



Blue Devil Swim Club
Blue Devil Pentathlon
October 18th, 2009



Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number _____

Meet Director	Entry Chairperson	Safety Chairperson
Barb Conway	Chris Bertana	Jessica Hassemer
34068 Sulkey Drive	P.O. Box 481	Meet Referee
Grayslake, IL 60030	Gurnee, IL 60031	Neal Nash
847-548-7957 bod@swimbdsc.org	847-204-6997 chris@swimbdsc.org	

LOCATION

Warren Township High School
500 N. O'Plaine Road, Gurnee, IL 60031
Visit our website for directions: www.swimbdsc.org

FACILITY

6 lane, 25 yard indoor pool, permanent starting blocks (within new USA regulations), 12' at starting end, non-turbulent lane lines, Colorado timing system, six lane electronic timing display, Seating capacity for 100 spectators.

FORMAT

Timed Final
This is a Positive Check-in Meet.

AWARDS

Individual events: Ribbons 1st-10th. Trophies for top 5 male and female swimmers for fastest overall pentathlon in each age group, 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15 and Over. Swimmers ages 9, and above not completing all 5 events will not be eligible for trophies. Swimmers ages 8 and under must swim the 4 main events (fly, back, breast and free) in order to be eligible for a trophy.

ENTRIES

Individuals are limited to 5 events per day. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Hy-Tek Meet manager (v2.0) for Windows will be used to manage this meet. Any club using Team Manager is strongly encouraged to use that package to submit the entry. **Deck Entries will be allowed at the discretion of the Meet Director. Host team can fill in empty heats.**

**ENTRY
DEADLINE**

Entries must be sent to the Entry Chair via Post or email (see address and email on front page). **Entries will not be accepted prior to Monday September 21, 2009.** Entries received prior to September 21, 8:00 a.m. will be returned.

Entries will be accepted in the order received until the meet has been filled. Teams not accepted into the meet will be notified as soon as it is determined that the meet is filled, and at least within 48 hours after the entry deadline. **The entry deadline is October 12th, 2009.** No hand

delivered entries will be accepted. All changes must be submitted before the entry deadline.

Signed Summary Fee/Release Form and entry check must be received within 72 hours of the receipt of the email. Failure to follow these procedures shall be sufficient grounds for refusal of the entry.

ENTRY FEES

Individual Event ISI Surcharge

\$3.00

\$2.00

Checks are to be made payable to: **Blue Devil Swim Club.**

RULES AND SAFETY

All current USA Swimming and ISI Rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

ELIGIBILITY

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of **October 18th, 2008** will determine their age group eligibility.

USA SWIMMING, INC MEMBERSHIP

Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming. 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 may not participate in the meet or be on deck.

FINAL RESULTS:

Final results will be emailed to participating teams, and posted on the bdsc web site.

CONCESSIONS AND APPAREL:

Assorted food and drink items will be available at the meet. Assorted swimming apparel will also be available.

CONDUCT:

Clubs will be responsible for the conduct of their own swimmers. The Meet Marshals, Meet Director, and Head Referee have the authority to disqualify a swimmer found misbehaving. Per USA swimming rules, only registered coaches, swimmers, and Meet workers are allowed on deck. Coaches must continuously display their current USA Coach Member registration card at all times while on deck. No smoking or drinking will be allowed on the premises.

FIRST AID:

First Aid will be available from the lifeguard on duty.

ENTRY VERIFICATION

If you desire verification of entries received, please email the entry chairperson, or include a stamped self addressed postcard with your entries

EVENTS

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, prior to competition, with specific requests.

POSITIVE CHECK IN

There will be a positive check in at the entrance. Check-in will be closed one half- hour prior to the start of each session. Each swimmer must circle their event numbers to be seeded properly. Heat and lane

assignments will be prominently placed. **There will be no cards issued.** Swimmers missing check-in will only be placed where any openings may occur regardless of original seed time. Swimmers failing to report to the blocks after having indicated an intention to swim will be charged with deliberate delay, failure to report (DQ), not a scratch, per USA regulations 102.14.5 B.

SCORING

There will be no scoring for this meet.

SCRATCHES

There are no penalties for scratching unless the swimmer has reported to the positive check-in and has been seeded.

SEEDING

Events will be seeded time finals, swum slowest to fastest. If a swimmer enters more events than allowed, the entry chairperson will enter that swimmer to a maximum number allowed in that age group and will disregard any other entries for that swimmer for that day.

Short course yard times should be submitted for entry purposes.

Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

ADMISSIONS

\$3.00 per adult (13 & older) all day. No charge for swimmers.
Psych sheets: \$4.00.

BULLPEN

There will be a bullpen for 8 & Under.

**SESSION I:
Sunday AM, October 18th
WARMUPS 8:00, Meet Starts 9:15**

Girls

Boys

1	9-10 50 Fly	2
3	11-12 50 Fly	4
5	9 -10 50 Backstroke	6
7	11-12 50 Backstroke	8
9	9-10 50 Breaststroke	10
11	11-12 50 Breaststroke	12
13	9-10 50 Freestyle	14
15	11-12 50 Freestyle	16
17	9-10 100 IM	18
19	11-12 100 IM	20

**SESSION II:
Sunday PM, October 19th
WARMUPS 12:00, Meet Starts 1:15**

21	8 & Under 25 Fly	22
23	Open 100 Fly	24
25	8 & Under 25 Backstroke	26
27	Open 100 Backstroke	28
29	8 & Under 25 Breaststroke	30
31	Open 100 Breaststroke	32
33	8 & Under 25 Freestyle	34
35	Open 100 Freestyle	36
37	8 & Under 100 IM	38
39	Open 200 IM	40

I.S.I Safety Requirements

Warm-up Procedure

A. WARM-UP PROCEDURES

1. **General Warm-up** (first 30 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 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.

	SUN AM	SUN PM
Pool opens for warm-ups – General warm-ups in all lanes	8:00 am to 8:30 am	12:00 noon to 12:30 pm
Push Pace: Lanes 1 & 6 Sprints: Lanes 2&5 General Warm-ups: Lanes 3 & 4	8:30 am to 8:55 am	12:30 pm to 12:55 pm
Pool Closes for Warm-ups	8:55 am	12:55 pm

B. SAFETY GUIDELINES

Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at the meet.
- b. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions at the meet.

Marshaling

1. A minimum of two marshals who report to and receive instructions from the Meet Referee and/or the Meet Director shall be on deck during the entire warm-up session. One marshal shall act as the Safety Coordinator, who should be a U.S.S. member.
 - a. Marshals shall be current members of U.S.A. Swimming.
 - b. 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.
 - c. Flagrant violations of safety requirements or warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
2. Host team shall provide signs - for each lane at both ends of the pool - which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. **Illinois Swimming, Inc. Safety guidelines and Warm-up procedures will be in affect at this meet.**
4. An announcer shall be on duty for the entire warm-up period to announce lane and time changes and to assist with the conduct of the warm-up.
5. Hazards in locker rooms, on the deck, or areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

MISCELLANEOUS

- a. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up the blocks if there is a backstroker waiting to start.
- 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.
- d. Warm-up procedures shall be enforced for any breaks during competition.

THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSIONS.

UNATTACHED SWIMMERS MUST REPORT TO THE SAFETY COORDINATOR BEFORE ENTERING THE POOL.

Blue Devil Showdown
Date: October 19th, 2008
USA Swimming, Inc.
Sanction No.

Complete this form and mail with your check, hard copy of entries, and diskette.
 Make checks payable to: **Blue Devil Swim Club**

Mail to: **Blue Devil Swim Club**
C/O Coach Chris Bertana
P.O. Box 481
Gurnee, IL 60031

SUMMARY OF FEES

		<u>Cost per entry</u>	<u>Total</u>
Individual Events		At \$3.00 each =	
Total # of Swimmers (ISI surcharge)		At \$2.00 each =	
		TOTAL FEES	

CONTACT INFORMATION OF ENTRY PERSON:

Name of Club: _____

Club Code: _____ LSC _____

Complete Mailing Address: _____

Phone: (Day) _____ (Eve) _____

Fax _____

Email _____

Coach(es) attending the meet: _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may occur against USA Swimming, Illinois Swimming Inc., Warren Township High School District #121, Blue Devil Swim Club, their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as representatives of my club. Furthermore, I attest that all athletes included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature: _____

Title: _____ Date: _____

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received **NO EARLIER than September 22nd, and NO LATER than October 13th, 2008.**

Individual Entry Form

Blue Devil Showdown

October 19th, 2008

Team _____ Code _____ Age Group _____ Boys/Girls

Name		Event #				
USA #		Seed Time				
		Event #				
		Seed Time				
Name		Event #				
USA #		Seed Time				
		Event #				
		Seed Time				
Name		Event #				
USA #		Seed Time				
		Event #				
		Seed Time				
Name		Event #				
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USA #		Seed Time				
		Event #				
		Seed Time				
Name		Event #				
USA #		Seed Time				
		Event #				
		Seed Time				

Total Number of Individual Entries: _____ at \$ _____ = \$ _____

Reproduce locally: Use one sheet for each age group and for each sex (circle Boys or Girls).