

Joliet JETS YMCA Swim Team
Fabulous Fifties Swim Meet

January 29, 30, & 31, 2010

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc. Sanction# ILS10-0119

Meet Co-Directors:		Entry Chairperson:		Safety Coordinator:	
Mike Dutka 1020 Black Road Joliet, IL 60435 (815) 726-0699 michael.dutka@sbcglobal.net	Jeff Rubocki 1209 Galway Road Joliet, IL 60431 (815) 577-1099 ikcobur@sbcglobal.net	Karen Dundek 21426 S. Covey Court New Lenox, IL 60451 (815) 485-5751 Dundek@comcast.net		Kim Yanello kyanello@yahoo.com	
Head Referee: Dean Knowles theyswim3@comcast.net		Head Coach: Dave Hedden (815) 726-3939 dhedden@jolietyymca.org		Officials Coordinator: Gary Wang garywangxg@comcast.net	

Location: Oswego East High School
1525 Harvey Road
Oswego, IL 60543

Facility: The Oswego East HS pool is a 25 yard, eight-lane pool with Keifer Advantage II Wave Eater non-turbulent lane lines. Starting blocks are located at the south end with pool depth of 12' 6". Turning end of pool has a depth of 4' 6". A two lane warm-up/cool-down pool is available for use under coaches' supervision. An electronic Colorado Timing system with touch pads, pushbuttons and a four-lane display board will be used. Seating capacity is 500. No smoking is allowed on school grounds. Parking is available on the south side of the school.

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

Meet Format: This is a timed final meet. A two- session Warm-up will not begin before the listed time, but may begin later. Positive check-in will close 45 minutes prior to the start of each session. The warm up schedule and start times may be re-adjusted post the entry process. All teams will be notified of any changes in advance of the meet.

Note that 11-12 age boys and girls are in separate sessions.

Session	Day	Warm Up Time	Meet Start	Age Group
1	Friday	5:00 – 5:50 PM	6:00 PM	12 & U Open
2	Saturday	7:00 – 7:50 AM	8:00 AM	10 & U 11 & 12 Boys
3	Saturday	12:10 – 1:00 PM	1:10 PM	11 & 12 Girls Open
4	Sunday	7:00 – 7:50 AM	8:00 AM	10 & U 11 & 12 Boys
5	Sunday	12:10 – 1:00 PM	1:10 PM	11 & 12 Girls Open

Meet Rules and Safety: All current USA Swimming and ISI Rules and Regulations will apply. The current USA Swimming and ISI Safety Rules will be strictly enforced.

Eligibility: All currently registered, athlete members of USA Swimming are eligible. All swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. Registration forms can be obtained from Illinois Swimming Office, 3166 S. River Rd Suite 30, Des Plaines, IL 60018; Phone (847) 824-1596; Fax (847) 824-1726. A swimmer's age as of January 29, 2010 will determine their age for the meet.

USA Swimming, Inc. Membership: Insurance regulations require that all swimmers, judges, starters, and referees be current members 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 continuously display their current USA Coach Member registration card at all times



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while on deck. Coaches' information packets will be available to coaches with 5 or more swimmers in the Hospitality Area.

Positive Check-In: This will be a positive check-in meet. Swimmers must check in at the Clerk of Course 30 minutes prior to the start of the Friday session and 45 minutes prior to the start of all other sessions or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets.

Bullpen: A bullpen will be provided for morning session swimmers only. There is no bullpen on Friday. Heat sheets will be posted at both ends of the pool, as well as announced.

Scratches: Swimmers will be allowed to scratch an event with the clerk of course at positive check-in, or with the head referee prior to the start of the scratched event.

Seeding: Please submit swimmers' best times. "No Times" will not be accepted. Estimate where necessary. Short course yard times should be submitted for entry purposes.

Entries: Entries will be accepted **Monday, December 28, 2009** beginning at **8:00AM**. **"NO TIMES" will NOT be accepted. The Entry Chairperson reserves the right to refuse entries which are submitted with "No times". Estimate seed times where necessary.** Entries will be accepted in the order that they are received. **Hand delivered, phoned, or faxed entries will NOT be accepted.** E-mailed entries will be accepted. You may also use US Post Office, Fed Ex or any other overnight courier service. If using e-mail, send zipped files beginning at 8:00AM on Monday, December 28, 2009. A completed and signed Entry Summary Sheet, provided in this packet, a hard copy of entries and payment in full must be received by the Meet Entry Chair within 72 hours of receipt of your e-mailed entry. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets, including relays. An authorized representative of the team must sign the enclosed waiver form. An entry is not complete until all necessary paperwork including Entry Summary Sheet, Volunteer Sheet, Hard Copy of Entries, Summary of Fees Report and check for entry fees made payable to JCSA are received. Express mailed entries should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postcard with your entries. Entries must be received by **Thursday January 21, 2010**. Entries may be reviewed online at www.jetsyswimteam.org. **DECK ENTRIES WILL NOT BE ACCEPTED.** Please contact the entry chairperson with any concerns. Coaches may update entry times until Thursday, January 21, 2010.

Entry Limits: Swimmers may enter a maximum of four (4) individual events and one (1) relay each day of the meet. Relay swimmers must swim in at least one individual event. **Deck entries will not be accepted.** Entries received after the meet reaches the time limits will be returned immediately.

Long Events Entry Limitation: Due to the 10-hour and 4-hour limitation rules, it may be necessary to limit entries for distance events of 200 and greater. If this limitation is imposed, entries will be accepted according to the fastest seed times. Proof of time may be called for prior to the final seed of the events. A refund of entry fees for these events will be given if this occurs. The 1650 event will be started from fastest to slowest, alternating girls and boys. Swimmers must provide timers and counters for the 500 and 1650 free.

Entry fees: \$3.00 per individual events; \$7.00 per relay team. There will be a \$2.00 ISI surcharge per swimmer. Fees must accompany entries. Make checks payable to JCSA.

Entry Verification: Please provide a stamped, self-addressed post card or email address for confirmation of entry. Updated entry times may be submitted by electronic mail to ensure accurate seeding.

Events: 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.

Admission fees: The cost of admissions will be \$5.00 per day; \$4.00 for Friday night; 12 & Under free, and psyche sheets will be \$6.00.



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Concessions: A wide variety of food and drink will be available at concessions. Vendors will be selling swim gear and paraphernalia, and bag tags on Saturday and Sunday.

Officials & Timers: There will be a need for officials. Anyone willing to work should contact the Officials Coordinator. Each team with 8 or more swimmers may be asked to provide timers. Your cooperation will be greatly appreciated. Your help will ensure a great meet for the swimmers.

Awards: Awards will be given for individual events, first through eighth place over three divisions. Relays will be awarded first through third. 8 & Under swimmers will be awarded separately. There will be no awards for the 13 & 0 age group. No under achiever awards will be given. A representative from each team must pick up their awards at the completion of the meet. The host team will not be responsible for mailing awards.

Results: Results will be posted on the JETS website at www.jetsyswimteam.org. A copy of the meet results will be mailed to the mailing address given on the entry release form, upon request only. Additional copies may be purchased for \$10.00. At the conclusion of the meet, teams may obtain Hy-Tek backups either on memory sticks or via email attachments.

***Please note that 11-12 Girls/11-12 Boys are in separate sessions!**

Session 1 Friday PM Girls			Session 4 Sunday AM		
	Event	Boys	Girls #	Event	Boys #
1	Open 400 IM	2	61	10&U 50 Free	62
3	12&U 200 IM	4	*	11-12 50 Free	64
5	Open 500 Free	6	65	10 & U 100 Fly	66
Session 2 Saturday AM Girls #			Session 5 Sunday PM		
	Event	Boys #	Girls #	Event	Boys #
7	10&U 100 Free	8	*	11-12 100 Fly	68
*	11-12 100 Free	10	69	8&U 25 Fly	70
11	8&U 25 Free	12	71	10 & U 50 Breast	72
13	10&U 50 Fly	14	*	11-12 50 Breast	74
*	11&12 50 Fly	16	75	10&U 100 Back	76
17	10&U 100 Breast	18	*	11-12 100 Back	78
*	11-12 100 Breast	20	79	8 & U 25 Back	80
21	8&U 25 Breast	22	81	10&U 200 Free	82
23	10&U 50 Back	24	*	11-12 200 Free	84
*	11-12 50 Back	26	85	8 & U 100 Med Rel	86
27	10&U 100 IM	28	87	10&U 200 Med Rel	88
*	11-12 100 IM	30	*	12&U 200 Med Rel	90
31	8&U 100 Free Relay	32			
33	10&U 200 Free Relay	34			
*	12&U 200 Free Relay	36			
Session 3 Saturday PM Girls #			Session 5 Sunday PM		
	Event	Boys #	Girls #	Event	Boys #
37	11-12 100 Free	*	91	11-12 50 Free	*
39	Open 100 Free	40	93	Open 50 Free	94
41	11-12 50 Fly	*	95	11-12 100 Fly	*
43	Open 200 Fly	44	97	Open 100 Fly	98
45	11-12 100 Breast	*	99	11-12 100 Back	*
47	Open 100 Breast	48	101	Open 100 Back	102
49	11-12 50 Back	*	103	11-12 50 Breast	*
51	Open 200 Back	52	105	Open 200 Breast	106
53	11-12 100 IM	*	107	11-12 200 Free	*
55	Open 200 Free Relay	56	109	Open 200 Free	110
57	12&U 200 Free Relay	*	111	12&U 200 Med Rel	*
59	Open 200 IM	60	113	Open 200 Med Rel	114
			115	Open 1650 Free	116



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CONTROLLED MEET WARM-UP and SAFETY GUIDELINES:

General Warm-Up (first 30 minutes):

1. No diving allowed from the blocks or edge of the 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. All lanes are to be used for general warm-ups.
3. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

Specific Warm-Up (last 20 minutes):

1. **Push/Pace lanes** (1 & 8) - push off one or two lengths from the starting end. Circle swimming only. **No Diving.**
2. **Diving lanes** (2 & 7) - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. One length, one way swimming only.
3. **General warm-up lanes** (3, 4, 5 & 6) - **No diving.** Circle Swimming only.
4. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

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 be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session. Coaches meetings will not be conducted during the warm-ups.

Host Team Responsibilities:

1. Marshaling: A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the entire 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 guidelines or warm-up procedures.
4. The host team shall provide signs for each lane at both ends of the pool, which indicates the designated use during specific warm-up.
5. 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."
6. 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 session.
7. Hazards in the locker room, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Miscellaneous:

1. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
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 the 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 meet.
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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.



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Summary of Fees:

Please complete and sign the following forms and mail along with a hard copy of entries and payment in full within 72 hours of receipt of your e-mailed entries. Make your check payable to JCSA (Joliet Community Swim Association). Entries on Hy-Tek Disk (accompanied by hard copy and this form) are acceptable. Send entry forms and checks to:

Karen Dundek
21426 S. Covey Court
New Lenox, IL 60451
(815) 485-5751
Dundek@comcast.net

# of 8& U entries	_____ @ \$3.00 each =	\$ _____
# of 9&10 entries	_____ @ \$3.00 each =	\$ _____
# of 11&12 entries	_____ @ \$3.00 each =	\$ _____
# of Open entries	_____ @ \$3.00 each =	\$ _____
Total # of Ind. Entries _____		
# of Relays entries	_____ @ \$7.00 each =	\$ _____
Total # of Swimmers	_____ @ \$2.00 each =	\$ _____
Total Entry Fees		\$ _____

Name of Club _____

USA Swimming LSC Name _____ Club Code for Heat Sheet _____

Name of Coach(s) Attending Meet _____

Mailing Address: _____

(For final results) _____

Coach's Work Phone _____ Coach's Home Phone _____

Coach's Email Address _____

Direct Entry Questions To _____ Phone # _____

In consideration of 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 occur against the USA Swimming, Inc., Illinois Swimming, Inc., the Oswego East High School (Oswego District 308), Joliet Community Swim Association, Inc., the Greater Joliet Area YMCA, the Joliet JETS YMCA Swim Team, their representatives, Employees, Directors, Officers, Successors, for any and all injuries suffered by me or my Contestant or Representative in said Meet as a representative of my club. I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current members of USA Swimming.

Printed Name: _____ Position _____

Signature: _____



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The Joliet Community Swim Association and the Joliet JETS YMCA Swim Team would appreciate your assistance in helping to provide officials and possibly timers for this meet. If you could list a team contact person or the names of your officials, we will follow up. Please provide a timer contact for your team as well. Thank you in advance for your support.

Team Name _____

Team Officials Contact

Name _____

Telephone _____ Email _____

Officials List: Referees, Starters or Judges

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Team Timer Contact

Name _____

Telephone _____ Email _____

