

*The Rock Island Orca Swimming***BI-State Fall Spook & Splash****October 23rd-25th, 2009****Sanction: ILS09-101**

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Meet Director

Matt Pappas
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Rock Island IL 61201
309-236-6137
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Entry Person:

Scott Robson
7016 Nottingham Lane
Bettendorf, IA, 52722
630-750-2994
Robsonscotta@gmail.com

Format:**Friday October 23th****Warm Ups : 4:30 PM. Meet Starts: 5:30pm.****Saturday October 24th and Sunday October 25th****AM Session Warm Ups: 6:45 am. Meet Starts: 8:00 am.****PM Session Warm Ups: not before 11:30 am.****Meet Starts: 1 hour after warm ups start.****Pool Location:** Rock Island High School, 1400 25th Avenue, Rock Island, IL 61201.**Pool:**

The R.I.H.S. 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 9 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 Oct. 23th, 2009. USA Swimming registration forms can be obtained from Illinois Swimming, Inc., 3166 S. River Road. Des Plaines IL, 60018. Telephone: 847-824-1596. Fax: 847-824-1726.

Events:

This is a timed finals meet. No deck entries will be accepted. Heats will be seeded slowest to fastest except for the 1650 which will be swum fastest to slowest. Swimmers failing to report to Clerk of Course will be scratched. 8 & under 2nd and 4th relay swimmer will start from in the pool. If you would like a downloadable file of the ordered events, please e-mail: Robsonscotta@gmail.com

Deck Meet:

All swimmers are asked to sit with there team in assigned areas. Ages 10 and under will be asked to report to Clerk of Course for each event.

Qualifying Times: No qualifying times or cutoff times apply.**Entry Limit:** Swimmers are limited to 4 individual events and 2 relays per day. The 1650 will be limited to 3 heats.

Entry Fees:

The entry fee for this meet is \$3.00 for individual events and \$7.00 for each relay and a \$2.00 Splash fee.

Entry Deadlines:

Entries, with all enclosures, must be received no earlier than 8:00 a.m., September 28th, 2009 and not later than 9:00 p.m., October 18th, 2009. If you wish to have verification that your entry packet has arrived, please enclose a stamped, self-addressed envelope or postcard. No late entries will be accepted. Entries will be accepted, subject to the 4-hour rule, until the maximum time limit is reached and entries received thereafter will be returned immediately.

Entry Forms:

The enclosed summary sheet and release, signed by the coach, parent, or club representative must accompany all entries. Please submit all entries using short course yards times. Clubs are strongly urged to submit entries on a Hy-Tek 3.5" disk. If you would like to e-mail your entries, send to: matt_pappas@mac.com via a Zip file (note: you must still send your disc and hardcopy with-in 72 hours). A Hy-Tek printout must accompany computer entries. Do not submit individual entry cards for each event. The host club shall provide and prepare all individual entry cards. For those clubs using the enclosed forms, a typed list of swimmers' names and registration numbers would be greatly appreciated. All paper entries must be submitted on the entry forms attached or a facsimile. Be sure that the swimmers whole name (first, last, and middle initial) and whole registration numbers are legible on the entry form. All entries must be accompanied with the release form included in this packet and signed by a club official. Failure to comply with any of the above requirements is sufficient grounds to refuse entry. Mail entry forms and a check to: Matt Pappas 1617 2nd. Ave. Rock Island IL. 61201

Time Limit:

Entries will be accepted until the maximum time limit, subject to the 4/10 hour rule is reached and entries received thereafter will be returned.

Meet Schedule:

Warm-ups for Friday October 23th, 2009 will start at 4:30 p.m., meet will start at 5:30 p.m.

Warm-ups for the morning session October 24th and 25th, 2009 will start at 6:45 a.m., with the meet starting at 8:00 am. Warm-ups for the PM session will start not before 11:30 a.m., with meet starting 1 hour after the warm-ups have started. The meet will use fly over starts format except for backstroke and 8 & under 25 yard events and relays.

Scoring: Scoring for individual events are 7-5-4-3-2-1 and doubled for relays

Awards:

A trophy will be awarded for first - third place in 8 and under, 9-10, and 11-12 age groups for high point. For individual events, ribbons will be awarded for first through sixth place. Awards will be given to the top three relay teams in each relay event. All awards will be distributed to each teams coach or team representative.

Concessions and Sales:

The concession stand and swim wear will be available in the lobby. Heat sheets will be available for \$5.00 and individuals who wish to order copies of the final results will be able to do so at the stand for \$5.00.

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 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.

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 table or the program sales table. 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.

Safety Coordinator:

Kliber Macias.

Head Referee:

David McFarland

**BI-State Fall Spook & Splash
Order of Events
Spook & Splash Meet**

**Friday October 23rd P.M
Warm Up 4:30 Meet Start 5:30**

Girls	Events	Boys
1	10-U 200 IM	2
3	11-12 200 IM	4
5	Senior 400 IM	6
7	10-U 200 Free	8
9	11-12 500 Free	10
11	Senior 500 Free	12

**Saturday October 24th A.M
Warm Up 6:45 Meet Start 8:00**

13	8-U 50 Free	14
15	10-U 50 Free	16
17	8-U 25 Breast	18
19	10-U 50 Breast	20
21	8-U 50 Back	22
23	10-U 100 Back	24
25	8-U 25 Fly	26
27	10-U 50 Fly	28
29	8-U 100 IM	30
31	10-U 100 IM	32
33	8-U 100 Free Relay	34
35	10-U 200 Free Relay	36

**Saturday October 24th P.M
Warm up: No earlier than 11:30
Meet Start: 1 hour after start of warm ups**

37	Senior 200 Free	38
39	11-12 200 Free	40
41	Senior 100 Breast	42
43	11-12 100 Breast	44
45	Senior 50 Free	46
47	11-12 50 Free	48
49	Senior 200 Back	50
51	11-12 50 Back	52
53	Senior 100 Fly	54
55	11-12 100 Fly	56
57	Senior 200 IM	58
59	11-12 100 IM	60
61	Senior 200 Free Relay	62
63	11-12 200 Free Relay	64

Sunday October 25th A.M

Warm Ups: 6:45 Meet Start:8:00

65	10-U 200 Medley Relay	66
67	8-U 100 Medley Relay	68
69	10-U 100 Free	70
71	8-U 25 Free	72
73	10-U 100 Breast	74
75	8-U 50 Breast	76
77	10-U 50 Back	78
79	8-U 25 Back	80
81	10-U 100 Fly	82
83	8-U 50 Fly	84

October 25th P.M

Warm Ups: No earlier than 11:30

Meet Start: 1 hour after start of warmups

85	11-12 200 Medley Relay	86
87	Senior 200 Medley Relay	88
89	11-12 100 Free	90
91	Senior 100 Free	92
93	11-12 50 Breast	94
95	Senior 200 Breast	96
97	11-12 100 Back	98
99	Senior 100 Back	100
101	11-12 50 Fly	102
103	Senior 200 Fly	104
105	Senior 1650 Free	106

**Rock Island Orca Swimming — BI-State Spook & Splash
October 23rd-25th, 2009**

Complete this form and mail it along with entry forms OR Hy-Tek disks and printouts, and a check payable to "RIOS" to: Matt Pappas 1617 2nd. Ave. Rock Island IL. 61201

Summary of Fees

8 & Under	# of entries _____ @ \$3.00 = \$_____
10 & Under	# of entries _____ @ \$3.00 = \$_____
11 & 12	# of entries _____ @ \$3.00 = \$_____
13 & 14	# of entries _____ @ \$3.00 = \$_____
Senior	# of entries _____ @ \$3.00 = \$_____
Surcharge	# of swimmers _____ @ \$2.00 = \$_____
	# of relays _____ @ \$7.00 = \$_____
Total = \$ _____	

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., Illinois Swimming, Inc., Rock Island Orca Swimming, Rock Island School District #41, 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.

Coach, Parent, or Club Representative: _____

Title: _____ Date: _____

This signed release and your check must accompany your entries or your entries will not be accepted. **Entries must be received no earlier than 8:00 a.m., September 28th, 2009 and no later than 9:00 p.m., October 18th, 2009**