

# Westmont Swim Club, Inc.

## MID-SEASON CHALLENGE 2014

Dec 5-7, 2014

Sanctioned by USA Swimming and Illinois Swimming, Inc.  
Sanction # ILS14-1203

### MEET ENTRY CHAIR:

Adam A. Cremieux  
P.O. Box 265  
Westmont, IL 60559

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**MEET DIRECTOR:** Laurie O'Bryan  
Janie Lahmann

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**MEET REFEREE:** John O'Bryan

e-mail: [johnpobryan@comcast.net](mailto:johnpobryan@comcast.net)

**SAFETY DIRECTOR:** Adam Cremieux

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**LOCATION** University of Illinois at Chicago

839 West Roosevelt Road

Chicago, Illinois 60608-1516

The pool is located just under one half mile east of I-90/94 on Roosevelt Road, near downtown Chicago.

**HOST TEAM** Westmont Swim Club, Inc. ([www.westswim.com](http://www.westswim.com))

### TIME SCHEDULE

	Warm-ups	Meet Start
Friday (Timed Finals)	5:00 PM	6:00 PM
Saturday & Sunday AM (8&U;Senior)	7:00 AM	8:00 AM
Saturday & Sunday PM (11/12's, 10&U)	12:00 PM	1:00 PM
Saturday Evening Finals	5:15 PM	6:15 PM

**FACILITY** Eight lane 25-yard competition pool with starting blocks at both ends. The start end and the turn end of the pool are 16' 0" deep. Lanes are separated by 6" Wave Eater Advantage anti-wave lane lines. The touchpads will be Colorado Aquagrips non-slip. The timing system is a Daktronics OmniSport® 2000 with an 8 lane readout board. There is a separate area of the pool that will be designated for warm up/swim down.

Seating is available for 1200 spectators. Parking is available in the lot across from the pool; use the Morgan Street entrance to the lot. On-street parking is discouraged. University of Illinois sets the price for parking in the lot.

**SANCTION** Sanctioned by Illinois Swimming Inc. Sanction # ILS14-1203 Illinois Swimming Incorporated (ISI) and USA Swimming rules shall prevail at this meet.

## **FORMAT**

This is an USA Sanctioned Open Meet. Events will be offered for 8 & under, 10 & under, 11-12 age groups and 13-14 year olds will swim as Seniors.

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. Flyover starts will be used for all events other than backstroke events.

In accordance with USA Swimming Rules (Article 105), 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.

## **LIMITATIONS ON EVENTS**

The meet is designed to host approximately 4,000 swims. To adhere to the time line, limitations on the following events **may** take place:

**Senior 500 Free and 400 IM** may be limited to the fastest 40 for each gender.

**Senior 1650 Free** may be limited to the fastest 24 for each gender.

**11-12 500 Free** may be limited to the fastest 40 for each gender.

**11-12 200 IM** may be limited to the fastest 48 for each gender.

**10 & Under 200 Free and 200 IM** may be limited to the fastest 48 for each gender.

**and all relay events** may be cancelled to adhere to the time line

If an above event does not fill or if the session time line allows, Westmont Swim Club will make an attempt to add additional heats of limited events within the same session. (See "Entry Confirmation" section, on a subsequent page, for notification procedure.)

For other events (i.e., those not listed above), Westmont Swim Club reserves the right to limit entries to best fit the time line constraints. Once the entries for an event have been limited, no swimmers will be added to that event. Please check our website, <http://www.westswim.com>, and go to hosted meets for notification of which events have been limited.

Swimmers may enter up to five individual events per day, but may only plan to compete in **three individual events per day** as well as one relay per day. Swimmers who fail to meet this limitation by the applicable scratch deadline will be scratched from their latest event(s) that day. Please refer to the scratch procedures and deadlines listed elsewhere in this meet information packet and adhere to them.

## **ELIGIBILITY**

All swimmers must be currently registered with USA Swimming, and their USA Swimming identification numbers must be included on the entry forms. Out-of-state entrants should be prepared to show their identification cards to the Clerk of Course upon request. Age as of Friday, December 5, 2014 determines eligibility for age group events.

## ENTRIES

All entry times shall be achieved in sanctioned/approved USA Swimming competition or observed swims in accordance with USA Swimming rules. **All teams are required to email an entry file that is compatible with Hy-Tek Meet Manger to:**

**The Meet Entry Chair at [westcoach@comcast.net](mailto:westcoach@comcast.net)**

No handwritten entries will be accepted. Each swimmer must be entered with full name (last name first), age, and USA Swimming number on the entry. All times must be completed to the hundredth of a second.

IMPORTANT! Attached summary sheet, waiver & release form and entry fees must be mailed to Westmont Swim Club P.O. Box #265 Westmont, IL 60559 by November 17, 2014. No team entry will be split.

## ENTRY DEADLINE:

Entries will not be accepted before **8:00 AM, Monday, November 3, 2014.**

Westmont Swim Club will not be responsible for undelivered or misdelivered e-mail entries. Westmont will send an e-mail confirming receipt (which the sending Club should print out as evidence of delivery). Failure to submit all required forms and payment within the period mandated above shall be sufficient cause to refuse the entry. Please send e-mail entries by attaching the appropriate Hy-Tek file to [Westcoach@comcast.net](mailto:Westcoach@comcast.net)

**NO HAND DELIVERED ENTRIES WILL BE ACCEPTED.**

***Entries will be accepted in the order received, on a first come, first entered basis. Westmont Swim club reserves the right to refuse any entries received prior to the opening of the entry acceptance period listed above.***

The deadline for entries to be received is **6:00 PM, Monday, November 17, 2014.** No telephone entries will be accepted. Teams not accepted will have their entries returned as soon as possible, but within 7 days of receipt.

## ENTRY UPDATES, MODIFICATIONS, OR ADDITIONS

Once an entry has been submitted and accepted, all swimmers will be entered into the meet and any deletions must be handled through the scratch process described below. All other entry changes must be received by **1:00 PM, Monday, November 24, 2014.**

Any electronic data files submitted after the initial entry must be clearly labeled to describe the changes included. The updated Hy-Tek file will be added to the original entry file you submitted, allowing you to update information, modify swimmers' times or add additional entries. As with the original entries, additions will be handled on a first come, first entered basis.

All requests for entry changes of any type must be submitted by the **swimmer's coach**, via e-mail. Requests from parents or swimmers will not be honored, except for an unattached swimmer's parent acting in the role of coach. **No** telephone entry changes will be accepted.

## **ENTRY FEES**

\$4.00 per individual event (8 & Under)

\$5.00 per individual event (9 & Older)

\$10.00 per relay

\$10.00 per swimmer surcharge

**Please make check payable to: Westmont Swim Club**

## **NON-CONFORMING TIMES**

Entry times in short course yards which conform to the course length for this meet shall be considered “conforming times.” All other times meeting the appropriate standards shall be considered “non-conforming times.” Please clearly mark and highlight all non-conforming times to the right of the entry time as LCM or SCM. Non-conforming time entries shall be seeded on a converted basis (as converted by the meet management software).

## **ENTRY CONFIRMATION**

A listing of each team’s entered swimmers, their events and the pre-scratch rankings in such events will be e-mailed the Monday prior to the meet. If you provide an e-mail address with your entry, you will receive your listing via e-mail. All team entries will be posted on our web site at <http://www.westswim.com>.

## **SCRATCH PROCEDURE FOR PRELIMINARY AND TIMED FINAL EVENTS**

Positive Check-in is required for all Preliminary & Timed Final Events.

Positive Check-in will close 20 minutes after that start of warm-up for that session. Each swimmer must check herself/ himself in. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed at the discretion of the meet referee if and wherever any openings may occur, regardless of original seed time. All swimmers will be expected to report for their events on time.

## **SCRATCHING FROM FINALS / FAILURE TO COMPETE IN FINALS**

**All swimmers** competing in the preliminary heat of an individual event must notify the Clerk of Course of their intention to scratch from a final of an event within 30 minutes of the announcement of the preliminary results for that event. If a swimmer is uncertain of his or her intention to scratch from finals, he or she may notify the Clerk of Course—within 30 minutes of the announcement of preliminary results— that he or she may be intending not to compete in finals. That swimmer must further declare his or her final intention within 30 minutes following his or her last individual preliminary event of that day. (Failure to further so declare such final intention shall be deemed a declaration of such swimmer’s intention to swim in the finals of such event.) Swimmers must compete in all final races for which they have qualified unless final intention to scratch is declared.

### **FAILURE TO COMPETE IN A FINAL**

There will be no penalty for missing an event. However we encourage all coaches to make sure their swimmers scratch finals if they know they will not be able to compete to allow another swimmer a chance to swim.

Final swimmers will report behind their blocks before their race. Alternates will be substituted into an empty lane and will swim as exhibition.

### **RELAY CHECK-IN**

Coaches are required to check in their team's relays and identify their swimmers, one-half hour after the start of the session in which the relay is to be conducted and positively indicate their intention to swim with the Clerk of Course. Note that all swimmers must be entered in at least one individual event to be eligible to swim in a relay. Seeding for the relay events shall occur after the conclusion of the positive check-in period.

### **1650 FREE CHECK-IN**

**Positive check in for the 1650 Free** must be confirmed at the Clerk of Course by 9:30 AM the morning of the event. Seeding for the 1650 shall occur after the conclusion of the positive check-in period.

### **BULLPEN / READY ROOM**

There will be a bullpen for 8 & under swimmers only. Location of the Bullpen will be announced at the meet. There will be NO bullpen for other swimmers during the day sessions. Swimmers must report directly to the blocks immediately prior to their heats. A "ready room" for the Finals heats on Saturday evening will be utilized. Swimmers are expected to report to the ready room promptly upon the announcement of their events. Failure to promptly report upon being called to do so may result in such swimmer being deemed a "no show" and being banned from competing for the remainder of the meet.

### **WARM-UP PROCEDURE**

	<u>GENERAL WARM-UP</u>	<u>SPECIFIC WARM-UP</u>
Friday, Dec 5	5:00 – 5:30 PM	5:30 – 5:50PM
Sat. & Sun., Dec.6&7, AM session	7:00 – 7:30 AM	7:30 – 7:50 AM
Sat. & Sun., Dec.6&7, PM session	12:00 – 12:30 PM	12:30 – 12:50 PM
Sat., Dec. 6, Finals	5:15 – 5:45 PM	5:45 – 6:05 PM

During general warm-ups, **NO DIVING** is allowed from the blocks or from the edge of the 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. Swimmers must enter the pool feet first in a cautious manner. No sprinting or pace work is allowed during the general warm-up session. Entry into the pool from the starting end of the pool only unless noted otherwise by the meet director and meet referee. Circle swimming only. The non-competition end of the pool will be available as unmarked general warm-up lanes.

Specific warm-ups will last for 20 minutes. There will be push/pace lanes, diving/sprint lanes, and general lanes as follows:

Push/Pace lanes: Push off one or two lengths from starting ends. Circle swimming only. NO DIVING.

Diving/Sprint lanes: For racing starts from blocks or backstroke starts.  
Swim the full length and exit at the end of the pool.

General warm-up lanes: NO DIVING. Circle swimming only.

At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

LANE ASSIGNMENTS:

PUSH/PACE Lanes 1 and 8

GENERAL WARM-UP Lanes 4, and 5

DIVING/SPRINT Lanes 2, 3, 6 and 7

**SAFETY AND WARM-UP INFORMATION**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**

**Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**

Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.

Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start. 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.

Warm up procedures shall be enforced for any breaks during the competition. Flagrant violations of safety requirements or warm-up procedures by a swimmer may result in that swimmer being barred from his or her next individual event.

The Referee may restrict use of bands, hand paddles, or fins during warmup. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Unattached swimmers must report to the Referee before entering the pool.

Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet.

### **SWIMMER SUPERVISION**

Each team or coach is responsible for the supervision of their swimmers. No Smoking is allowed in any area of the swimming facility or facility grounds. The referee, meet host, or facility management reserves the right to remove any person from the meet for entering an unauthorized area, for displaying un-sportsmanlike conduct, or for any other reason deemed relevant in the sole discretion of the above parties.

### **COACHES' RESPONSIBILITY**

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session and at all warm downs. All coaches must display a current USA Swimming membership card upon entering the pool deck. Coaches are required to display USA Swimming credentials at all times while on deck. Please instruct anyone from your team to leave the deck if that person is not working or displaying proper credentials.

Information packets will be issued to coaches upon check-in and presentation of USA Swimming Coach registration card. Please indicate on the summary sheet the number of coaches that will be attending the meet. We ask that coaches please remind their swimmers to respect the facility and maintain cleanliness of the pool and surrounding areas.

### **MARSHALLING**

A minimum of two marshals appointed by the Meet Referee shall attend all warm-up sessions to enforce warm-up procedures. Marshals shall be current members of USA Swimming. At all times during the meet, marshals shall have authority to maintain order, in accordance with their role described in section 102.18 of the USA Swimming rules.

### **TIMERS & OFFICIALS**

All teams with twelve (12) or more swimmers entered in the meet will be required to provide timers to work during the preliminary or timed final sessions. Westmont Swim Club will provide eight (8) timers for each of the timed final and preliminary sessions. Session and lane assignments for each team will be posted on the Mid- Season Challenge page at [www.westswim.com](http://www.westswim.com).

*Swimmers taking part in the 1650 Free and 500 Free must provide their own lap counter and timer.*

Any current USA Swimming officials from your team who would be able to work at this meet should be so noted on the attached officials form so that we may contact them in advance of the meet.

### **ADMISSIONS**

Admission for adults is \$5.00 per day. There will be no charge for children 12 and under or for athletes participating in the meet. There will be no admission charge for the Saturday evening finals session.

### **HEAT SHEETS**

Individual session heat sheets may be purchased at a cost of \$4.00 per preliminary session and \$2.00 per final session.

### **SCORING**

Scoring in both individual and relay events is for Places 1 - 16.

Individual event scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay event scoring: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

In relay events, a team may place and receive awards with as many relays as they enter.

However, no team may score points for more than three entries in any relay event.

### **INDIVIDUAL & RELAY AWARDS**

Custom medals with drape for 1st through 8th place will be awarded for 12&U individual events. Custom medals with drape for 1st through 3rd place will be awarded for 12&U relay events. High point awards for 1st through 3rd place will be presented to the male and female swimmers achieving the greatest total number of points for individual events in each age category.

### **TEAM AWARDS**

Team trophies will be presented to the three teams scoring the greatest total combined number of points in men's and women's categories. (Home Team not eligible)

**CONCESSIONS** - Food and refreshments will be available for purchase at all sessions. Personal coolers will NOT be allowed in the immediate pool area or in the spectator area. However, a designated area will be provided for them. We ask that parents and swimmers help to maintain the cleanliness of the facility and assist in picking up their area before leaving and in disposing of any garbage.

### **MEET RESULTS**

One copy of the meet results will be sent via e-mail to each club participating in the meet. Coaches who request results on a diskette must provide their own blank diskette.

### **Pool Certification:**

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.



## IMPORTANT DATES AND DEADLINES

### Prior to the Meet

Monday, November 3, 2014	8:00 AM	Begin acceptance of entries (CST)
Monday, November 24, 2014	1:00 PM	Deadline for entry time updates
Monday, November 17, 2014	6:00 PM	Deadline for receipt of all entry fees (i.e., 72 hours after the deadline for receipt of entries)

### During the Meet

Sat. / Sun., December 6-7, 2014	8:35 AM 1:30 PM	Deadline for Relay Check-In (30 minutes after the start of each session)
Sat. / Sun., December 6-7, 2014	9:30 AM	Positive Check-In closes for the 1650 Free, for that day's event
Saturday, December 6, 2014	Evening,	as announced Final swimmers report to behind the blocks.

## SUMMARY OF FEES, WAIVER & RELEASE

### WESTMONT SWIM CLUB, INC. MID-SEASON CHALLENGE 2014 December 5-7, 2014

Sanctioned by USA Swimming and Illinois Swimming, Inc.  
Sanction # \_\_\_\_\_

This completed and signed Summary of Fees, Waiver & Release form, together with your club's meet entries and a check payable to Westmont Swim Club, Inc. for the entire amount of entry fees must be received no later than 6 PM on **Monday, November 14, 2014 (but not earlier than 8AM, November 3, 2014)**.

Name of Club: \_\_\_\_\_ LSC: \_\_\_\_\_ Club Code (5-letter max.): \_\_\_\_\_

Name of Person Submitting Entries: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

Coaches Attending Meet: \_\_\_\_\_

Volunteer Coordinator (Timers, Officials): \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age Groups	Number of Swimmers	Number of Entries	Entry: Cost per Swim	
8 & Under	_____	_____	x \$4.00	\$ _____
9 and Up	_____	_____	x \$5.00	\$ _____
* Swimming surcharge (per swimmer)	_____		x \$10.00	\$ _____
			SUBTOTAL:	\$ _____
	Number of Relays _____		x \$10.00	\$ _____
			TOTAL FEES:	\$ _____

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. 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 or all rights and claims for damages which may occur against USA Swimming, Illinois Swimming, Inc., Westmont Swim Club, Inc., University of Illinois at Chicago, their representatives, directors, officers, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet, as representative of my club.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Coach or Authorized Club Representative)

**OFFICIALS FORM**  
**WESTMONT SWIM CLUB, INC.**  
**MID-SEASON CHALLENGE 2014**  
**December 5-7, 2014**

CLUB NAME: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

**OFFICIALS:**

If your club has officials who would be able to work at this meet, please list their names, e-mail addresses, and telephone numbers so that we may contact them. Also, list the level of official (i.e., stroke and turn judge, starter, or referee) if known. Note that all officials must be current members of USA Swimming, and they must continuously display their current registration card at all times while on deck.

NAME: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

LEVEL OF OFFICIAL: \_\_\_\_\_

FRIDAY EVENING: \_\_\_\_\_

SATURDAY MORNING: \_\_\_\_\_ SUNDAY MORNING: \_\_\_\_\_

SATURDAY AFTERNOON: \_\_\_\_\_ SUNDAY AFTERNOON: \_\_\_\_\_

Please make copies, and use one page per official. [NOTE: If you submit officials' names via e-mail, please include all of the information above.]

**FRIDAY, December 5, TIMED FINALS EVENTS**

**Warm-ups: 5:00 PM Events Start: 6:00 PM**

Women Event #	Age Group Event	Men Event #
1	10 & U 200 Free	2
3	Senior 400 IM	4
5	11-12 200 IM	6
7	10 & U 200 IM	8
9	Senior 500 Free	10
11	11-12 500 Free	12

**SATURDAY A.M. - DECEMBER 6, PRELIMINARY EVENTS**

**Warm-ups: 7:00 AM Events Start: 8:00 AM**

Women Event #	Age Group Event	Men Event #
17	Senior 200 Breast	18
19	8 & under 50 Breast	20
25	Senior 50 Free	26
27	8 & under 25 Free	28
33	Senior 200 Back	34
35	8 & under 50 Back	36
41	Senior 100 Fly	42
43	8 & under 25 Fly	44
49	Senior 200 Free	50
51	8 & under 100 Free Relay	52
53	Senior 200 F.REL*	54
—	Senior 1650 FR*	60

\* Timed Finals Event

**SATURDAY P.M. - DECEMBER 6, PRELIMINARY EVENTS**

**Warm-ups: not earlier than 12:00 PM Events Start: not earlier than 1:00 PM**

Women Event #	Age Group Event	Men Event #
13	11-12 100 IM	14
15	10&U 100 IM	16
21	11-12 50 Free	22
23	10&U 50 Free	24
29	11-12 100 Breast	30
31	10&U 100 Breast	32
37	11-12 100 Back	38
39	10&U 100 Back	40
45	11-12 50 Fly	46
47	10&U 50 Fly	48
55	11-12 200 F.REL*	56
57	10&U 200 F.REL*	58

\* Timed Finals Event

**SATURDAY FINALS - DECEMBER 6**

**Warm-ups: 5: 15 PM Events Start: 6:15 PM**

**10 & U = Top 8. 11-12 = Top 16. Senior Women = Top 24. Senior Men = Top 16.**

Reminder: Positive check in for the 1650 Free closes at 9:30 AM each morning

**SUNDAY A.M. - DECEMBER 7, TIMED FINALS EVENTS**

**Warm-ups: 7:00 AM Events Start: 8:00 AM**

Women Event #	Age Group Event	Men Event #
61	Senior 200 IM	62
63	8 & under 100 IM	64
65	Senior 100 Back	66
67	8 & under 25 Back	68
69	Senior 100 Free	70
71	8 & under 50 Free	72
73	Senior 100 Breast	74
75	8 & under 25 Breast	76
77	Senior 200 Fly	78
79	8 & under 100 M. Rel	80
81	Senior 200 M.REL	82
83	Senior 1650 FR	—

**SUNDAY P.M. - DECEMBER 7, TIMED FINALS EVENTS**

**Warm-ups: not earlier than 12:00 PM Events Start: not earlier than 1:00 PM**

*Warm-ups will begin after the conclusion of Event 79, and the exact time will be posted on  
<http://www.westswim.com> by November 19, 2013.*

Women Event #	Age Group Event	Men Event #
85	11-12 200 Free	86
87	10 & U 50 Back	88
89	11-12 50 Back	90
91	10 & U 100 Free	92
93	11-12 100 Free	94
95	10&U 50 Breast	96
97	11-12 50 Breast	98
99	10&U 100 Fly	100
101	11-12 100 Fly	102
103	10&U 200 M.REL	104
105	11-12 200 M.REL	106

**NO SUNDAY FINALS - DECEMBER 7, 2014**

Reminder: Positive check in for the 1650 Free closes at 9:30 AM each morning