

G.I.L.L.S. SWIM TEAM
2009 Pentathlon
November 21, 2009
IL Sanction # ILS09-1117

SANCTION: By USA Swimming and Illinois Swimming, Inc., Sanction # ILS09-1117 .

LOCATION: Victor J. Andrew High School
9001 West 171st Street, Tinley Park, Illinois 60487

FACILITY: Six lane 25 yard competition pool. Starting area 14 ft. depth. 4 lane 25 yd. cool down pool will be available to swimmers. Seating capacity for 350+ spectators. Fully automatic IST timing system with touchpads, button backup and 6 lane electronic scoreboard.

MEET DIRECTOR: Frank Muchna
MEET REFEREE: Julie Muchna
ENTRY CHAIR: Ken Villasenor
SAFETY CHAIR: Ron Lettiere

MEET SCHEDULE:

DOORS OPEN:	6:45 a.m.
Morning Session Warm-up	7:00 a.m.
Positive Check-in Closes	7:15 a.m.
Meet Starts	8:00 a.m.
Afternoon Session Warm-up	Not before 12 Noon
Positive Check-in Closes	12:00 noon
Meet Starts	1 Hour after Warm-up

POSITIVE CHECK-IN: This meet is a positive check-in meet. Swimmers must check in at the clerk of course prior to the start of each session 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.

FORMAT: Each swimmer competes in five events in IM sequence: Butterfly, Backstroke, Breaststroke, Freestyle, and IM (8 and under swim 50 Free). Results are based on the composite time for the five events.

RULES & SAFETY: All current USA Swimming & ISI Rules & Regulations apply. ISI and USA Swimming Safety Rules will be strictly enforced.

ELIGIBILITY: No cut. Only USA Swimming registered swimmers are eligible. Entries listed "registration applied for" will NOT BE ACCEPTED. Age for the meet shall be the swimmers age as of November 21, 2009. USA Swimming registration forms can be obtained from Illinois Swimming, Inc. 3166 S. River Road, Suite 30, Des Plaines, IL 60018, Phone 847-824-1596.

USA SWIMMING, INC. MEMBERSHIP: Insurance regulations require that all swimmers, judges, starters and referees are a current member of USA Swimming. It is the responsibility of each club to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate or be on deck.

COACHES: All coaches must be currently registered with USA Swimming and must continuously display their current USA Swimming Coach Member registration card while on deck.

ENTRY FEES: \$3.00 per individual event plus a \$2 ISI surcharge per swimmer. Make checks payable to "G.I.L.L.S."

ENTRY DEADLINE: Entries will be accepted beginning at 8 a.m. **Monday, October 19, 2009**. No entries will be accepted after 5 p.m. **Saturday, October 31, 2009**. Hand delivered, phone, or faxed entries will NOT be accepted. You may also use U.S. Post Office, Federal Express or any other overnight or courier service. E-mail entries are the preferred method of entry for this meet. E-mail your zipped files beginning at 8:00 a.m., Central Standard Time on Monday, October 19, 2009. **A hard copy and backup disk must be received no later than three (3) days after your original e-mail entry.** Entries that are express mail should be delivered with no signature required. For verification of entries received, include an e-mail address or a self-addressed stamped postcard with your entries.

ENTRIES BY E-MAIL: E-mail entries should be submitted to: **gills_swim@yahoo.com**
The club's entire e-mail entry should be sent in one email.

ENTRIES BY MAIL: **G.I.L.L.S.**
P.O. BOX 565
Tinley Park, IL 60477

- ENTRY FORMS:** This is a Hy-Tek Meet Manager software managed meet. All clubs are encouraged to use that package to submit their entry on diskette. The entry must be accompanied by the hard copy print out of your data file. Teams who request a disk and have not submitted their entries on disk will be charged a fee. All other entries must be submitted on the entry form attached or a facsimile. The enclosed Summary of Fees statement must be completed and the Release Form signed. These must be returned together with entry forms and your check. Failure to do so will provide sufficient grounds for refusal of entry. Submit best short course yard times.
- ENTRY LIMITS:** Entries will be received until the maximum time limit (4hour/10 hour rule) is reached. Entries received thereafter will be returned immediately. NO DECK ENTRIES.
- AWARDS:** Medals: To the 12 fastest swimmers in each age group based on five event composite times.
Ribbons: To the first 12 places for each individual event in each age group.
- MEET RESULTS:** One copy of printed meet results will be mailed to the mailing address given on the entry release form. Results will be posted on the GILLS website at <http://www.gills-swim.org>
- SWIMMER SUPERVISION:** Each coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and bullpen. The meet director reserves the right to remove any swimmer from the meet for entering an unauthorized area.
- SECURITY:** No one will be allowed on deck except USA member coaches, officials, and swimmers, equipment custodians, and volunteer timers.
- ADMISSION:** \$3.00 per person
HEAT SHEET: \$5.00
- CONCESSIONS:** Food and beverages will be available on site. No coolers in the bullpen. All coolers must be checked in at the concession area. A hospitality room will be provided for coaches and officials throughout the meet. A vendor will be selling suits and swimming accessories in the bullpen area.
- PARKING & ENTRANCE AREA:** Please use the main entrance doors on the South side of the building. Parking is available on the South side of the building.

**2009 PENTATHLON, Sanction # ILS09-1117
G.ILL.S.**

ORDER OF EVENTS

Morning Session:

<u>Event</u>	<u>Sex</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>
1	G	8 & under	25 Y	Fly
2	B	8 & under	25 Y	Fly
3	G	11 & 12	50 Y	Fly
4	B	11 & 12	50 Y	Fly
5	B	15 & over	100 Y	Fly
6	G	8 & under	25 Y	Back
7	B	8 & under	25 Y	Back
8	G	11 & 12	50 Y	Back
9	B	11 & 12	50 Y	Back
10	B	15 & over	100 Y	Back
11	G	8 & under	25 Y	Breast
12	B	8 & under	25 Y	Breast
13	G	11 & 12	50 Y	Breast
14	B	11 & 12	50 Y	Breast
15	B	15 & over	100 Y	Breast
16	G	8 & under	25 Y	Free
17	B	8 & under	25 Y	Free
18	G	11 & 12	50 Y	Free
19	B	11 & 12	50 Y	Free
20	B	15 & over	100 Y	Free
21	G	8 & under	50 Y	Free
22	B	8 & under	50 Y	Free
23	G	11 & 12	100 Y	IM
24	B	11 & 12	100 Y	IM
25	B	15 & over	200 Y	IM

Afternoon Session:

<u>Event</u>	<u>Sex</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>
26	G	9 & 10	50 Y	Fly
27	B	9 & 10	50 Y	Fly
28	G	13 & 14	100 Y	Fly
29	B	13 & 14	100 Y	Fly
30	G	15 & over	100 Y	Fly
31	G	9 & 10	50 Y	Back
32	B	9 & 10	50 Y	Back
33	G	13 & 14	100 Y	Back
34	B	13 & 14	100 Y	Back
35	G	15 & over	100 Y	Back
36	G	9 & 10	50 Y	Breast
37	B	9 & 10	50 Y	Breast
38	G	13 & 14	100 Y	Breast
39	B	13 & 14	100 Y	Breast
40	G	15 & over	100 Y	Breast
41	G	9 & 10	50 Y	Free
42	B	9 & 10	50 Y	Free
43	G	13 & 14	100 Y	Free
44	B	13 & 14	100 Y	Free
45	G	15 & over	100 Y	Free
46	G	9 & 10	100 Y	IM
47	B	9 & 10	100 Y	IM
48	G	13 & 14	200 Y	IM
49	B	13 & 14	200 Y	IM
50	G	15 & over	200 Y	IM

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

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.

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.

G.I.L.L.S
2009 PENTATHLON, Sanction # ILS09-1117
Summary of Events

8 & Under

of Swimmers _____ # of Entries @ \$3.00 each _____ Total \$_____

9/10

of Swimmers _____ # of Entries @ \$3.00 each _____ Total \$_____

11/12

of Swimmers _____ # of Entries @ \$3.00 each _____ Total \$_____

13/14

of Swimmers _____ # of Entries @ \$3.00 each _____ Total \$_____

15 & Over

of Swimmers _____ # of Entries @ \$3.00 each _____ Total \$_____

Surcharge

of Swimmers _____ Surcharge @ \$2.00 each _____ Total \$_____

Total Fees \$_____

Name of Club: _____ e-mail Address _____

Club Code for HEAT SHEET _____ USS AFFILIATION _____
(Name of LSC)

Complete Mailing Address: _____

Team Representative: _____ Phone: _____

Coaches Attending Meet: 1. _____ 2. _____
3. _____ (Maximum=3)

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., Great Illinois Swimmers Association, INC., and Victor J. Andrew High School of District 230, their representatives, directors, officers, employees or successors, for any and 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 or CLUB REPRESENTATIVE)

_____ Title _____ Date _____

This fully executed release and your check must accompany the entry or the entry will not be accepted. Entries must be received not later than **October 31, 2009**.