

**EAST MOLINE  
AGE GROUP AND SENIOR  
SHORT COURSE FALL MEET**

**NOVEMBER 8, 2009**

- SANCTION:** Sanctioned by USA Swimming and Illinois Swimming, Inc.,  
Sanction Number ILS09-1111.  
All USA and ISI swimming and safety rules, will be strictly enforced.
- MEET DIRECTOR:** Dave Busch  
Work - (309) 752-1624  
Home - (309) 755-0459
- ENTRY CHAIRMAN:** Please send all entries to:  
Mr. David Busch  
East Moline Municipal Swimming Pool  
4011-Archer Drive  
East Moline, IL 61244  
(309) 752-1624
- LOCATION:** East Moline Municipal Swimming Pool/United Township High School  
Avenue of the Cities (42<sup>nd</sup> Ave) & Archer Drive (13th St)  
East Moline, IL 61244
- POOL:** The East Moline Municipal Swimming Pool has six lanes, twenty-five  
yards, with starting blocks and non-turbulent lane markers. The depth of  
the pool at the starting end is 5 1/4 feet, depth at turn end is 3 1/2 feet (**8 &  
under 2<sup>nd</sup> and 4<sup>th</sup> swimmers in relays will start in the water**). Seating is  
available for approximately 300 spectators. Fully automatic Daktronics  
timing with touchpads at both ends and six lane readout will be used. A  
separate diving well is available for warm-up during the meet.
- The competition course has not been certified in accordance  
with 104.2.2C (4).
- ELIGIBILITY:** Individuals - Only current USA 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 November 8, 2009. USA registration  
forms can be obtained from Illinois Swimming, Inc., 3166-S River Rd,  
Suite 30, Des Plaines, IL 60018, phone (847) 824-1596, fax (847) 824-  
1726.
- EVENTS:** All events will be seeded timed finals. Submit contestant's best times  
to ensure proper seeding. Each event will be swam in heats with swimmers  
seeded from the slowest to fastest. Swimmers reporting late will be  
scratched. The no show and scratch rule does not apply to this meet.

- ENTRY LIMITATION:** Swimmers are limited to five (5) individual events.  
DECK ENTRIES WILL NOT BE PERMITTED.
- QUALIFYING TIMES:** Short course times are to be used for entry purposes.  
All non-conforming times will be seeded last in rank order.
- ENTRY FEES:** \$3.00 each individual entry  
Entry fees must accompany entries.
- A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to "East Moline Swim Club".
- ENTRY DEADLINE:** Entries will not be accepted until October 4, 2009 at 12:00 pm and must be received by October 28, 2009. LATE ENTRIES WILL NOT BE PERMITTED. If you desire verification of entries received, include a self addressed postal card with your entries.
- TIME LIMIT:** Entries will be accepted until the maximum time limit, subject to the 4 hour/10 hour rule is reached and entries received thereafter will be returned immediately.
- ENTRY FORMS:** All entries must be submitted on the enclosed entry forms or a facsimile. The enclosed Summary of Fees statement must be completed and the Release Form signed. 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. Do not submit entry cards.
- COMPUTER DISK ENTRY -**
- a) entries should be submitted on 3.5" diskette using Hy-Tek Commlink II software
  - b) a hard copy print out is required showing:  
entry team's name with meet name  
all swimmers last, first, MI with USS# and age  
event numbers and seed times
  - c) summary of fee, release forms and check
- E-MAIL ENTRIES**
- a) send to [dbusch@riroe.k12.il.us](mailto:dbusch@riroe.k12.il.us)
  - b) the enclosed entry form or facsimile, the summary of fees statement, a check, and the entry disk must be received within 72 hours of transmission of e-mail.
  - c) please zip your entries when sending by e-mail
- AWARDS:** Rosette ribbons will be awarded for first thru sixth place in individual events.
- MEET SCHEDULE:** Sunday A.M. Session (8 & unders, 10 & unders):

Warm-ups: 7:00 am - 8:00 am

Meet : 8:15 am

Sunday P.M. Session (11-12, Senior):

Warm-ups: immediately after morning session  
but not before 11:30 am

Meet : 15 minutes after completion of warm-ups  
but not before 12:45 pm

**MEET RESULTS:** One copy of meet results will be mailed to all represented clubs with at least five (5) swimmers competing. Be sure correct mailing address is on the entry summary sheet.

**INFORMATION:** Coaches identification and information packets will be issued to all club coaches upon arriving at the meet.

**CONCESSIONS:** Refreshments will be available at the pool. Programs (\$5) and swimwear will be on sale.

**SAFETY  
COORDINATOR:** Ms Toni Moore

**POOL DECK:** Coaches must be current USA member coaches to be allowed on deck and must continually display their current membership coaching card at all times while on deck. All other personnel must be USA members to be allowed on the deck.

**LODGING:** For your convenience, the following accommodations are available:

Super 8 Hotel, 2201-John Deere Expressway, Silvis (309) 796-1999

Exel Inn, 2051-52nd Avenue, Moline (309) 797-5580

Holiday Inn, Rt. 150, 6, & 92 Airport Jct., Moline (309) 762-8811

Howard Johnson's, Airport Road, Moline (309) 797-1211

LaQuinta Motor Inn, Rt. 150 & I-280, Moline (309) 762-9008

Regal 8, Airport Road, Moline (309) 764-8711

Hampton Inn, Rt. 150, 6, & 92 Airport Jct., Moline (309) 762-1711

**ADDITIONAL  
INFORMATION:** Meet Director: Dave Busch  
Work - (309) 752-1624  
Home - (309) 755-0459

## A. 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.
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	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

## B. 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.
2. **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.
  - 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 affect 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.
3. **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.

**SUNDAY – NOVEMBER 8, 2009**

**Warm-up: 7:00 am**

**Meet: 8:15 am**

**GIRLS**

**EVENT**

**BOYS**

1	8-Un 25 Y Free	2
3	8-Un 50 Y Free	4
5	10-Un 50 Y Free	6
7	10-Un 100 Y Free	8
9	8-Un 25 Y Back	10
11	8-Un 50 Y Back	12
13	10-Un 50 Y Back	14
15	10-Un 100 Y Back	16
17	8-Un 25 Y Breast	18
19	8-Un 50 Y Breast	20
21	10-Un 50 Y Breast	22
23	10-Un 100 Y Breast	24
25	8-Un 25 Y Fly	26
27	8-Un 50 Y Fly	28
29	10-Un 50 Y Fly	30
31	10-Un 100 Y Fly	32
33	8-Un 100 Y IM	34
35	10-Un 100 Y IM	36
37	10-Un 200 Y IM	38

**SUNDAY – NOVEMBER 8, 2009**

**Warm-up: 11:30 am**

**Meet: 12:45 pm**

**GIRLS**

**EVENT**

**BOYS**

39	11-12 50 Y Free	40
41	11-12 100 Y Free	42
43	Senior 50 Y Free	44
45	Senior 200 Y Free	46
47	11-12 50 Y Back	48
49	11-12 100 Y Back	50
51	Senior 100 Y Back	52
53	Senior 200 Y Back	54
55	11-12 50 Y Breast	56
57	11-12 100 Y Breast	58
59	Senior 100 Y Breast	60
61	Senior 200 Y Breast	62
63	11-12 50 Y Fly	64
65	11-12 100 Y Fly	66
67	Senior 100 Y Fly	68
69	Senior 200 Y Fly	70
71	11-12 100 Y IM	72
73	11-12 200 Y IM	74
75	Senior 200 Y IM	76
77	Senior 400 Y IM	78

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AGE GROUP AND SENIOR  
SHORT COURSE FALL MEET  
NOVEMBER 8, 2009**

Complete this form and mail with your check payable to: "East Moline Swim Club" not before 12:00 pm on Sunday, October 4, 2009 and no later than Wednesday, October 28, 2009 to:

East Moline Municipal Swimming Pool  
4011-Archer Drive  
East Moline, IL 61244  
[dbusch@riroe.k12.il.us](mailto:dbusch@riroe.k12.il.us)

**SUMMARY OF FEES:**

8 & Under	# of entries _____	@ \$3.00 ea	\$ _____
10 & Under	# of entries _____	@ \$3.00 ea	\$ _____
11-12	# of entries _____	@ \$3.00 ea	\$ _____
Senior	# of entries _____	@ \$3.00 ea	\$ _____
Surcharge	# of swimmers _____	@ \$2.00 ea	\$ _____
<b>TOTAL FEES</b>			<b>\$ _____</b>

NAME OF CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_

LSC ASSOCIATION \_\_\_\_\_

CLUB INITIAL CODE FOR HEAT SHEET \_\_\_\_\_

NAMES OF COACHES ATTENDING MEET \_\_\_\_\_  
\_\_\_\_\_

PERSON FILLING OUT ENTRIES \_\_\_\_\_

HOME PHONE \_\_\_\_\_

In consideration of the acceptance of this entry, I intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., East Moline Swim Club, United Township High School, City of East Moline, and the East Moline Municipal Swimming Pool, their representatives, employees, or successors, for any or 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.

Signature (Coach, Club rep., or parent) \_\_\_\_\_

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The East Moline Swim Club would greatly appreciate any parent who would like to volunteer to help officiate or time.

Team Name \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Saturday AM \_\_\_\_\_ PM \_\_\_\_\_  
Position \_\_\_\_\_ Sunday AM \_\_\_\_\_ PM \_\_\_\_\_