



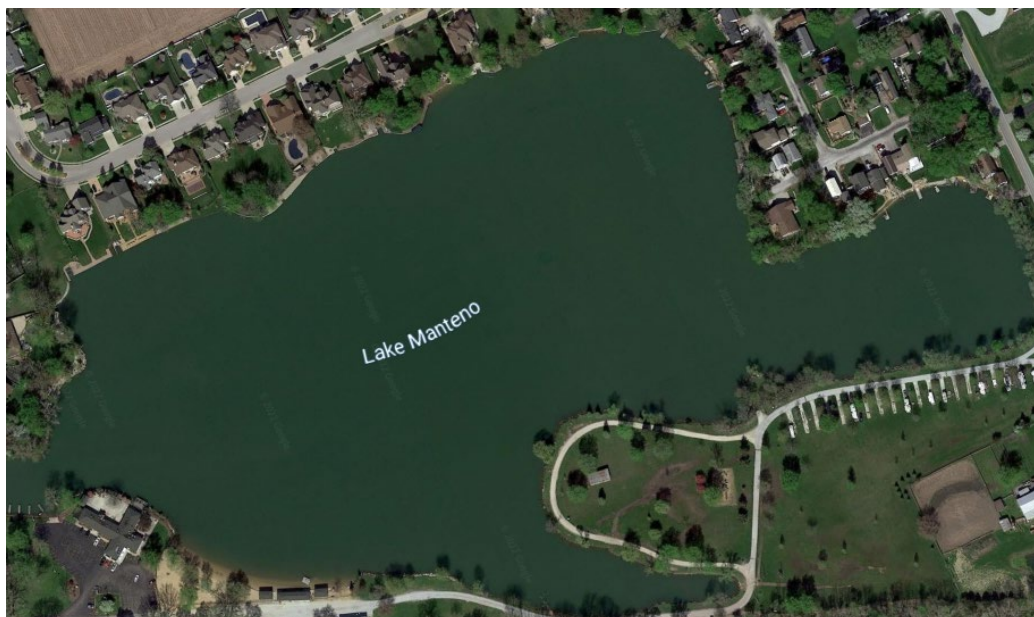
Illinois Open Water State Meet



Venue: Manteno Sportsmen's Club

Hosted by Illinois Swimming Inc.

August 15th, 2022



Entry period begins: Monday July 11, 2022 at 12:00p CDT, Ends Monday Aug. 8, 2022 at 11:59a CDT

The qualification period for this meet is June 1, 2020 through the entry deadline (Monday, Aug. 8 , 2022)

Girls Open 3K Race Start Time: 8:00a	Men's Open 3K Race Start Time: 9:00a
Girls 13 - 14 3K Race Start Time: 10:00a	Boys 13-14 3K Race Start Time: 11:00a
Girls 11 - 12 2K Race Start Time: 12:00p	Boys 11 - 12 2K Race Start Time: 1:00p
Girls 10 & Under 1K Race Start Time: 1:30p	Boys 10 & Under 1K Race Start Time: 2:00p

Race start times are approximate and subject to change. Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

Lake Manteno, Manteno, IL | Hosted by Illinois Swimming Inc.

Illinois Open Water State Meet 2022

Sanctioned by: Illinois Swimming Inc. & USA Swimming
Hosted by: Illinois Swimming Inc.
Venue: Manteno Sportsmen's Club

Date of Meet: Monday August 15, 2022
Entry deadline: Monday August 8, 2022
Sanction Number: **OW234-IL**

VENUE Manteno Sportsmen's Club: 851 N. Main St., Manteno, IL 60950

From downtown Chicago <https://goo.gl/maps/DJKi1vT4mGrFiWxf7>

Get on I-90 E/I-94 E. Take I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Naperville <https://goo.gl/maps/h5cWC2u7ktYMSru18>

Get on I-355 S. Follow I-355 S, I-80 E and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Springfield <https://goo.gl/maps/po35W4hMqR9ThCTt5>

Get on I-55 N/I-72 E, Follow I-72 E and I-57 N to E 9000N Rd/E Co Hwy 9/W Division St/Section Line Rd in Manteno. Take exit 322 from I-57 N. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Peoria <https://goo.gl/maps/v2Tnt2oPFT7qV3Yy5>

Get on I-74, Follow I-74 and I-55 N to IL-129 S in Wilmington Township. Take exit 238 from I-55 N., Take IL-102 E, W Manteno Rd and E Co Hwy 9 to Lake Dr in Manteno Township

From downtown Rockford <https://goo.gl/maps/se4QPBUfLm9UYCSn9>

Get on US-20 E, Take I-90 E, I-290 E, I-294 S and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Crystal Lake <https://goo.gl/maps/hVKjNqZvV9vHHLdMA>

Get on I-90 E., Take I-290 E, I-294 S and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Downers Grove <https://goo.gl/maps/QCh3zFad6Fyu21Cg6>

Head south on Main St toward Ogden Ave., Follow I-355 S, I-80 E and US-45 S to 10000 N in Manteno Township., Continue on 10000 N. Take N 2000E Rd/N Maple St to Lake Dr

From downtown Quincy <https://goo.gl/maps/FtKhPLfSBh2LEqZ6>

Get on I-172 S., Follow I-72 E and I-57 N to E 9000N Rd/E Co Hwy 9/W Division St/Section Line Rd in Manteno. Take exit 322 from I-57 N., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

Illinois Open Water State Meet 2022

Disclaimer:

We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. 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, ILLINOIS SWIMMING, PATRIOT AQUATIC CLUB, AND ADLAI STEVENSON HIGH SCHOOL 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.

WARM-UP

Designated areas in the Lake will be available for warm up prior to races.

MEET REFEREE

The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to **Andrea Kelley**, bandkell@aol.com.

RULES

Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on deck must complete the CDC or NFHS Concussion course. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form (see 2021 SCS Swim Guide). Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **August 15th, 2022**.

DISABILITY SWIMMERS

Please contact the Meet Referee regarding any special need. The swimmer/coach shall provide any assistant(s) and/or equipment required. See current SCS Swim Guide.

RECORDING DEVICES & MEDIA NOTICE

The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. Recording devices are not permitted behind the starting blocks during the sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to the meet host and news outlets publishing the recorded media.

DRONES

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

ELIGIBILITY

The Illinois Open Water Prep Meet is open to all Illinois Swimming / USA Swimming registered athletes and clubs. Athlete must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

SWIMWEAR

No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

ENTRY

Clubs will submit/email team entry to Tom Rieman at tom.rieman@hwsadolphins.org beginning **Monday July 11, 2022 at 12:00pm CDT through Monday August 8, 2022 at 11:59am CDT**. There will be no race-day registrations.

Illinois Open Water State Meet 2022

ENTRY FEES All individual entries are \$30.00 to compete.

Checks made payable to **Illinois Swimming, Inc.** All checks must be received by the Illinois Swimming office by Friday August 12, 2022 by 5:00pm CDT in order for entry to be accepted.

Mail to: Illinois Swimming Inc.
1400 E. Touhy Ave.
Suite 410
Des Plaines, IL 60018

AWARDS 1st – 8th place finishers, male and female, will be awarded medals for each event.

Final results will be posted on the course and upload to Illinois Swimming Open Water webpage

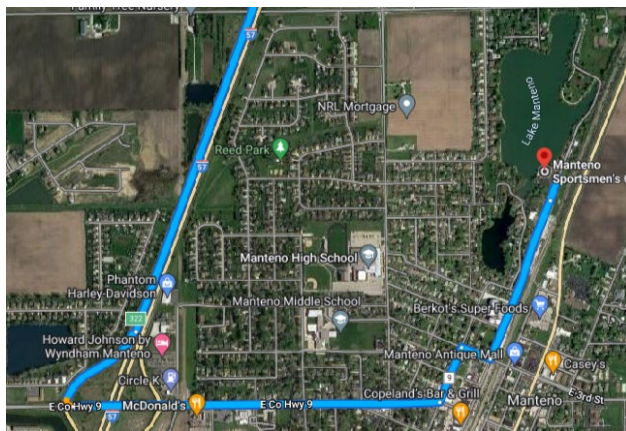
TECHNICAL MEETINGS All swimmers and coaches must attend the technical meeting prior to race day. Each coach and swimmer are responsible for all information distributed at this meeting. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the event.

PRE-RACE BRIEFINGS In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 15 minutes prior to the scheduled race start. **Positive check-in is required.**

PRACTICE AVAILABILITY Only during the available warm-up time before each race.

WEATHER CONTINGENCY The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor and the Meet Director will make this decision. The following rescheduling priorities will be used:
Priority 1 – Later during the race day
Priority 2 – On the following day, Tuesday August 16th.

PARKING INFO Designated parking lot near Manteno Sportsmen's Club. For overflow parking, will be along the Lake Manteno's internal road on the grass, east side of road. Enter coming from Main St. to Lake Dr.



Illinois Open Water State Meet 2022

RACE DAY SCHEDULES

RACE START TIMES ARE SUBJECT TO CHANGE. Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

Race day check-in: Check-in will begin 1 hour prior to the start of each race. Official check-in time and estimates will be announced the week of the race.

MANDATORY Pre-Race Briefing: Briefings will take place in designated meeting area 15 minutes prior to race start.

QUALIFYING STANDARDS & AGE DIVISION BREAKDOWN

The following Time Standards will be used for this meet, BB Minimum.

The qualification period for this meet is June 1, 2020 through the entry deadline (Monday, August 8, 2022).

Girls			Boys	
LCM	SCY	10 & Unders	SCY	LCM
3:20.99	2:57.19	200 Free	2:47.99	3:12.09
6:51.09	7:34.89	400/500 Free	7:26.99	6:44.59
11-12				
2:49.19	2:28.99	200 Free	2:23.49	2:45.19
5:56.49	6:38.19	400/500 Free	6:27.49	5:48.69
12:26.69	13:44.69	800/1000 Free	13:30.19	12:15.19
23:55.39	23:07.29	1500/1650 Free	22:37.49	23:25.49
13-14				
5:40.59	6:18.69	400/500 Free	5:58.39	5:24.09
11:41.99	13:01.79	800/1000 Free	12:23.89	11:13.99
22:23.09	21:43.19	1500/1650 Free	20:43.19	21:27.39
Open				
5:32.89	6:11.99	400/500 Free	5:44.09	5:09.89
11:28.39	12:49.99	800/1000 Free	11:57.79	10:50.39
22:02.19	21:26.19	1500/1650 Free	20:02.89	20:33.99

COURSE INFO

Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Only black markers for numbering will be used for these races. Webscorer will be used to calculate the order of finishes.

Anticipated conditions:

- Water temperature will range between 65-75°F
- Air temperature will range between 65-90°F
- Current: None (closed water way)
- Marine life: small fish

Athletes are limited to finishing their race within 30 minutes of the first finisher.

Illinois Open Water State Meet 2022

RACE SAFETY AND EMERGENCY INFORMATION

Independent Safety Monitor: John Shenberger (johnshenberger@comcast.net)

Supervision

Races will be supervised by certified lifeguards, provided by Manteno Sportsmen's Club.. 3 motorized water safety crafts will be on the course during races, following the athletes. In addition to the motorized crafts, 8-10 lifeguards in kayaks will be spread-out along the course approximately every 150m.

Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race.

Communication

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

Evacuation

In the case of an emergency, athletes will exit the course along the beach (east side) of the lake. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts. Athletes will be able to walk back to the race briefing area after exiting the water where a head count will be conducted. If an athlete is unable to evacuate on their own, kayakers will stabilize the athlete until a motorized water craft can assist the athlete to shore. The start/finish area will be the primary evacuation point.

EMTs & Hospital

A BLS Ambulance will be on site for the event. In the event of that medical professionals are required, the Independent Safety Monitor will call 911. The person will be transported to:

**AMITA Health St. Mary's Hospital Kankakee
500 W. Court St.
Kankakee, IL 60901**

Medical Equipment

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

Thermal Safety

Tents for shade will be setup in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

The event will be in compliance with USA Swimming Rules. See Section 7 (Open Water Swimming) of the USA Swimming Rulebook for more information or topics not addressed in this meet form.

Illinois Open Water State Meet 2022

Officials: We welcome all certified Officials to work this event. An online sign up for the event will be posted at the Meet Landing Page on the IL Swimming website. Officials are required to attend the technical planning meeting and an official's briefing at 0700 on the day of the race. An optional Official's training clinic will be scheduled to correspond with the event and made available to any certified official wanting to learn more about open water. The official's uniform will be white polo shirt and navy shorts or slacks. Navy swim trunks may be worn along with footwear appropriate for water submersion.

Questions maybe sent to the Meet Referee **Andrea Kelley**, bandkell@aol.com

Conduct: 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. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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.

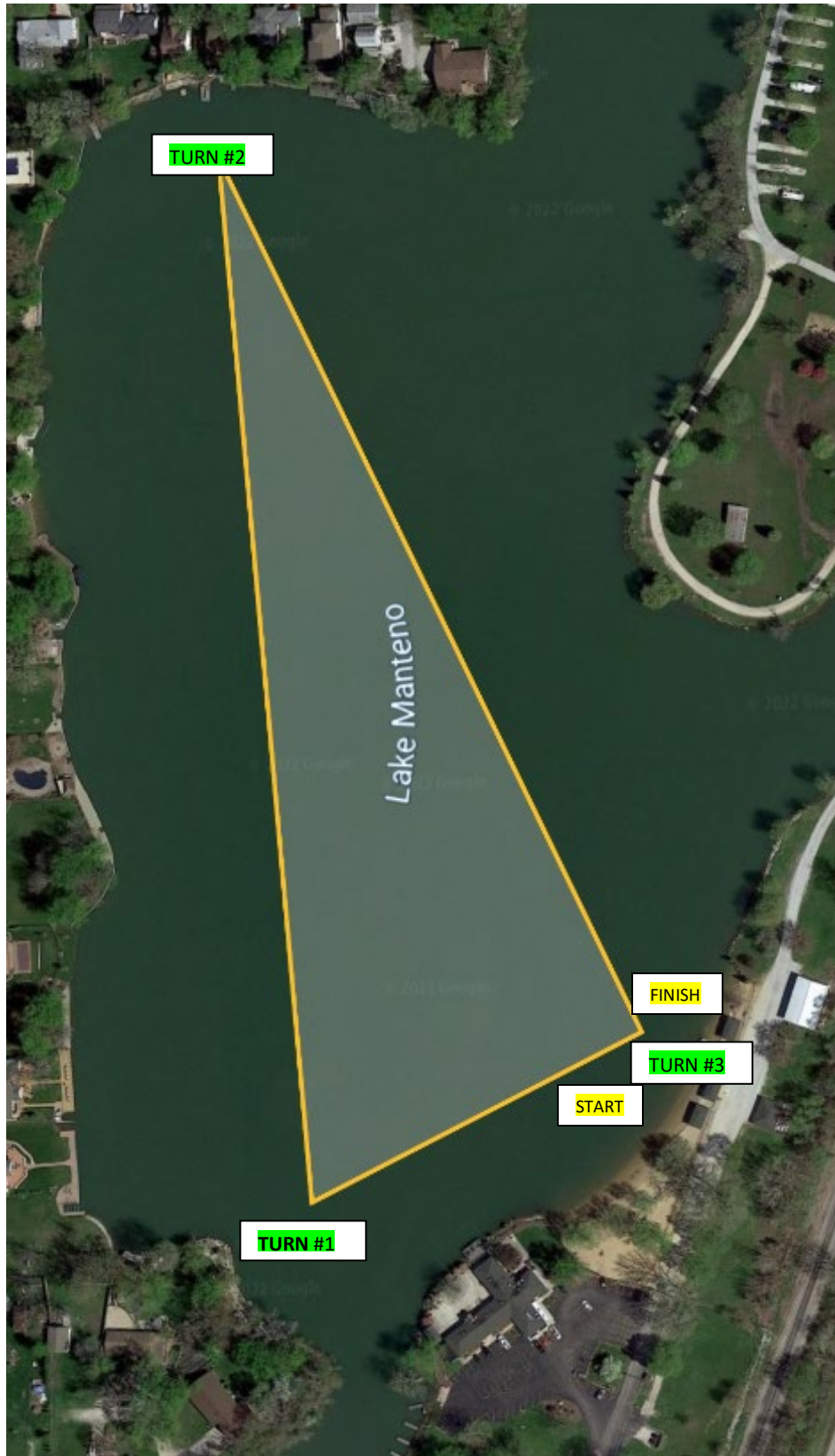
Liability: In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., The Lemont Forge Quarries, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MAAPP: All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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. All athletes 18 years of age and older must have completed Athlete Protection Training.

Image Authorization: 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.

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., The Lemont Forge Quarries, and their representatives, 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Illinois Open Water State Meet – Course Layout
Monday August 15, 2022
1K Course Lap



--- Parking ---

@ Lake Manteno

Map for Parking

A: Official's Parking Area
(in grass area across directly
from beach)

B: Spectator Parking lot #1

C: Additional parking for
spectators

D: Additional parking for
spectators

