

# ***BI-State Conference Meet***

## ***Sunday January 24<sup>th</sup>, 2010***

### ***Augustana College @ Roy J. Carver - Pool***

**Sanction #: ILS0149-10**

Sanctioned by Illinois Swimming Inc. and USA Swimming Inc.

**Hosts:**

Pleasant Valley Stingray Swim Team and Rock Island Orcas.

**Meet Director:**

Questions regarding the meet can be directed to: PVST-IA: Scott Johannsen, 563-343-5157, Email: [ScottJohannsen@augustana.edu](mailto:ScottJohannsen@augustana.edu)

**Entry Person:**

Questions regarding meet entries can be directed to: James Campbell, 563-370-6598, Email: [campbelljamesa@mchsi.com](mailto:campbelljamesa@mchsi.com)

<b>Format: Sunday</b>	<b>Session 1</b>	<b>Session 2</b>
Warm-ups:	7:45 AM	11:45 AM (no earlier then)
Meet Starts:	9:00 AM	1:00 PM (no earlier then)

**Location:**

Augustana College, 639 38<sup>th</sup> Street, Rock Island, IL @ Roy J. Carver, P.E. Center - Pool. See map on last page of this form.

**Teams:**

Bettendorf (BETT-IA), Davenport (DMET-IA), East Moline (EMSC-IL), Moline (MBLM-IL), Pleasant Valley (PVST-IA), Rock Island (RIOS-IL) and Muscatine (MUSC-IA).

**Pool:**

The Augustana pool is a 25-yard, six-lane pool with non-turbulent lane lines, starting blocks, and a Colorado automatic timing system. Seating is available for about 300 persons. Depth at the primary starting end of the pool is 10 feet. Depth at the shallow end is 3.5 feet.

**Eligibility:**

Only USA Swimming, Inc. registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of Sunday January 24<sup>th</sup>, 2010. USA Swimming registration forms can be obtained from Illinois Swimming, Inc., 3166 S River Dr. Des Plaines IL 60018. Telephone: 847-824-1596. Fax: 847-824-1726.

**Events:**

Please contact James Campbell, if you need a file to download the events into your Hy-Tek system, or check the PVST website [www.pvstingrays.com](http://www.pvstingrays.com). Email at [campbelljamesa@mchsi.com](mailto:campbelljamesa@mchsi.com) or see included list.

**Entries:**

Swimmer: 4 individual and 2 relays maximum.

Team: 4 individual and 1 relay will score per event. Each team may enter as many swimmers per event as they choose but any entries above the maximum scoring will be considered exhibition. SR boys events will not be scored toward team points.

Scoring: Individual : 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1  
Relays : 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

**Entry Fee:**

The total operational cost of the meet will be divided equally amongst the participating teams. All expenses will be calculated and available for each teams review. Fees are due prior to competition on the 24<sup>th</sup> of January 2010.

**Entries Due:**

All entries must be submitted by Monday January 18<sup>th</sup>, 2010. ENTRIES MUST BE IN Hy-Tek FORMAT. Please e-mail your entries to [campbelljamesa@mchsi.com](mailto:campbelljamesa@mchsi.com). Bring your entry fee, a signed "Release Form", and a check to the meet. If you e-mail me your entries you do not need to send a hard copy unless there is a problem.

**Late Entries:**

Late entries will be accepted up to the beginning of warm-ups for each session, provided the meet has not exceeded the splash limit, and that there is an open lane available in that event. Extra heats will not be added to accommodate late entries. No Late Entry Fees are applied. Please contact the meet entry chair (James Campbell) to find out if more entries can be accepted. Also, late entry swimmers must provide proof of current USA Swimming membership with membership card or coach computer list from ISI.

**Rules:**

Per 2009-2010 USS rules. All swimmers must be registered athletes.

## Awards:

All awards will be distributed to each team's coach or team representative. Awards will be given as follows:

- Medals : Individual 1<sup>st</sup> - 6<sup>th</sup>; Relays 1<sup>st</sup> - 3<sup>rd</sup>.
- Ribbons : Individual 7<sup>th</sup> - 12<sup>th</sup>; Relays 4<sup>th</sup> - 6<sup>th</sup>.
- Highpoint : Trophy for 1<sup>st</sup> - 3<sup>rd</sup>, in each age group.
- Team Plaques : 2<sup>nd</sup> - 3<sup>rd</sup>; (1<sup>st</sup> gets traveling trophy).

## Seeding & Meet Operation:

This will be a pre-seeded meet. Substitutions will be made only for ill swimmers. No updating of times will be accepted after deadline. Swimmers are expected to show on time to their heats and lanes. There will be **NO Clerk of Course**. We ask that the swimmers remain on the pool deck, or in the commons area near the facility entrance, during the meet. For '8 & under' swimmers the 2nd and 4th relay swimmer will start from in the pool, this applies to events 5, 6, 29, and 30. The meet will use fly over starts format except for backstroke and 8 & under 25 yard events and relays.

## Lane Assignments:

Each team will have an assigned warm-up lane. **Each team is responsible for covering the timing duties for one entire lane for the entire meet. Each team is also responsible for providing one certified official for the meet. Session assignments for officials: IOWA TEAMS COVER THE MORNING, ILLINOIS TEAM COVER THE AFTERNOON SESSION.**

Each team will have an assigned warm-up lane. **RIOS - 1, PVST - 2, MBLM - 3, EMSC - 4, DMET - 5, BETT - 6, MUSC - TBD.**

## Meet Committee:

A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative, and one (1) Certified Official acting at large will be established to receive and act upon any administrative protest filed at the meet. The committee will not act upon judgment decisions as those are under the jurisdiction of the Meet Referee. This committee shall act as a review section in the need of an emergency meeting.

## Safety Requirements:

- 1) WARM-UP PROCEDURES
  - a) General Warm-up (first 60 minutes)
    - i) 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.
    - ii) No sprinting or pace work allowed during this general warm-up session.
    - iii) 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.
- 3) SAFETY GUIDELINES
  - a) Coaches Responsibilities
  - b) Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - c) Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
- 4) HOST TEAM RESPONSIBILITIES
  - a) Marshaling
    - i) 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.
    - ii) Marshals 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 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 effect 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.
- 5) 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/dive 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.

## Coaches:

Coaches must be current USA Swimming Coaches Member to be allowed on deck, and *must display their current USA Swimming coaching membership card at all times*. Coaches' cards must be presented when picking up the coaches' packets from the computer table at the meet. Lunch tickets will be provided for all coaches and officials working the meet.

## Coaches' Responsibilities:

- Coaches shall instruct their swimmers regarding safety requirements and shall actively supervise warm up procedures as they apply to conduct at meets and practices.
- Coaches shall be on deck during the warm ups and shall actively supervise their swimmers throughout all warm up sessions at the

meet and at all practices.

**Marshaling:**

- Marshals appointed by the meet referee will attend all warm-up sessions to assure that the safety procedures are enforced.
- Marshals shall have the authority to remove any swimmer or coach who is in violation of the safety requirements of warm up procedures from the deck for the remainder of the session.
- Flagrant violations of safety requirements of warm up procedures by a swimmer may result in the swimmer being barred from their next individual event.

**Final Results:**

Final results will be mailed to all competing teams who have five or more swimmers. Individuals who wish a copy of the final results may sign up at the concession booth. Cost of the final results is \$5.00.

**Additional Information:**

Questions regarding this meet and/or the entries can be directed to the Meet Director and/or the Entry Chairperson as noted above.

**Rules:** All USA Swimming and ISI rules apply, including the No Show and Scratch rules. ISI safety rules will be strictly enforced.

**Website:** Please check the PVST site for any additional information or updates about the meet.

Pleasant Valley Stingray Swim Team [www.pvstingrays.com](http://www.pvstingrays.com)

**NO SMOKING** in the swimming venue. Smoking is **NOT** allowed anywhere in the Augustana College complex.

**Other:** \$6.00 heat sheet at concessions booth. Concessions will be sold. Swim Wear will be for sale.

**Safety Coordinator:** Scott Johannsen

**Head Referee:**

Irma Gripp.

# ***BI-State Conference Meet***

**Sunday January 24<sup>th</sup>, 2010**

## ***Participation Agreement***

Name of Club \_\_\_\_\_ Club Code \_\_\_\_\_

Mailing Address \_\_\_\_\_ LSC \_\_\_\_\_

City, State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening: \_\_\_\_\_

Team/coaches e-mail address: \_\_\_\_\_

Names of Attending Coaches:

1.) \_\_\_\_\_ 2.) \_\_\_\_\_

3.) \_\_\_\_\_ 4.) \_\_\_\_\_

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants of the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Iowa Swimming Inc, Illinois Swimming, Inc., Pleasant Valley Stingray Swimming, Rock Island Orca Swimming, Augustana College, their representatives, directors, officers, employees or successors for any and all injuries suffered by me or any contestant or representatives 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.

Coach, Parent, or Club Representative: \_\_\_\_\_

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

This signed release and your check for operational expenses must be signed prior to the start of warm-ups or your entries will not be accepted.

**Entries must be received no later than 9:00 pm, Monday January 18th, 2010.**

# Sunday January 24<sup>th</sup>, 2010

## Event List

### Session One

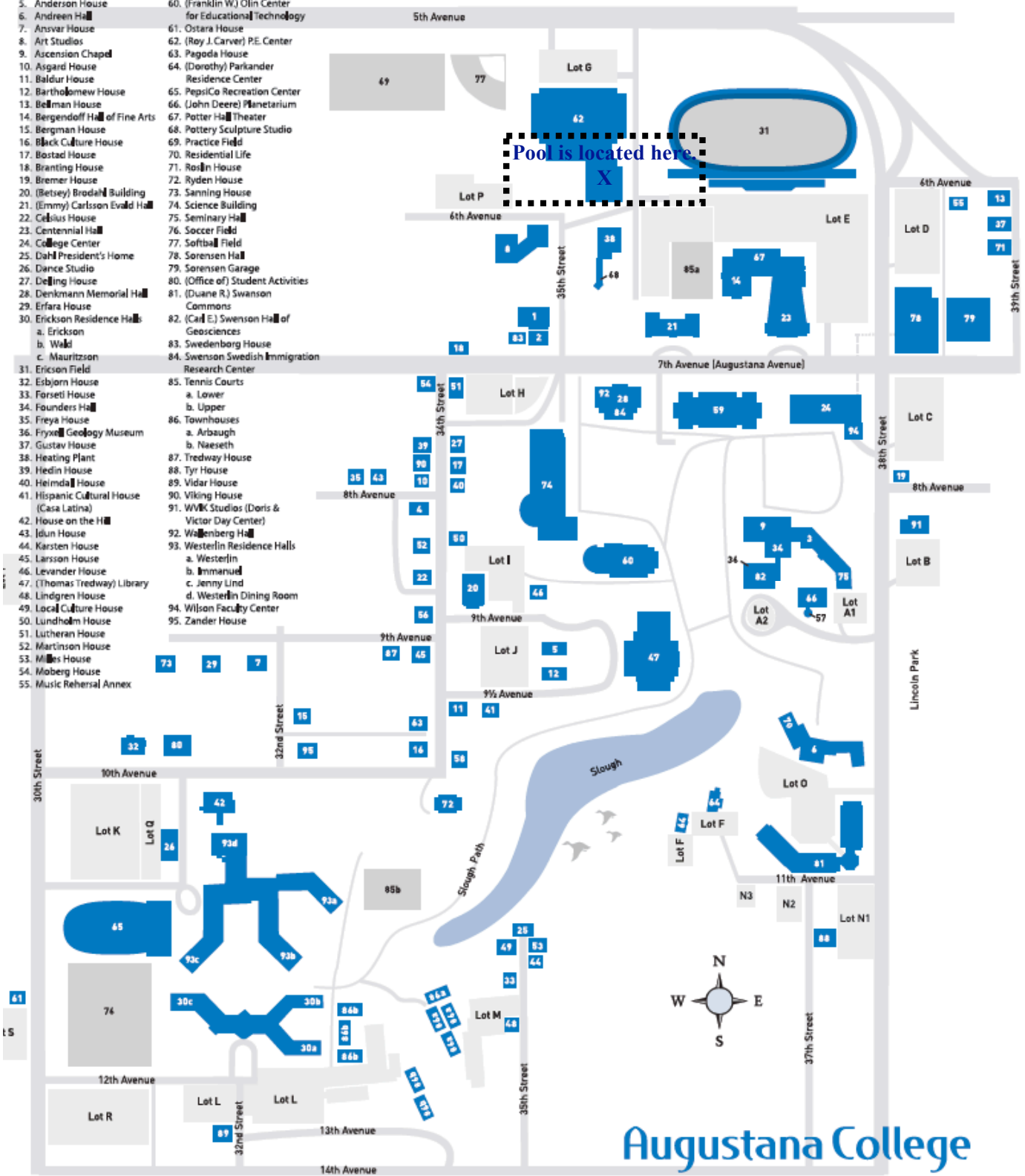
- 1 Girls 8 & Under 25 Freestyle
- 2 Boys 8 & Under 25 Freestyle
- 3 Girls 10 & Under 50 Freestyle
- 4 Boys 10 & Under 50 Freestyle
- 5 Girls 8 & Under 100 Medley Relay
- 6 Boys 8 & Under 100 Medley Relay
- 7 Girls 10 & Under 200 Medley Relay
- 8 Boys 10 & Under 200 Medley Relay
- 9 Girls 8 & Under 25 Butterfly
- 10 Boys 8 & Under 25 Butterfly
- 11 Girls 10 & Under 50 Butterfly
- 12 Boys 10 & Under 50 Butterfly
- 13 Girls 8 & Under 25 Backstroke
- 14 Boys 8 & Under 25 Backstroke
- 15 Girls 10 & Under 50 Backstroke
- 16 Boys 10 & Under 50 Backstroke
- 17 Girls 8 & Under 100 IM
- 18 Boys 8 & Under 100 IM
- 19 Girls 10 & Under 100 IM
- 20 Boys 10 & Under 100 IM
- 21 Girls 8 & Under 50 Freestyle
- 22 Boys 8 & Under 50 Freestyle
- 23 Girls 10 & Under 100 Freestyle
- 24 Boys 10 & Under 100 Freestyle
- 25 Girls 8 & Under 25 Breaststroke
- 26 Boys 8 & Under 25 Breaststroke
- 27 Girls 10 & Under 50 Breaststroke
- 28 Boys 10 & Under 50 Breaststroke
- 29 Girls 8 & Under 100 Freestyle Relay
- 30 Boys 8 & Under 100 Freestyle Relay
- 31 Girls 10 & Under 200 Freestyle Relay
- 32 Boys 10 & Under 200 Freestyle Relay

### Session Two

- 33 Girls 11-12 200 Medley Relay
- 34 Boys 11-12 200 Medley Relay
- 35 Girls 13-14 200 Medley Relay
- 36 Boys 13-14 200 Medley Relay
- 37 Girls Open 200 Medley Relay
- 38 Boys Open 200 Medley Relay
- 39 Girls 11-12 50 Freestyle
- 40 Boys 11-12 50 Freestyle
- 41 Girls 13-14 50 Freestyle
- 42 Boys 13-14 50 Freestyle
- 43 Girls Open 50 Freestyle
- 44 Boys Open 50 Freestyle
- 45 Girls 11-12 50 Butterfly
- 46 Boys 11-12 50 Butterfly
- 47 Girls 13-14 100 Butterfly
- 48 Boys 13-14 100 Butterfly
- 49 Girls Open 100 Butterfly
- 50 Boys Open 100 Butterfly
- 51 Girls 11-12 200 Freestyle
- 52 Boys 11-12 200 Freestyle
- 53 Girls 13-14 200 Freestyle
- 54 Boys 13-14 200 Freestyle
- 55 Girls Open 200 Freestyle
- 56 Boys Open 200 Freestyle
- 57 Girls 11-12 50 Backstroke
- 58 Boys 11-12 50 Backstroke
- 59 Girls 13-14 100 Backstroke
- 60 Boys 13-14 100 Backstroke
- 61 Girls Open 100 Backstroke
- 62 Boys Open 100 Backstroke
- 63 Girls 11-12 200 IM
- 64 Boys 11-12 200 IM
- 65 Girls 13-14 200 IM
- 66 Boys 13-14 200 IM
- 67 Girls Open 200 IM
- 68 Boys Open 200 IM
- 69 Girls 11-12 50 Breaststroke
- 70 Boys 11-12 50 Breaststroke
- 71 Girls 13-14 100 Breaststroke
- 72 Boys 13-14 100 Breaststroke
- 73 Girls Open 100 Breaststroke
- 74 Boys Open 100 Breaststroke
- 75 Girls 11-12 100 Freestyle
- 76 Boys 11-12 100 Freestyle
- 77 Girls 13-14 100 Freestyle
- 78 Boys 13-14 100 Freestyle
- 79 Girls Open 100 Freestyle
- 80 Boys Open 100 Freestyle
- 81 Girls 11-12 200 Freestyle Relay
- 82 Boys 11-12 200 Freestyle Relay
- 83 Girls 13-14 200 Freestyle Relay
- 84 Boys 13-14 200 Freestyle Relay
- 85 Girls Open 200 Freestyle Relay
- 86 Boys Open 200 Freestyle Relay

# Map of Augustana College Campus

1. Abbey Art Studios
2. Abbey House
3. Admissions Office
4. Andeberg House
5. Anderson House
6. Andreen Hall
7. Ansvar House
8. Art Studios
9. Ascension Chapel
10. Asgard House
11. Baldur House
12. Bartholomew House
13. Bellman House
14. Bergendoff Hall of Fine Arts
15. Bergman House
16. Black Culture House
17. Bostad House
18. Branting House
19. Bremer House
20. (Betsey) Brodahl Building
21. (Emmy) Carlsson Ewald Hall
22. Celsius House
23. Centennial Hall
24. College Center
25. Dahl President's Home
26. Dance Studio
27. Dealing House
28. Denkmann Memorial Hall
29. Erfara House
30. Erickson Residence Halls
  - a. Erickson
  - b. Wald
  - c. Mauritzson
31. Ericson Field
32. Esbjorn House
33. Forseti House
34. Founders Hall
35. Freya House
36. Fryxell Geology Museum
37. Gustav House
38. Heating Plant
39. Hedin House
40. Heimda House
41. Hispanic Cultural House (Casa Latina)
42. House on the Hill
43. Idun House
44. Karsten House
45. Larsson House
46. Levander House
47. (Thomas Tredway) Library
48. Lindgren House
49. Local Culture House
50. Lundholm House
51. Lutheran House
52. Martinson House
53. Miles House
54. Moberg House
55. Music Rehearsal Annex
56. Nobel House
57. (Carl Gamble) Observatory
58. Oden House
59. Old Main
60. (Franklin W.) Olin Center for Educational Technology
61. Ostara House
62. (Roy J. Carver) P.E. Center
63. Pagoda House
64. (Dorothy) Parkander Residence Center
65. PepsiCo Recreation Center
66. (John Deere) Planetarium
67. Potter Hall Theater
68. Pottery Sculpture Studio
69. Practice Field
70. Residential Life
71. Roan House
72. Ryden House
73. Sanning House
74. Science Building
75. Seminary Hall
76. Soccer Field
77. Softball Field
78. Sorensen Hall
79. Sorensen Garage
80. (Office of) Student Activities
81. (Duane R.) Swanson Commons
82. (Carl E.) Swenson Hall of Geosciences
83. Swedenborg House
84. Swenson Swedish Immigration Research Center
85. Tennis Courts
  - a. Lower
  - b. Upper
86. Townhouses
  - a. Arbaugh
  - b. Naeseth
87. Tredway House
88. Tyr House
89. Vidar House
90. Viking House
91. WVK Studios (Doris & Victor Day Center)
92. Wallenberg Hall
93. Westerlin Residence Halls
  - a. Westerlin
  - b. Immanuel
  - c. Jenny Lind
  - d. Westerlin Dining Room
94. Wilson Faculty Center
95. Zander House



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