

**Glenbrook Aquatics**  
*Glenbrook Aquatics Swim Club Super Teams Invitational Meet*  
January 9-11<sup>th</sup>, 2009

**Sanctioned by United States Swimming, Inc. and Illinois Swimming, Inc.**  
**USA Swimming Inc. Sanction No. ILS09-0107**

Meet Information

Meet Director:  
Kelly Pontarelli  
814 North Carlyle  
Arlington Heights, IL 60004  
(847) 509-2568 E-mail: luckykp13@hotmail.com

Meet Referee:  
Jim Orbon

Entry Chairperson:  
Kelly Pontarelli  
814 North Carlyle  
Arlington Heights, IL 60004  
(847) 509-2568 E-mail: luckykp13@hotmail.com

Safety Chairperson:  
Vladimir Pyshnenko

FORMAT

Invitational age-group A B C timed final. Positive check-in required before each session. A team area will be provided around the small (East) pool.

<u>Friday P.M.</u>	Warm-ups:	4:30-5:30 PM
	Positive check-in closes at	5:00 PM
	First start:	5:30 PM
<u>Sat / Sun A.M.</u>	Warm-ups:	7:00-7:45 AM
	Positive check-in closes at	7:30 AM
	First start:	8:00 AM
<u>Sat / Sun P.M.</u>	Warm-ups:	Immediately follow AM sessions (Not prior to Noon)
	First start:	60 minutes after the start of warm-ups (Not before 1:00)
	Positive check-in closes	30 minutes prior to the start of the PM sessions.

LOCATION

Glenbrook North High School  
2300 Shermer Road  
Northbrook, IL 60062 (see enclosed map)

From North or South:	I-294 (Tri-State Tollway) to Willow, East to Shermer Rd. North to Glenbrook North High School (GBN)
From West:	Palatine Rd, East to Shermer. North to GBN
From Northbound:	I-94 (Edens Expressway): Exit Lake-Cook Road West, left (South) onto Skokie Highway to Dundee Road, Right (West) to Shermer, South to GBN
From Southbound:	I-94 (Edens Expressway): Exit Willow Road West, to Shermer, North to GBN

### POOL

Eight Lanes, 25 Yards, non-turbulent lane lines, permanent starting blocks into 10-foot water depth. 8 & under relay legs 2 and 4 will use the starting blocks into 14 foot water depth. 25-yard events may be manually timed and will have block starts. Fully electronic timing with 8 line readout board. Seating capacity is 700.

### ENTRY FORMS

All entries must be submitted on the attached entry forms or copies thereof. 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 North High School. All entry forms must be complete and legible. 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. No entry will be accepted without a USA Swimming Registration number. This meet is computerized. Do not submit entry cards. Failure to comply with any entry requirement will be sufficient cause to refuse entry. If you desire verification of meet entry, please include a self addressed stamped postcard.

Teams must submit in a zipped file via e-mail. Please e-mail the zipped file to [luckykp13@hotmail.com](mailto: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 entries must be received by the Entry Chairperson via e-mail, U.S. Postal service, or other package delivery service. Hand delivered entries **will not** be accepted.

### ENTRY DEADLINE

The entry chairperson must receive all entries at the above stated address or Email address. Entries will be accepted beginning **Monday, December 8, 2008 at 8:00 AM** until the meet is filled, but in all events entries must be received no later than midnight, **December 26, 2008**. 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. This information will be posted on the website on or before **October 1st, 2008**.

### ENTRY LIMITATIONS

Individuals are limited to three events per day, not including relays. Relay swimmers must be entered in at least one individual event. **Deck entries will not be accepted.**

### RELAY ENTRIES

Pre-printed sheets will be available from the Clerk of Course and in your coaches' packet during warm-ups to the coaches who have relays entered. Coaches are to list the relay swimmers' last names, first initials, ages, and USA Swimming, Inc. numbers on the cards. All cards 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 and SAFETY

All USA Swimming, Inc. and ISI rules apply including ISI safety rules, which will be strictly enforced. ISI warm-up procedures are included with this meet information. Only coaches, swimmers, officials and meet workers are permitted on the pool deck. Swimmers not awaiting an immediate event are not permitted on the pool deck. All teams are expected to provide adequate supervision for their swimmers in the designated team area outside of the pool.

### ELIGIBILITY

All USA Swimming Inc, registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed a "Registration applied for" will not be accepted. Registration forms can be obtained from ISI at 3166 South River Road Suite 30 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 9, 2009.

## EVENTS

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet.

## STARTS

At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner

## 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 members of USA Swimming, Inc. may not participate or be on deck.

## COACHES

Coaches must be current USA Swimming Inc. Coach Members to be allowed on deck and must continuously display their current USA Coach Member registration card at all times while on deck. The coaches' packets will be available at the pool office prior to the start of Friday night.

## AWARDS

Ribbons will be given to 1<sup>st</sup> first through 16<sup>th</sup> place finishers in each individual event and 1<sup>st</sup> through 3<sup>rd</sup> for relays. Trophies will be awarded to the high-point girl and boy in each age group (14 and Under). There will be no awards for 13 and over age groups. Team Trophies will be awarded to the top 3 scoring Teams.

## ADMISSIONS and HEAT SHEETS

The Saturday and Sunday admission charge for spectators 15 years and older will be \$3.00. There will be no admission for the Friday session. Heat Sheets will be available for \$6.00, which will include all sessions.

## 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 Kiefer. SMOKING IS PROHIBITED ON SCHOOL GROUNDS.

## MEET RESULTS

Meet results will be available on our website at [glenbrook-aquatics.com](http://glenbrook-aquatics.com) both in complete sets and live results as the meet progresses. Coaches can get results at the conclusion of the meet as well.

## CHECK-IN

This meet will utilize positive check-in. Positive check-in must be complete thirty 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 at the Clerk of Course.

## SCRATCH RULE

This competition is a positive check in meet. All swimmers must check in with the Clerk of Course thirty 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.

## SENIOR ENTRIES

Senior entries are limited to 13 years of age and older. Senior events will be swum as combined, but scored as 13-14 and Senior. The mile will be limited to the top 16 times and swum girls to boys alternating fastest to slowest. The number of swimmers may be limited due to the timeline of the meet.

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This completed and signed summary of fees and release form, entry forms and a check made payable to the Glenbrook North High School must be received no later than December 26, 2008.

Kelly Pontarelli, Entry Chairperson  
 814 North Carlyle  
 Arlington Heights, Illinois 60004  
 (847) 509-2568

Name of Club: \_\_\_\_\_

USA SWIMMING, INC. Affiliation: \_\_\_\_\_ Club Code: \_\_\_\_\_

Names of Coaches Attending Meet:

\_\_\_\_\_  
 \_\_\_\_\_

Name of person submitting entry: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

	Number of Swimmers	Number of Entries	Cost per Swim	TOTALS
8 & Under	_____	_____	x \$3.00	\$ _____
9 & 10	_____	_____	x \$3.00	\$ _____
11 & 12	_____	_____	x \$3.00	\$ _____
Senior	_____	_____	x \$3.00	\$ _____
Relays		_____	x \$7.00	\$ _____
Total 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)

**THE NEXT PAGE MUST ACCOMPANY YOUR PAPERWORK & CHECK!**

MEET WORKER SIGN UP SHEET  
Glenbrook Aquatics  
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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

\_\_\_\_\_  
Name Level Phone or E-mail

\_\_\_\_\_  
Name Level Phone or E-mail

\_\_\_\_\_  
Name Level Phone or E-mail

\_\_\_\_\_  
Name Level Phone or E-mail

**\*\*\*\*Each club with ten or more swimmers will be requested 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 involved club by Wednesday, January 7<sup>th</sup>, 2009. Please be sure your club has individuals available for the timing required by each team.\*\*\*\***

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**ORDER of EVENTS**

<b>Girls</b>	<b>Session 1 - Friday Evening</b>		<b>Boys</b>
1	10 & under	200 Free	2
3	Open	500 Free	4
5	12 & Under	200 IM	6
7	Open	400 IM	8

<b>Girls</b>	<b>Session 2 - Saturday Morning</b>		<b>Boys</b>
9	11 -12	200 Free	10
11	9 - 10	50 Fly	12
13	11 -12	50 Fly	14
15	9 -10	100 IM	16
17	11 -12	100 IM	18
19	9 -10	50 Free	20
21	11 -12	50 Free	22
23	9 - 10	100 Back	24
25	11 -12	100 Back	26
27	9 - 10	100 Breast	28
29	11 - 12	100 Breast	30
31	9 -10	200 R-Medley	32
33	11-12	200 R-Medley	34

<b>Girls</b>	<b>Session 3 - Saturday Afternoon</b>		<b>Boys</b>
35	Open	200 Free	36
37	Open	50 Free	38
39	8 & Under	25 Free	40
41	Open	100 Back	42
43	8 & Under	25 Fly	44
45	Open	200 Fly	46
47	8 & Under	50 Back	48
49	Open	200 Breast	50
51	8& Under	100 R-Medley	52
53	Open	200 R-Medley	54

<b>Girls</b>	<b>Session 4 - Sunday Morning</b>		<b>Boys</b>
55	9 & 10	100 Fly	56
57	11 - 12	100 Fly	58
59	9 &10	50 Breast	60
61	11 - 12	50 Breast	62
63	9 & 19	100 Free	64
65	11 - 12	100 Free	66
67	9 & 10	50 Back	68
69	11 - 12	50 Back	70
71	9 & 10	200 R-Free	72
73	11 - 12	200 R-Free	74

<b>Girls</b>	<b>Session 5 - Sunday Afternoon</b>		<b>Boys</b>
75	Open	200 IM	76
77	8 & Under	100 R-Free	78
79	Open	200 R-Free	80
81	8 & Under	25 Breast	82
83	Open	100 Fly	84
85	8 & Under	50 Free	86
87	Open	100 Free	88
89	8 & Under	25 Back	90
91	Open	200 Back	92
93	Open	100 Breast	94
95	Open	1650 Free	96

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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.

PHOTOCOPY THIS PAGE  
FOR ADDITIONAL ENTRIES

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MEET ENTRY FORM

AGE GROUP

- 8 & under  
 10 & under  
 11 – 12  
 Open  
 \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Code: \_\_\_\_\_

Sex: M  F

Event Number									
Distance / Stroke									
Last Name, First Name, USA Swimming Registration Number									
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

Entries _____ x \$3.00 each    \$ _____	_____ Yard Medley Relay "A" Event # _____ 1. _____ 2. _____ 3. _____ 4. _____ Time: _____	_____ Yard Free Relay "A" Event # _____ 1. _____ 2. _____ 3. _____ 4. _____ Time: _____
Relay Entries at \$7.00 each    \$ _____	_____ Yard Medley Relay "B" Event # _____ 1. _____ 2. _____ 3. _____ 4. _____ Time: _____	_____ Yard Free Relay "B" Event # _____ 1. _____ 2. _____ 3. _____ 4. _____ Time: _____
Total This Page    \$ _____		

