



Patriot Aquatic Club 18th Annual Speedo Patriot Games

November 6 - 8, 2009

Sanctioned by USA Swimming & Illinois Swimming.

LOCATION

Adlai E. Stevenson High School (see attached map)
1 Stevenson Dr.
Lincolnshire, IL 60069

FACILITY

Patriot Aquatic Center. 2 separate 8-lane 25-yard competition pools, each with its own Colorado 6000 timing system and 8-lane scoreboard. Water depth at the start end of the south pool is 4 feet and 14 feet in the north pool. There is seating for approximately 900 spectators.

Meet Director	Safety Coordinator	Meet Referee
Karl Milkereit	Greg Hartman	Naomi Chambers

Entries

Patriot Aquatic Club
Patriot Games Meet Entry
1 Stevenson Drive
Lincolnshire, IL 60069
(847) 634-4000 x4260
patriotaquatic@gmail.com

FORMAT

Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warmups, and will be removed 30 minutes prior to the start of the session. If you are not checked-in, you will be scratched from that session.

<u>Session</u>	<u>Warmup Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Friday PM (Distance Events)	5:00 PM	5:30 PM	6:00 PM
Saturday & Sunday AM (9-10, 11-12)	7:00 AM	7:30AM	8:00 AM
Saturday & Sunday PM (13 & Over, 8 & Under)	12:00 PM*	12:30 PM*	1:00 PM*

* denotes an approximation

**Be sure that your entry is filled out completely and that all forms accompany your entry (team summary, volunteer assistance, signed release form, etc).
Incomplete entries will be sufficient cause for refusal of entry.**

ELIGIBILITY	Swimmer's age as of November 6, 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 may enter up to 4 events per day (excluding relays). Entry times should be in Short Course Yards. Teams must submit their entry in a Commlink file, zipped in an email. A printed SDIF report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as your official entry form. Relay entries, and a signed release with fee summary must accompany the entry.
EMAIL ENTRIES	<p>The following guidelines must be followed for e-mail entries.</p> <ol style="list-style-type: none"> 1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours of receipt of entry. 2. E-mail entries must be in the form of a Commlink or SDIF file. You must "zip" the file so that it arrives to the entry chair intact. 3. Your club's entire entry must be sent in one email. Please do not flood us with several emails which compose one single team entry. <p>The host club accepts no responsibility for receipt or quality of transmission.</p>
ENTRY FEES	<p>\$3.00 per individual entry \$7.00 per relay entry \$2.00 surcharge per swimmer entered Make all checks out to <i>Patriot Aquatic Club</i>, with one check per club.</p>
ENTRY DEADLINE	Entries must be sent to the Meet Director. They will not be accepted before 8:00 am (CST) on Monday, October 5, 2009 and will not be accepted after 11:59 pm (CST) Monday, October 26, 2009. Entries MUST be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of receipt of their entry, preferably via email or fax.
RULES & SAFETY	All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.
USA SWIMMING MEMBERSHIP	Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current 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 current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.
SWIMMERS WITH DISABILITIES	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 with specific requests.
AWARDS	Ribbons will be awarded for 1st - 8th place in each individual event, and 1st - 3rd in relay events for all 12 & Under events
CLERK	The host club reserves the right to assign 10 & Under events to a clerk of the course.

SEEDING	All events will be seeded slowest to fastest, with the exception of the 1650, which will be swum fastest to slowest, alternating girls and boys. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded.
RELAYS	Swimmers competing in relays must be entered in at least one individual event. Hy-tek Relay Sheets will be handed out to coaches at the beginning of each session relays are swum. Please fill out and return relay sheets within one hour after the start of the session.
STARTS	At the meet referee's discretion, fly-over starts will be implemented in order to ensure that each session is completed in a timely manner.
LIMITATIONS	The host club reserves the right to limit the number of heats swum for any distance greater than or equal to 200y in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will not be refunded. The host club also reserves the right to swim one heat comprised of its own swimmers after the cut has been made.
CONCESSIONS	Food and beverage will be available. Food may be eaten in the glass commons, the area behind the starting end of the pool with a glass wall that permits viewing of the meet. NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK. No smoking is allowed anywhere on the high school campus by state law.
PARKING & ADMISSIONS	Participants and spectators are requested to park in the "D" Lot. There will be an admissions charge for all spectators 15 and older.
RESULTS	Final results will be posted on the PAC website in HTML and PDF format. PAC's website is patriotaquaticclub.org . Any additional awards will be mailed to clubs.

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 ORDER OF EVENTS

Session 1 – Friday Night

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	10 & Under 200 IM	2
3	11-12 200 IM	4
5	13 & Over 400 IM	6
7	9-10 200 Free	8
9	11-12 500 Free	10
11	13 & Over 500 Free	12

Session 2 – Friday 1650's

13	Open 1650 Free	14
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Session 3 – Saturday Morning

Session 6 – Sunday Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	9-10 100 Fly	16		63	9-10 100 Free	64
17	11-12 100 Fly	18		65	11-12 100 Free	66
19	9-10 50 Free	20		67	9-10 50 Fly	68
21	11-12 50 free	22		69	11-12 50 Fly	70
23	9-10 100 Breast	24		71	9-10 50 Breast	72
25	11-12 100 Breast	26		73	11-12 50 Breast	74
27	9-10 50 Back	28		75	9-10 100 Back	76
29	11-12 50 Back	30		77	11-12 100 Back	78
31	9-10 100 IM	32		79	11-12 200 Free	80
33	11-12 100 IM	34		81	9-10 200 Free Rel	82
35	9-10 200 Med Rel	36		83	11-12 200 Free Rel	84
37	11-12 200 Med Rel	38				

Session 4 – Saturday Afternoon

Session 7 – Sunday Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	8 & Under 100 Free	40		85	8-Under 100 IM	86
41	13 & Over 200 IM	42		87	13 & Over 200 Back	88
43	8 & Under 50 Fly	44		89	8 & Under 50 Free	90
45	13 & Over 100 Free	46		91	13 & Over 50 Free	92
47	8 & Under 25 Free	48		93	8 & Under 25 Breast	94
49	13 & Over 100 Breast	50		95	13 & Over 200 Breast	96
51	8 & Under 50 Breast	52		97	8 & Under 25 Fly	98
53	13 & Over 200 Fly	54		99	13 & Over 100 Fly	100
55	8 & Under 25 Back	56		101	8 & Under 50 Back	102
57	13 & Over 100 Back	58		103	13 & Over 200 Free	104
59	8 & U 100 Med Rel	60		105	8 & U 200 Fr Rel	106
61	13 & O 400 Med Rel	62		107	13 & O 400 Free Rel	108

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Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable to Patriot Aquatic Club) to the Meet Entry Chair, no later than October 30th, 2009.

Patriot Aquatic Club
 Patriot Games Meet Entry
 1 Stevenson Drive
 Lincolnshire, IL 60069
 patriotaquatic@gmail.com

Summary of Fees

10 & Under	No. of Entries	_____	@ \$3.00 ea. =	_____
11-12	No. of Entries	_____	@ \$3.00 ea. =	_____
Open	No. of Entries	_____	@ \$3.00 ea. =	_____
Relays	No. of Entries	_____	@ \$7.00 ea. =	_____
Total # of Swimmers		_____	@ \$2.00 ea. =	_____
Total Meet Fees				_____

Name of Club: _____

Club Code: _____ LSC: _____

Coaches Attending: _____

Mailing Address: _____

Contact for Entries: _____

Phone: _____ Email: _____

This signed release must accompany entry or entry will not be accepted!

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., Patriot Aquatic Club, Stevenson High School District No. 125, 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 currently registered with USA Swimming.

Club Rep. Signature _____ Date _____

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Warm-Up Procedure

A. WARM-UP PROCEDURES

General Warm-up

1. All warm-up lanes will be assigned by team, and each team is allowed to do as they wish with their warm-up lane during the warm-up period.

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.

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Map & Directions to the Pool

Stevenson High School
Lincolnshire, IL 60069

Stevenson High School's Aquatic Center is located adjacent to Parking Lot "D".

Stevenson is located on Route 22 (Half-Day Road). It is between Route 83 and the Tri-State Tollway. This map is drawn exactly to scale. Seriously.

Half Day Road (Route 22)

<- to Route 83

<

Tri-State Tollway

<- To Chicago

Milwaukee Ave.

Route 21/45

<- to Lake-Cook Rd.

Stevenson

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Team: _____
 Code: _____
 Contact #: _____

Age Group: _____

Boys / Girls

Name	Age	Event	Event	Event	Event	Event	Event	Event	Event
ID #									
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									

Relay Event #	Relay Event #	# Swimmers - ISI Srchrg.	_____ x	\$2.00 =	\$ _____
A	A	Total # Events	_____ x	\$3.00 =	\$ _____
B	B	Total # Relay Events	_____ x	\$7.00 =	\$ _____
C	C	Page Total	_____ x		\$ _____

Please make additional copies of this page as necessary.

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Hotel Information

Be sure to contact either of the following hotels for a great Stevenson rate! See the introductory page of the meet packet for details.

**LINCOLNSHIRE SPRINGHILL SUITES BY MARRIOTT
300 MARRIOTT DRIVE
LINCOLNSHIRE, IL 60069**

FROM STEVENSON HIGH SCHOOL: Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn right. Follow sign for SpringHill Suites (second driveway) turn left.

Total Distance – Only 1 Mile!

**LINCOLNSHIRE COURTYARD BY MARRIOTT
505 MILWAUKEE AVENUE
LINCOLNSHIRE, IL 60069**

FROM STEVENSON HIGH SCHOOL: Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn left. Follow to sign for Courtyard, (second driveway) turn left.



ADLAI E. STEVENSON HIGH SCHOOL
ONE STEVENSON DRIVE • LINCOLNSHIRE, ILLINOIS 60069
(847) 634-4000

\$79 Flat Weekend Rate!!!

The Marriott SpringHill Suites and Courtyard in Lincolnshire would like to welcome anyone coming in from out of the area for a Patriot Aquatic Club Competition to our hotels. We are located **ONLY 1 MILE** away from Stevenson High School. We have a special weekday and weekend rate set up with Stevenson HS & PAC as shown below which includes a deluxe complimentary breakfast in the morning. In order to access your rate, you must request the specified "rate code" when making the reservation (as listed below).

At the SpringHill Suites you will enjoy a delicious deluxe continental breakfast including assorted fresh fruits, tasty pastries, fluffy Belgian waffles, cereal, yogurt & juices. If you are looking for an even heartier breakfast you may enjoy a hot served breakfast at the Lincolnshire Courtyard that includes some additional items such as your choice of fresh eggs prepared to your desire, crispy bacon, sizzling sausage, golden toast, and oven roasted breakfast potatoes.

Rate Code	Room Type	Stevenson Rate
VSHM	Weekday King Size Bed	\$79
VSHN	Weekday Double Size Bed	\$79
VSHK	Weekend King Size Bed	\$79
VSHL	Weekend Double Size Bed	\$79

For reservations please call 1-800-321-2211 or contact the property directly.

Lincolnshire SpringHill Suites (847) 793-7500

Lincolnshire Courtyard (847) 634-9555

Lincolnshire SpringHill Suites

- 134 Deluxe Guest Rooms & 12 Guest Suites
- High Speed Internet Access
- Complimentary Hot Served Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- Two Meeting Rooms For Up to 40 People Each

Lincolnshire Courtyard

- 161 Deluxe Guest Suites

- Internet Access
- Complimentary Continental Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- In Room Microwave
- In Room Mini Refrigerator

If you have any specific questions, please contact Tina Garcia at (847) 840 2802. Marriott has been providing guests with excellent service for over 75 years and looks forward to providing the same to you! Good Luck at the competition and welcome to Marriott!