3240

Meet Referee
 Doug Hill
 doug.hill@cdw.com

Safety Chair/IDPH Compliance Officer
 Dustin Thompson
 847-202-3240
 ddt1326@yahoo.com

Officials please email if you plan to attend this meet

- Format: Open competition for 10 & Unders – Short Course Yards
This is not a positive Check-in meet.
- Saturday A.M. Warm Ups No earlier than 7:00 a.m.
 Meet Starts No earlier than 8:00 a.m.
- Location Birchwood Pool (Palatine Park District)
 435 West Illinois Avenue, Palatine, IL 60067
- Facility A six lane, 25 yard outdoor pool with permanent starting blocks at the start end (depth at ends is 5 feet). The pool has non-turbulent competition lane lines and a fully automated Colorado Timing System with read-out board. The competition course has been certified in accordance with 104.2.2C(4) and the copy of such certification is on file with USA swimming.
- Ingress/Egress Ingress and egress will be through Birchwood Recreation Center where face coverings are required. Pick up and drop off of athletes should be done in either the north or south lot, not along the driveway.
- Rules and Safety All current USA Swimming and ISI Rules and Regulations apply. ISI and USA swimming 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.

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.

All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

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.

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.

Covid Disclaimer We have taken enhanced health and safety measures- for your team and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It

is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

- Eligibility All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadlines. Entries listed as “Registration applied for” will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy, Suite 410, Des Plaines, IL 60018; Phone: 847-824-1596, Fax: 847-824-1726. A swimmer’s age as of **July 30, 2022**, will determine their age for the meet.
- Covid Waiver All participants must fill out the Illinois Swimming electronic waiver prior to the entry deadline.
- USA Swimming, Inc.
Membership Insurance regulations require that all swimmers, 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 provide proof of current registration at all sessions of the meet.
- Entry Deadline **Email entries are preferred.** Regular and express mail entries will also be accepted. Entries must be received by the Palatine Park District, 250 E. Wood Street, Palatine, IL 60067 (847)-202-3240 **starting Monday, June 27th, 2022, at 12:00 p.m. (Noon).** Teams entering via email have 72 hours to submit hard copies, waivers, and payment or their entry is subject to non-acceptance. **The entry deadline is July 22nd, 2022.** There will be upgrades of time allowed until this date. All changes must be submitted before the entry deadline. We will accommodate where possible. Please be prompt in submitting your meet entry, forms and payment to ensure successful

operation of the meet. Non-compliance may result in non-admittance to the meet.

Entries Individuals are limited to four individual events per day and two relays. Relay swimmers must be entered in at least one individual event. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. This is a Hy-Tek software (Windows version 7) managed meet. Any club using Team Manager is strongly encouraged to use that package to submit the entry via e-mail. The entry must be accompanied by the software generated printed form including full name, ISI number, event numbers and seed time. These must be returned together with the entry forms and your check. Failure to do so shall be sufficient grounds for refusal of the entry. In addition, a summary sheet is required. A signed Summary Fee / Release form provided in this packet and payment in full must accompany all entries.
Checks are to be made payable to: **Palatine Swim Team.**

Entry Fees	<u>Type of Meet</u>	<u>Individual</u>	<u>Relays</u>	<u>ISISurcharge</u>	<u>Facility Surcharge</u>
	Timed Finals	\$4.00	\$12.00	\$2.00	\$8.00

Facility Surcharge includes admission fee and free heat sheets

Entry Limitations Deck entries will not be permitted.

Entry Verification If you desire verification of entries received; include a stamped, self-addressed postal card with your entries. A confirmation email of receipt will be sent to those entering via email.

Events The Meet Referee reserves the right to impose "fly-over" starting procedures.

In accordance with USA Swimming Rules; Articles 105 and 202.2.13, 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.

Positive Check-In No positive check in. This meet will be pre-seeded. Heat and lane assignments will be posted on www.ppdswim.org.

Scoring Scoring will be 16-13-12-11-10-9-7-5-4-3-2-1 for individual events. Relay events will be scored 32-26-24-22-20-18-14-10-8-6-4-2.

Scratches There are no penalties for scratching.

Seeding Events will be seeded time finals, swum slowest to fastest. If a swimmer enters more events than allowed, the Entry Chairperson will enter that swimmer to a maximum number allowed in that age group and will disregard any other entries for that swimmer for that day.

Relay Events All relay sheets must be returned to the Clerk of Course no later than 30 minutes after the start of warm-ups for that particular session.

Swimmers and coaches are reminded to check the names and order for accuracy prior to the race!

- Awards Events will be seeded and swum as an 8 & Under age group and a 9-10 age group. However, individual awards will be as 7 and unders, 8 year olds, 9 year olds, and 10 year olds age groups. Individual awards for first through eighth place. Relay awards given to first through third place.
- Admissions & Heat/Psych Sheets Admissions: Included in Facility surcharge. Heat sheets will be posted online and at the pool facility, not available for purchase.
- Concessions Concessions may be available. Vending machines are located inside the building. No glass containers of any kind will be allowed inside the pool complex or the adjoining building. No smoking or consumption of alcoholic beverages is allowed anywhere on the grounds of Birchwood Pool. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.**
- Meet Results One copy of printed meet results in required format will be sent to each team represented by five (5) or more swimmers. Individual copies may be ordered at the time of the meet at a cost of \$10.00 at Admissions.



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Complete this form and mail with your check payable to: PALATINE SWIM TEAM

Mail to: Palatine Swim Team
 c/o Head Coach
 Palatine Park District
 250 E. Wood Street
 Palatine, IL 60067

Email entries to:
 PPDmeetentries@gmail.com

 (847) 202-3240

SUMMARY OF FEES

<u>Age Group</u>	<u># of Entries</u>	<u>Cost per entry</u>	<u>Total</u>
10 & Under		At \$4.00 each =	
Relays		At \$12.00 each =	
Total # of swimmers (ISI Surcharge)		At \$2.00 each =	
Total # of swimmers (Facility Surcharge)		At \$8.00 each =	
TOTAL FEES			

Name of Club: _____ Club Code: _____ LSC: _____

Complete Mailing Address:

Email Address: _____ Phone (entry person): _____

Coach(es) Name(s) _____ tel.# _____

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., Palatine Swim Team, Palatine 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 representatives of my club. I attest that all athletes included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: _____

Title: _____

(Coach, Club Representative, or Parent)

Date: _____

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received **NO EARLIER THAN MONDAY, June 27th, 2022 at 12pm Noon.**

Women's Events

Men's Events

SATURDAY MORNING July 30, 2022– SESSION 1

Warm-ups begin not before 7:00 a.m.

Meet starts not before 8:00 a.m.

1	8 & under 50y Freestyle	2
3	9-10 100y Freestyle	4
5	8 & under 100y Medley Relay	6
7	9-10 100y Medley Relay	8
9	8 & Under 25y Butterfly	10
11	9-10 50y Butterfly	12
13	8 & Under 25y Backstroke	14
15	9-10 50y Backstroke	16
17	8 & Under 25y Breaststroke	18
19	9-10 50y Breaststroke	20
21	8 & Under 25y Freestyle	22
23	9-10 50y Freestyle	24
25	8 & Under 100y Freestyle Relay	26
27	9-10 100y Freestyle Relay	28
29	8 & Under 100y Individual Medley	30
31	9-10 100y Individual Medley	32

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.
- 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

A. 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.

1. 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.
 - a. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
 - b. 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."
 - c. 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.
 - d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

1. 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.