

7th ANNUAL CANDY CANE CLASSIC

Hosted by CHAMPS

December 4-6, 2009

*Sanctioned by USA Swimming, Inc., and Illinois Swimming, Inc.
Sanction # ILS09-1203*

- Location:** Morton West High School
2400 S. Home Avenue, Berwyn, IL 60402
The school may be entered from Harlem Ave. just south of Cermak Rd. (22nd Street). Pull in car wash entrance. Go around to school. Pool entrance is in back by tennis courts.
- Facility:** Six lane 25-yard competition pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12-foot depth). A fully automated Daktronics timing system with touch pads, one backup button, and a six-lane display board will be used. Seating capacity for 400 spectators is available. The competition course has not been certified in accordance with 104.2.2C(4)
- Meet Director:** Colleen Borkovec
4 N 358 Pine Grove Avenue, Bensenville, IL 60106
708-421-7267 / championshipswimmers@comcast.net
- Meet Referee:** Carla Murray 708-594-7679 / swim2soccermom@sbcglobal.net
Safety Coordinator: Mark Murray 708-594-7679
- Meet Entries:** Colleen Borkovec
4 N 358 Pine Grove Avenue, Bensenville, IL 60106
708-421-7267 / championshipswimmers@comcast.net
- Format:** **This is a open, short course yards, prelim/finals & timed finals meet with positive check-in.** Check-in sheets will be posted prior to the start of warm-ups, and will be removed 20 minutes after the start of each warm-up session. Heat sheets with lane assignments will be posted in the pool area as soon as all scratched have been completed. The Meet Referee reserves the right to use Fly-over starts if time constraints make it necessary.
PRELIM/FINALS 30 minute scratch rule will be in effect.

SESSION	DAY	FORMAT	AGE GROUP	WARM-UPS	MEET START
1	Friday	Timed Finals	8&U; 10&U; 11-12; OPEN	5:00 Pm	6:00 Pm
2	Saturday	Prelims	11-12; 13-14; SR	7:00 Am	8:00 Am
3	Saturday	Timed Finals	8&U; 10&U	12 Noon	1:00 Pm
4	Saturday	FINALS	11-12; 13-14; SR	5:00 Pm	6:00 Pm
5	Sunday	Prelims	11-12; 13-14; SR	7:00 Am	8:00 Am
6	Sunday	Timed Finals	8&U; 10&U	12 Noon	1:00 Pm
7	Sunday	FINALS	11-12; 13-14; SR	5:00 Pm	6:00 Pm

Pm & Finals session times are approximate. Pm warm-ups will start immediately after the Am Session, not before Noon. Finals warm-ups will start immediately after the Pm Session, not before 5:00 Pm

- Rules:** All USA Swimming, Inc. and Illinois Swimming, Inc. Rules and Regulation apply. All USA swimming and ISI safety rules will be strictly enforced.
- Seeding:** Timed final events will be seeded slowest to fastest. Prelim/Final events will be seeded slowest to fastest, with the last 3 heats being circle seeded.

- Scratches:** Athletes that do not check-in will be scratched from that session. There will be no penalty for missing a prelim or timed final events. Missed timed final events will not be made up unless the meet referee deems it his responsibility to do so. Swimmers qualifying for consolation or championship events, that fail to compete, will be barred from further competition for the remainder of the session. There will be no penalty if the swimmer complies with the 30 minute scratch rule, notifies the Referee of an illness/injury; or if the Referee agrees there were circumstances beyond the control of the swimmer. The Referee shall fill the consolation final and championship final with alternates in order of prelim results to fill the lanes. There is no penalty if alternates are unavailable.
- Eligibility:** Entrants age as of December 4, 2009 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.
- Entries:** **Swimmers (10 & Under) may enter up to 4 events per day (excluding relays). Swimmers (11 & O) may enter up to 3 events per day. All entries must be submitted in Short Course Yards (SCY).** Email entries submitted on HY-TEK. Team Manager are encouraged and appreciated. **CHAMPS reserves the right to limit all events, and cancel relays in order to meet the timeline constraints.** The enclosed release for must be signed and returned to CHAMPS with the heard copy of your entry.
- Entry Deadline:** **Entries will be accepted beginning at 8:00 AM on November 6, 2009**
Entries will be accepted via Email or overnight courier only. NO HAND DELIVERED entries will be accepted. Please sign "waiver of signature".
Entries received before 8:00 AM on November 6, 2009 will be returned.
Entry fees and all required forms must accompany entry.
- Entry Fees:** **\$4.50 per PRELIM/FINAL Events; \$3.00 per TIMED FINAL Events**
\$7.00 per Relay Events
\$2.00 ISI Surcharge; \$20.00 Facility Fee
Make checks payable to CHAMPIONSHIP SWIMMERS, INC.
- Email entries to:** championshipswimmers@comcast.net
All emailed entries must be followed by team summary & release form and payment within 72 hours.
- Mail entries to:** **CHAMPIONSHIP SWIMMERS, INC.**
c/o Colleen Borkovec
4N358 Pine Grove
Bensenville, IL 60106
- Results & Awards:** Final results will be emailed to each team.
Ribbons will be awarded to Individual places 1-12 & Relay places 1-6
- Timers & Officials:** All teams are asked to submit the name and phone number of a team contact for timers. Each team may be responsible for providing two (2) timers for the duration of the meet.
- Admission:** All Sessions \$5.00 (Free for children under age 10)
- Concession:** A concession stand will be available throughout the meet.

Hospitality:

CHAMPS will provide hospitality for all coaches & officials throughout the meet. This will include dinner on Friday evening. Breakfast, lunch & dinner will be provided on Saturday and Sunday.

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.
- 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

A. 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.

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Friday Pm ~ Timed Finals

WOMEN	SESSION 1	MEN
1	8&U 100 FREE	2
3	10&U 200 FREE	4
5	11-12 200 FREE	6
7	8&U 100 IM	8
9	OPEN 500 FREE	10
11	10&U 200 IM	12
13	11-12 200 IM	14
15	OPEN 400 IM	16

Sat Am ~ Prelims

WOMEN	SESSION 2	MEN
17	13-14 200 FREE	18
19	SR 200 FREE	20
21	11-12 50 FREE	22
23	13-14 100 FLY	24
25	SR 100 FLY	26
27	11-12 100 FLY	28
29	**13-14 200 BREAST	30
31	**SR 200 BREAST	32
33	11-12 50 BREAST	34
35	13-14 100 BACK	36
37	SR 100 BACK	38
39	11-12 100 BACK	40
41	13-14 50 FREE	42
43	SR 50 FREE	44
45	11-12 100 IM	46

*Denotes Timed Final Event

Sat Pm ~ Timed Finals

WOMEN	SESSION 3	MEN
47	10&U 100 FREE	48
49	8&U 50 FREE	50
51	10&U 50 FLY	52
53	8&U 25 FLY	54
55	10&U 100 BREAST	56
57	8&U 25 BREAST	58
59	10&U 50 BACK	60
61	8&U 25 BACK	62
63	10&U 100 IM	64
65	8&U 100 MR	66

67	10&U 200 MR	68
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Sat Pm ~ Finals

	SESSION 4	
	Top 12 Finishers ~ Events # 17-46	

Sun Am ~ Prelims

WOMEN	SESSION 5	MEN
69	13-14 200 IM	70
71	SR 200 IM	72
73	11-12 50 FLY	74
75	**13-14 200 FLY	76
77	**SR 200 FLY	78
79	11-12 100 FREE	80
81	13-14 100 FREE	82
83	SR 100 FREE	84
85	11-12 50 BACK	86
87	**13-14 200 BACK	88
89	**SR 200 BACK	90
91	11-12 100 BREAST	92
93	13-14 100 BREAST	94
95	SR 100 BREAST	96

***Denotes Timed Final Event*

Sun Pm ~ Timed Finals

WOMEN	SESSION 6	MEN
97	10&U 100 FLY	98
99	8&U 25 FREE	100
101	10&U 50 FREE	102
103	8&U 50 BACK	104
105	10&U 100 BACK	106
107	8&U 50 BREAST	108
109	10&U 50 BREAST	110
111	8&U 50 FLY	112
113	10&U 200 FR	114
115	8&U 100 FR	116

Sun Pm ~ Finals

	SESSION 7	
	Top 12 Swimmer ~ Events # 69-96	

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Sanction #

Club Name: _____ Club Code: _____

Club Address: _____

Name(s) of coach(es) attending meet: _____

Total # of Individual T/F Entries _____ @ \$3.00 each = \$ _____

Total # of Individual P/F Entries _____ @ \$4.50 each = \$ _____

Total # of Relay Entries _____ @ \$7.00 each = \$ _____

Total # of Swimmers(ISI Surcharge) _____ @ \$2.00 each= \$ _____

Facility Fee _____ @ \$20.00= \$ _____

TOTAL ENTRY FEES \$ _____

Entry Contact _____

Day Phone _____ Evening Phone _____

Email address _____

Officials Coordinator _____

Day Phone _____ Evening Phone _____

Email address _____

Timer Coordinator _____

Day Phone _____ Evening Phone _____

Email address _____

HOLD HARMLESS AGREEMENT

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming, Inc. 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 occur against USA Swimming, Inc., Illinois Swimming, Inc., J. Sterling Morton High School District 201, J. Sterling Morton High School District #201 Board of Trustees, Championship Swimmers, Inc., or successors for any and all injuries suffered by me and any contestant or representative in said meet, as a representative of my club.

Representative Signature: _____ Title _____ Date: _____