

Glenbrook Aquatics
Glenbrook Aquatics Swim Club Super Teams Invitational Prelim/Final Meet
January 2-4th, 2015

Participating Teams: Arlington Alligators Blue Devil Swim Club, Chicago Latin, COHO Swim Club, Glenbrook Aquatics, GTAC, KNAC, Mundelein Mustangs Swim Club, NASA/Wildcat, New Trier Swim Club, Patriot Aquatics Club, Swift Aquatics, Wildkit Swimming Organization

Sanctioned by United States Swimming, Inc. and Illinois Swimming, Inc.
USA Swimming Sanction # ILS-

Meet Information

Meet Director:
Kelly Brown
621 S. Burno Dr.
Palatine, IL 60067
(847) 509-2568 E-mail: luckykp13@hotmail.com

Meet Referee:
Blake Mock

Entry Chairperson:
Kelly Brown
E-mail: luckykp13@hotmail.com

Safety Chairperson:
Rob Bond

FORMAT

Invitational Prelim/Final format for 9-10, 11-12, 13-14 & Open age groups and timed final for the 8 & under age group.

****NOTE: ALL 13 & Over Boys will swim the OPEN Event rather than dividing into 13-14 & Open ****

Positive check-in required before each session. A team area will be provided for each team around the East pool.

<u>Friday P.M.</u>	Warm-ups:	3:00-4:00 PM @ GBN
	Positive check-in closes	3:30 PM
	First start:	4:00 PM

<u>Sat / Sun A.M.</u>	Warm-ups:	7:00-7:45 AM @ GBN (9-10 & 11-12) & GBS (13 & Over)
	Positive check-in closes	7:20 AM
	First start:	8:00 AM

<u>Sat P.M.</u>	Warm-ups:	1:00 PM @ GBN (8 & Under)
	First start:	1:45 PM
	Positive check-in closes at 1:20 PM.	

<u>Sat Finals:</u>	Warm-ups:	5:00 PM @ GBS (All Ages)
	First Start:	6:00 PM

<u>Sun Finals</u>	Warm-ups:	4:30 PM @ GBN (All Ages)
	First Start:	5:30 PM

LOCATIONS

Glenbrook North High School
2300 Shermer Road
Northbrook, IL 60062

Glenbrook South High School
4000 West Lake Avenue
Glenview, IL 60026

Directions to both schools will be available to teams and coaches closer to the meet.

POOLS

Eight lanes both pools, 25 Yards competition pool with non-turbulent lane lines and permanent starting blocks at both ends. Starting end is 10-foot water depth. The 8 & under relay legs 2 and 4 and all 25 Yard events will start into 14 Feet water depth. Colorado 5000 at GBN and Datronics at GBS fully electronic timing system with 8-lane read out display board at GBN. Seating capacity is 700. The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4).

ENTRY FORMS

All entries must be submitted by Hy-Tek meet file, zipped in an email. The enclosed attached summary form, release and hold harmless Statement, and all entry fees must accompany all entries. Checks are to be made payable to the Glenbrook District 225. Failure to comply with any entry requirement will be sufficient cause to refuse entry.

Teams must submit in a zipped file via e-mail the zipped file to luckykp13@hotmail.com. A printed copy of the entry, all forms, waivers, and summaries, and a check for entry fees must be received within 72 hours of receipt of entry. The host club accepts no responsibility for receipt of e-mail entries. Confirmation is the sole responsibility of the sender. All Hy-Tek files must be received by the Entry Chairperson via e-mail. Hand delivered entries will not be accepted.

ENTRY DEADLINE

The entry chairperson must receive all entries at the Email address luckykp13@hotmail.com. This is a closed Invitational meet so please enclose your meet file and send via e-mail by December 8, 2014. Time updates will be accepted until December 23, 2013. No phone, FAX, or hand deliveries will be accepted. **ENTRY FEES MUST ACCOMPANY ENTRY FORMS.** Entries must be legible and complete. Properly completed entry forms include first and last names for each swimmer, age, USA Swimming, Inc. registration number, and Short Course Yard time for each individual event.

ENTRY LIMITATIONS

Individuals are limited to three events per day, excluding relays.

Friday night event limit is two IE per person, for 11-12, 13-14 and 15 & Overs.

10 & Under age group is limited to one event on Friday night only.

Saturday PM session for the 8 & Under age group may enter four IE per swimmer.

The Sunday MILE Session at GBS is open to any 13 & over swimmer and does not count against the 3 per day as it is a separate session. All swimmers need their own counters & timers for this session.

Entries should be in short course yards. Relay swimmers must be entered in at least one individual event. Deck entries will not be accepted. Glenbrook Aquatics reserves the right to limit any distance event greater than 200 yards to ensure completion of the session within a 4 hour timeframe. The host club reserves the right to swim a heat comprised of its own swimmers after the cuts have been made.

RELAY ENTRIES

Pre-printed sheets will be in your coaches packets or available at the clerk of course during warm-ups to the coaches who have relays entered. Coaches are to list the relay swimmers' last names, first initials, ages on the sheets. All sheets must be returned to the Clerk of Course no later than 30 minutes prior to the start of the session, which the event is scheduled.

RULES & SAFETY

All current USA Swimming and ISI rules apply including ISI safety rules, which will be strictly enforced. ISI warm-up procedures is included with this meet information. Only coaches, swimmers, officials and meet workers are permitted on the pool deck. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

ELIGIBILITY

All swimmers must be registered prior to competing. Entries listed a "Registration applied for" will not be accepted. Registration forms can be obtained from ISI at 1400Touhy Avenue, Suite 245 Des Plaines, IL 60018, phone (847) 824-1596, FAX (847) 824-1726. A swimmer's age for this meet is his or her age as of January 2, 2015. "Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

STARTS & EVENTS

At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner. FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet.

USA SWIMMING INC MEMBERSHIP

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a member of USA Swimming, Inc. 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, Inc. may not participate in the meet nor be on pool deck. Be sure to display your credentials in order to gain access to the pool deck.

FORMAT

The meet will be conducted in a Preliminary-Finals format except for all Friday night events and 10 & Under events. There will be consolation and championship finals, for ages 9-10, 11-12 both boys & girls and 13-14 & 15-Over girls. 13 & Over boys will have consolation & championship finals together but scored separately. The host club reserves the right to modify the # of finals heats based on number of swimmers entered.

SCRATCHES

The 30-minute scratch rule will apply. This means a swimmer must announce his/her intentions within 30 minutes of the announcement and posting of preliminary results of his/her event. Scratches will be taken at a designated location on deck. Failure to scratch from finals will result in a disqualification for the remainder of the meet.

AWARDS

Ribbons will be awarded to 1st first through 16th place finishers in each individual event and 1st through 6th for relays. Awards will be awarded to the high-point girl and boy in each age group (14 and under). There will be no ribbon awarded for the 13&14 or open age groups.

ADMISSIONS and PSYCH SHEETS

We will be charging admission daily-Friday, Saturday and Sunday. Paid admission into prelim sessions will cover re-entry for finals that same day. Full meet psych sheets will be available at a cost of \$5/packet.

CONCESSIONS

Food and drink will be available at the concession stand during the meet. All food and drink must be kept in that area. Pool rules do not permit food and drink outside the concession area. Suits and swimming accessories will be available for purchase from The Swim Team Store. SMOKING IS PROHIBITED ON SCHOOL GROUNDS BY STATE LAW.

MEET RESULTS

Meet results will be available on our website at glenbrook-aquatics.com through live results as the meet progresses. Coaches can get results at the conclusion of the meet as well. Paper results by age and event will be posted in the gym and on the pool deck.

CHECK-IN

This meet will utilize positive check-in. Positive check-in must be complete forty minutes before the start of each session. Swimmers not checking in will be considered scratched for that session's events. Positive check-in sheets will be available outside the girls and boys locker rooms in the hallway. Late arrivals will not be reseeded. If there are open lanes on the sheet, GA may accommodate them but refuse the right to enter any late swimmers based on timeline.

SCRATCH RULE

This competition is a positive check in meet. All swimmers must check in forty minutes prior to the start of each session

SEEDING

All competitors will be seeded into heats slowest to fastest based on their respective seed times. Heat and lane assignments will be posted outside the pool and on the pool deck. All swimmers are expected to be at the starting blocks when their event and heat is called. The meet will be seeded slowest to fastest.

SENIOR ENTRIES

Senior entries are limited to swimmers 13 years of age and older only. The senior events will be swum as combined, but scored as 13-14 and Senior. The 1650 may be limited to the top 24 times and alternating fastest to slowest. The number of swimmers may be limited due to the timeline of the meet. Glenbrook Aquatics reserves the right to swim one heat of GA swimmers even if cuts are made.

ENTRY FEES

\$5.00 per individual entry
\$7.00 per relay entry
\$2.00 surcharge per swimmer entered

Make all checks out to Glenbrook District 225

SWIMMERS WITH DISABILITIES

In accordance with USA Swimming rules, Articles 105 and 202.1.13, 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 with specific requests.

**THE FOLLOWING TWO PAGES MUST ACCOMPANY YOUR
PAPERWORK & CHECK!**

Glenbrook Aquatics Super Teams Invitational Prelim/Final Meet
 January 2-4 th, 2015
Sanctioned by United States Swimming, Inc. and Illinois Swimming, Inc.
USA Swimming Sanction # ILS-

This completed and signed summary of fees and release form, entry forms and a check made payable to the Glenbrook District 225 must be received no later than December 22, 2014.

Kelly Brown, Entry Chairperson
 621 S. Burno Dr.
 Palatine, IL 60067
 (847) 509-2568

Name of Club: _____

USA SWIMMING. INC. Affiliation: _____ Club Code: _____

Please indicate the number of coaches attending each session:

Friday PM at GBN: _____

Saturday AM at GBN: _____ Saturday AM at GBS: _____

Saturday PM at GBN: _____

Saturday Finals at GBS: _____

Sunday AM at GBN: _____ Sunday AM at GBS: _____

Sunday Finals at GBN: _____

Name of person submitting entry: _____

Cell Phone #: _____

E-Mail Address: _____

	Number of Swimmers	Number of Entries	Cost per Swim	TOTALS
Total:	_____	_____	x \$5.00	\$ _____
Relays		_____	x \$7.00	\$ _____
Team Clean-up fee			\$50	\$ _____
Swimmers	_____	(for ISI fee)	x \$2.00	\$ _____
		Total Fees		\$ _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages, which may accrue against USA Swimming, Inc; Illinois Swimming. Inc; Glenbrook Aquatics Swim Club; Glenbrook High School District #225; or their representatives, directors, officers, 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 included in this entry and participating in the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: _____ Date: _____

(Coach, Club Representative, or Parent)

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Name of Club _____

Club Code _____ USS Affiliation _____

Please list below the names and phone numbers of officials who will be able to attend the meet. We would like you to provide one official for each session of the meet that your team attends.

Name	Level	Phone or E-mail
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Name	Level	Phone or E-mail
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Name	Level	Phone or E-mail
------	-------	-----------------

Name	Level	Phone or E-mail
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Name	Level	Phone or E-mail
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****With use of both pools, we will need all clubs with ten or more swimmers to provide at least two timers per session. Please list the names and phone numbers of those responsible for timing or securing timers from your club. A timing lane assignment list will be e-mailed to all clubs the week before the meet. Please be sure your club has individuals available for the timing required by each team.****

Order of Events Schedule:

Friday (1/2/15) Timed Finals @ GBN/ 3:00 PM Warm-Up/4:00 PM Meet Start

10 & Under 200 Freestyle
11-12 200 Freestyle
13 & Over 500 Freestyle
11-12 200 IM
13 & Over 400 IM

Saturday (1/3/15) AM SESSION @ GBN - 7:00 AM Warm-Up/8:00 AM Meet Start

9-10 100 Breast
11-12 50 Breast
9-10 50 Back
11-12 100 Back
9-10 100 Free
11-12 50 Free
9-10 50 Fly
11-12 100 Fly
9-10 200 Medley Relay
11-12 200 Medley Relay

Saturday (1/3/15) AM SESSION @ GBS - 7:00 AM Warm-Up/8:00 AM Meet Start

13-14 200 Free (Girls Only)
Senior 200 IM
13-14 100 Breast (Girls Only)
Senior 200 Breast
13-14 200 Back (Girls Only)
Senior 100 Back
13-14 50 Free (Girls Only)
Senior 100 Free
13-14 200 Fly (Girls Only)
Senior 100 Fly
Senior 200 Medley Relay

Saturday (1/3/15) PM SESSION @ GBN - Warm-up: 1:00 PM /Meet start: 1:45 PM

8&under 50 Free
8&under 25 Breast
8&under 25 Back
8&under 100 IM
8&under 25 Free
8&under 25 Fly
8&under 100 Free Relay

Saturday (1/3/15) Night Finals @ GBS/5:00 PM Warm-Up/6:00 PM Meet Start

13-14 200 Free (Girls Only)
Senior 200 IM
9-10 100 Breast
11-12 50 Breast
13-14 100 Breast (Girls Only)
Senior 200 Breast
9-10 50 Back
11-12 100 Back
13-14 200 Back (Girls Only)
Senior 100 Back

9-10 100 Free
11-12 50 Free
13-14 50 Free (Girls Only)
Senior 100 Free
9-10 50 Fly
11-12 100 Fly
13-14 200 Fly (Girls Only)
Senior 100 Fly

Sunday (1/4/15) AM SESSION @ GBN - 7:00 AM Warm-Up/8:00 AM Meet Start

9-10 100 IM
11-12 100 IM
9-10 50 Breast
11-12 100 Breast
9-10 100 Back
11-12 50 Back
9-10 50 Free
11-12 100 Free
9-10 100 Fly
11-12 50 Fly
9-10 200 Free Relay
11-12 200 Free Relay

Sunday (1/4/15) AM SESSION @ GBS -7:00 AM Warm-Up/8:00 AM Meet Start

13-14 200 IM (Girls Only)
Senior 200 Free
13-14 200 Breast (Girls Only)
Senior 100 Breast
13-14 100 Back (Girls Only)
Senior 200 Back
13-14 100 Free (Girls Only)
Senior 50 Free
13-14 100 Fly (Girls Only)
Senior 200 Fly
Senior 200 Free Relay

Sunday (1/4/15) MILE SESSION @ GBS –Warm-up will begin immediately following conclusion of prelims with competition to start 45 minutes later TIMED FINAL

Sunday (1/4/15) FINALS SESSION @ GBN – 4:00 PM Warm-Up/5:00 PM Meet Start

9-10 100 IM
11-12 100 IM
13-14 200 IM (Girls Only)
Senior 200 Free
9-10 50 Breast
11-12 100 Breast
13-14 200 Breast (Girls Only)
Senior 100 Breast
9-10 100 Back
11-12 50 Back
13-14 200 Back (Girls Only)
Senior 200 Back
9-10 50 Free
11-12 100 Free
13-14 100 Free (Girls Only)
Senior 50 Free
9-10 100 Fly
11-12 50 Fly
13-14 100 Fly (Girls Only)
Senior 200 Fly

ILLINOIS SWIMMING INC. SAFETY REQUIREMENTS

General Warm-ups (first 30 minutes)

1. No Diving feet first 3 Point entry in a cautious manner ONLY
2. All Lanes general warm-up no sprint or pace work

Specific Warm-up (last 15 minutes)

- Lane # 1,6& 7 Push/Pace - circle swimming only
- Lane # 2 & 5 Dive/Sprint - block starts, one way only
- Lane # 3,4& 8 General WAJ - circle swimming only

Coaches Responsibilities

1. Shall inform and instruct swimmers as to safety requirements and warm-up procedures
2. Shall be on deck supervising their swimmers

Host Team Responsibilities

1. Provide a minimum of two (2)) marshals to work under the Head Referee and/or meet Director during the warm-ups.
2. One marshal shall be the 'Safety Coordinator and be a registered non-athlete USS member.
3. Lane usage signs
4. Posting of warm-up times and safety information.
5. Hazardous areas within the entire usable area of the meet to be identified marked and patrolled or removed.

Marshals Responsibilities

1. To oversee and enforce safety requirements and procedures
2. To be visible and identifiable in dress
3. They have the authority to remove from the deck, for the remainder of the warm-up period any swimmer/coach who is in violation of the safety procedures
4. Flagrant violation(s) could result in the swimmer being barred from their next individual event

Miscellaneous

1. Backstrokers and Swimmers must make sure the starting block and lane are clear before attempting a start
2. Swimmers shall not jump and/or dive in the pool to stop another swimmer on a recalled start
3. Swimmers are required to exit the pool when warm-ups are over and to be courteous to other swimmers using the same lanes during warm-ups
4. Warm-ups are not a time for visiting or playing with other swimmers
5. Warm-up procedures are in force during any breaks of competition when the pool is used for warm-up or cool-down purposes
6. Host clubs with consent from ISI may modify any of the above rules so long as safety considerations are not compromised and the changes are so noted in the meet information and posted at the meet.