

Glenbrook Aquatics
Glenbrook Aquatics "Oktoberfest" Meet
October 23-25th, 2009

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

Meet Information

Meet Director:
Kelly Pontarelli
814 North Carlyle
Arlington Heights, IL 6004
(847) 509-2568 E-mail: luckykp13@hotmail.com

Meet Referee:
Jim Orbon

Entry Chairperson:
Kelly Pontarelli
814 North Carlyle
Arlington Heights, IL 6004
(847) 509-2568 E-mail: luckykp13@hotmail.com

Safety Chairperson:
Vladimir Pyshnenko

FORMAT

Open age-group A B C timed final. Positive check-in required before each session. A team area is provided in the small gymnasium adjacent to the pool. A bullpen will be provided for 10 & under swimmers. Heat sheets will be posted in the area outside the bullpen and at the Clerk of Course.

<u>Friday P.M.</u>	Warm-ups:	5:00-5:45 PM
	Positive check-in closes at	5:30 PM
	First start:	6:00 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 attached map on back page)

From North or South:	294 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:	RTE 94 Expwy: Exit Dundee Road West, to Shermer, South to GBN
From Southbound:	RTE 94 Expwy: 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 start into 14 foot water depth. 25-yard events will be automatically timed to facilitate block starts. Colorado fully electronic timing with 8-lane 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. 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.

The Entry Chairperson via e-mail, U.S. Postal service, or other package delivery service must receive all entries. Hand delivered entries will not be accepted.

ENTRY DEADLINE

The entry chairperson must receive all entries. Entries will not be accepted prior to **Monday, September 28th, 2009 beginning at 8:00 AM** or after Wednesday, October 7, 2009. 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 available on September 1, 2009 on our website at nssclub.com.

ENTRY LIMITATIONS

Individuals are limited to three events per day, not including relays. **Friday night event limit is one IE per person ONLY!** Relay swimmers must be entered in at least one individual event. Deck entries will not be accepted. Glenbrook Aquatics reserves the right to limit the mile based on the timeline of the meet.

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 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 October 23, 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. Coach's packets will be available in the pool office.

AWARDS

Ribbons will be given to 1st first through 16th place finishers in each individual event and 1st through 3rd for relays. No awards will be given for the open events (ages 13 & up). Team Trophies will be awarded to the top 3 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 Swim Shop. SMOKING IS PROHIBITED ON SCHOOL GROUNDS.

MEET RESULTS

Meet results will be available on our website at 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 entrance to the pool 30 minutes before the start of each session

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. If a swimmer misses an event, there is no consequence for the rest of the days events.

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.

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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 October 8th, 2009.

Kelly Pontarelli, Entry Chairperson
 814 North Carlyle Lane
 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	\$ _____
Open	_____	_____	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; Northbrook Spartan 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
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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 Address
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_____ Name	_____ Level	_____ Phone or E-mail Address
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_____ Name	_____ Level	_____ Phone or E-mail Address
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_____ Name	_____ Level	_____ Phone or E-mail Address
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_____ Name	_____ Level	_____ Phone
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******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 Tuesday, October 20th, 2009. Please be sure your club has individuals available for the timing required by each team.******

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ORDER of EVENTS

Girls			Boys
FRIDAY OCTOBER 23, 2009 EVENING SESSION			
1	12 & Under	200 FREESTYLE	2
3	Open	500 FREESTYLE	4
5	12 & Under	200 I.M.	6
7	OPEN	400 I.M.	8
SATURDAY OCTOBER 24, 2009 MORNING SESSION			
9	9-10	100 BREASTSTROKE	10
11	11-12	100 BREASTSTROKE	12
13	9-10	50 FREESTYLE	14
15	11-12	50 FREESTYLE	16
17	9-10	100 BUTTERFLY	18
19	11-12	100 BUTTERFLY	20
21	9-10	50 BACKSTROKE	22
23	11-12	50 BACKSTROKE	24
25	9-10	200 MEDLEY RELAY	26
27	11-12	200 MEDLEY RELAY	28
29	12 & Under	500 FREESTYLE	30
SATURDAY OCTOBER 24, 2009 AFTERNOON SESSION			
31	OPEN	200 FREESTYLE	32
33	8 & U	100 MEDLEY RELAY	34
35	OPEN	200 MEDLEY RELAY	36
37	OPEN	100 BREASTSTROKE	38
39	8 & U	25 BACKSTROKE	40
41	OPEN	200 BUTTERFLY	42
43	8 & U	50 FREESTYLE	44
45	OPEN	50 FREESTYLE	46
47	8 & U	25 BREASTSTROKE	48
49	OPEN	100 BACKSTROKE	50
51	8 & U	100 IM	52
53	OPEN	1650 FREESTYLE	

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Girls			Boys
SUNDAY OCTOBER 25, 2009 MORNING SESSION			
55	9-10	100 I.M.	56
57	11-12	100 I.M.	58
59	9-10	50 BREASTSTROKE	60
61	11-12	50 BREASTSTROKE	62
63	9-10	100 FREESTYLE	64
65	11-12	100 FREESTYLE	66
67	9-10	50 BUTTERFLY	68
69	11-12	50 BUTTERFLY	70
71	9-10	100 BACKSTROKE	72
73	11-12	100 BACKSTROKE	74
75	9-10	200 FREESTYLE RELAY	76
77	11-12	200 FREESTYLE RELAY	78
SUNDAY OCTOBER 25, 2009 AFTERNOON SESSION			
79	OPEN	200 I.M.	80
81	8 & U	100 FREESTYLE RELAY	82
83	OPEN	200 FREESTYLE RELAY	84
85	8 & U	50 BACKSTROKE	86
87	OPEN	200 BREASTSTROKE	88
89	8 & U	25 BREASTSTROKE	90
91	OPEN	100 BUTTERFLY	92
93	8 & U	25 FREESTYLE	94
95	OPEN	200 BACKSTROKE	96
97	8 & U	25 BUTTERFLY	98
99	OPEN	100 FREESTYLE	100
	OPEN	1650 FREESTYLE	102

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 #5 1,6 & 7 Push/Pace - circle swimming only
- Lane #5 2 & 5 Dive/Sprint - block starts, one way only
- Lane #5 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 arm-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. Backstrokes 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.

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MEET ENTRY FORM

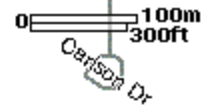
Club Name: _____

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 \$ _____		



Glenbrook North High School

