

White Water Aquatic Club
LAST CHANCE SWIM MEET

February 8, 9 & 10, 2008

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc. Sanction # ILS08-0208

Hosts: Indian Prairie Dist. #204, Waubonsie Valley High School and the White Water Aquatic Club

Meet Director:

Mike Tiscareno
2491 Lakeside Dr.
Aurora, IL 60504
(630) 978-2827

wwac_waves@earthlink.net

Meet Referee:

Dave Olack
2463 Crescent Lane.
Aurora, IL 60504
(630) 236-0169
daolack@comcast.net

Entry Chairperson:

Irene Rooney
2311 Keystone Court
Naperville, IL 60565
(630) 416-7287
(630) 416-8954 (Fax)

iaroon@aol.com

Head Coaches:

Vickie Artis
vickie_artis@ipsd.org
(630) 375 - 3187
Andy McWhirter
wvaquatics@comcast.net

Tom Musch, Aquatics Director (630) 375-3564 (Pool)

Type of Meet: This is a Novelty-No Cut meet based on Regional Championship Meet Format. 8 & Under swimmers will be entered in 10 & under events but will be scored and awarded separately. The 13 & 14 age group will be seeded with the 15 & over age group but scored and awarded separately.

Location and facility: Waubonsie Valley High School is located at 2590 Ogden Avenue, Rt. 34, Aurora, IL 60504. The school is located about 2 miles west of the Westfield Mall (formerly Fox Valley Mall). The natatorium has an eight lane (minimum depth 4 feet - 10 feet deep at the starting end of the pool) 25 yard competitive pool and a three lane (2 feet - 4 feet deep) 20 yard teaching pool. Grandstand seating is available for viewing. Waubonsie Valley High School and the pool facility is handicap accessible.

Meet Schedule: The first event of each day will start on time. All other sessions will start one-hour after completion of the preceding, but not prior to the scheduled start time.

Session	Day	Age Group	Warm-up Time	Positive Check-in Closes	Start Time
1	Friday	Open	5:00-5:50 PM	5:30 PM	6:00 PM
2	Saturday	12 & Under	7:00-7:50 AM	7:30 AM	8:00 AM
3	Saturday	13/14 & Senior	12:00-12:50 PM	12:30 PM	1:00 PM
4	Sunday	12 & Under	7:00-7:50 AM	7:30 AM	8:00 AM
5	Sunday	13/14 & Senior	12:00-12:50 PM	12:30 PM	1:00 PM

Meet Rules and Safety: A sanction is granted to the White Water Aquatic Club for a Novelty No-Cut Meet. All USA Swimming and ISI rules and regulations will apply. USA Swimming and ISI Safety Rules will be strictly enforced. The four-hour time limit per session for 12 & under swimmers will be adhered to. The ten-hour per day time limit will also be enforced. Entries will be closed when the time limit for each session occurs. The teaching pool, at anytime other than during the scheduled warm-up periods, is to be used for warm-down only. NO

DIVING IS ALLOWED IN THE TEACHING POOL. NO HORSEPLAY WILL BE TOLERATED ANYWHERE WITHIN THE FACILITY.

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Eligibility: The swimmer's age as of 2/08/2008 will determine their age for the meet. All currently registered, athlete members of USA Swimming are eligible. Swimmers must be registered with USA Swimming prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. Registration forms can be obtained from Illinois Swimming, 3166 S. River Rd, Suite 30, Des Plaines, IL 60018; Phone (847) 824-1596; Fax (847) 824-1726. Insurance regulations require swimmers, coaches, judges, starters, and referees to be current members of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Anyone that is not a current member of USA Swimming may not participate in the meet or be on the pool deck.

Coaches: All coaches must be currently registered with USA Swimming and must continuously display their USA Coach Member registration card at all times while on deck. Coaches' information packets will be available in the hospitality room.

Seeding: To ensure proper seeding please submit swimmers' best times. Teams may submit updated entry times prior to Sunday, February 3, 2008, but event changes will not be allowed. All events will be timed finals and will be swum slowest to fastest, with the exception of the 1000 Free which will be swum fastest to slowest, alternating women and men. "NO TIME" entries WILL NOT be accepted. Coaches should estimate a swimmer's best time if they have no official time on record.

Positive Check-In: This will be a positive check-in meet. Positive check-in will close 30 minutes prior to the start of each session. Swimmers must check in at the clerk of course prior to the start of each session or the swimmer will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets. It will be at the discretion of the Meet Referee to accept "Late Check-ins" and those swimmers will only be placed if and whenever there are open lanes available, regardless of original seed time.

Bullpen: A bullpen will be provided for 10 & under swimmers only. Heat sheets will be posted on the pool deck and in the hallway outside the pool.

Scratches: Swimmers will be allowed to scratch an event with the clerk of course at positive check-in, or with the Meet Referee prior to the start of the scratched event.

Entries: Entries will not be accepted prior to 8:00 a.m. **Friday, January 4, 2008.** Hand delivered entries will not be accepted. The following events also have the additional limitation that only the four fastest heats based on times submitted for entry will swim:

- * The host team reserves the right to swim additional heats, if time allows.
- * The host team reserves the right to swim all of their swimmers on Friday night not in the top 4 heats.

A copy of Friday Evening's Session will be available at www.wvaquatics.com on the Monday prior.

FRIDAY EVENTS TO BE LIMITED

1000 Senior Free & 500 Free
12 and Under 400 IM

SATURDAY & SUNDAY EVENTS TO BE LIMITED

14 and Under 400 IM
Senior 400 IM
200 Free

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E-mail entries are the preferred method of entry. You may e-mail your zipped, Hy-Tek Commlink II file to the Entry Chairperson at iaroon@aol.com beginning at 8:00 a.m. Friday, January 4, 2008. Entries will be accepted in the order that they are received. A completed and signed Summary Fee/Release Form, as provided in this meet packet, and entry check must be received within 72 hours of receipt of the e-mailed entry and must be sent to Entry Chairperson's address, as provided on page 1. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets. An authorized representative of the team must sign the enclosed waiver form.

All other entries must be submitted on the enclosed entry forms or on Hy-Tek Commlink II entry disk and will be accepted by regular or overnight mail only. If using any "Express Mail" delivery, please sign the release allowing delivery without a recipient signature. A hard copy of the entries must be submitted with the disks. Faxed entries will not be accepted. Unreadable forms will be rejected. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets. An authorized representative of the team must sign the enclosed waiver form. Only entries with proper entry information, paperwork and fees, paid in full by check or money order, will be accepted. Please contact the entry chairman with any questions or concerns. Deck entries will not be accepted. Updated entry times must be received by Sunday, February 3, 2008.

Entry Limits: Swimmers may enter a maximum of four (4) individual events each day of the meet, excluding relay events. Relay swimmers must be entered in at least one (1) individual event of the same session. Swimmers age on February 08, 2008 will determine their age for the entire meet. Entries received after the meet reaches the USA/ISI time limits will be returned immediately.

Session 1 – FRIDAY PM – All Ages		
Warm-up 5:00 –5:50 PM		Meet Start 6:00 PM
Women	Event	Men
1	12 & Under 200 Yard Fly	2
3	10 & Under 500 Free	4
5	12 & Under 200 Breast	6
7	Open 1000 Yard Free	8
9	12 & Under 200 Back	10
11	12 & Under 400 IM	12

Session 2 – SATURDAY AM – 12 and Under		
Warm-up 7:00 –7:50 AM		Meet Start 8:00 AM
Women	Event	Men
13	12 & Under 500 Free	14
15	10 & Under 100 Fly	16
17	12 & Under 100 Fly	18
19	10 & Under 50 Free	20
21	12 & Under 50 Free	22
23	10 & Under 100 Breast	24
25	12 & Under 100 Breast	26
27	10 & Under 50 Back	28
29	12 & Under 50 Back	30
31	10 & Under 200 IM	32
33	12 & Under 200 IM	34

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Session 3 – SATURDAY PM – 13/14 & Senior		
Warm-up 12:00 –12:50 AM		Meet Start 1:00 PM
Women	Event	Men
35	Senior 500 Free	36
37	14 & Under 500 Free	38
39	Senior 100 Fly	40
41	14 & Under 100 Fly	42
43	Senior 50 Free	44
45	14 & Under 50 Free	46
47	Senior 100 Breast	48
49	14 & Under 100 Breast	50
51	Senior 200 Back	52
53	14 & Under 200 Back	54
55	Senior 400 IM	56
57	14 & Under 400 IM	58

Session 4 – SUNDAY AM – 12 and Under		
Warm-up 7:00 –7:50 AM		Meet Start 8:00 AM
Women	Event	Men
59	10 & Under 200 Free	60
61	12 & Under 200 Free	62
63	10 & Under 50 Fly	64
65	12 & Under 50 Fly	66
67	10 & Under 100 Back	68
69	12 & Under 100 Back	70
71	10 & Under 50 Breast	72
73	12 & Under 50 Breast	74
75	10 Under & 100 Free	76
77	12 Under & 100 Free	78
79	10 & Under 100 IM	80
81	12 & Under 100 IM	82

Session 5 – SUNDAY PM – 13/14 & Senior		
Warm-up 12:00 –12:50 PM		Meet Start 1:00 PM
Women	Event	Men
83	Senior 200 Free	84
85	14 & Under 200 Free	86
87	Senior 200 Fly	88
89	14 & Under 200 Fly	90
91	Senior 100 Back	92
93	14 & Under 100 Back	94
95	Senior 200 Breast	96
97	14 & Under 200 Breast	98
99	Senior 100 Free	100
101	14 & Under 100 Free	102
103	Senior 200 IM	104
105	14 & Under 200 IM	106

NOTE: 8&U and 13&14 swimmers will be scored and awarded separately from 9&10 and 15&0 swimmers. There will be no awards for 15 and over swimmers.

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Long Events Entry Limitation: Due to the 10-hour and 4-hour limitation rules, the Meet Referee may limit entries of any event of 200 yards or greater. If this limitation is imposed, entries will be accepted according to the fastest seed times, and proof of time will be called for prior to the final seed of the events. A refund of entry fees for these events will be given if this occurs.

FRIDAY EVENTS TO BE LIMITED

1000 Senior Free and 500 Free
12 and Under 400 IM

SATURDAY & SUNDAY EVENTS TO BE LIMITED

14 and Under 400 IM
Senior 400 IM
200 Free

Entry fees: \$3.00 per entry, per swimmer. \$2.00 ISI surcharge per swimmer. Make Checks payable to: White Water Aquatic Club.

Entry Verification: Entry verification for e-mailed entries will be via e-mail. For any other entry, please provide a stamped, self-addressed post card for confirmation of entry. Updated entry times must be received by Sunday, February 3, 2008.

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 coach and/or swimmer to contact the Meet Referee prior to the competition with specific requests.

Admission fees: The cost of admissions will be Free on Friday night and \$4.00 per day on Saturday and Sunday. Meet program and heats will be available for sale.

Concessions: A wide variety of food and drink will be available at concessions.

Awards: Medals will be given for 1st place. Ribbons will be awarded for 2nd to 16th place. No Awards will be given to swimmers in the 15 and over division. Team plaque will be awarded for 1st place. -

Scoring: Events will be scored 1st - 16th place.

Results: One copy of the meet results will be mailed to the mailing address given on the entry release form. Additional copies may be purchased for \$10.00. Teams that enter the meet on Hy-Tek may pick up a disk at the conclusion of the meet or request the results be provided via e-mail.

WAUBONSIE VALLEY HIGH SCHOOL BUILDING RULES:

- 1) *ILLINOIS STATE LAW PROHIBITS THE USE OF TOBACCO AND ALCOHOL ON SCHOOL PROPERTY.***
- 2) *HATS ARE NOT TO BE WORN IN THE BUILDING.***

TEACHING/WARM-DOWN POOL:

ABSOLUTELY NO DIVING INTO THE TEACHING POOL! ANY SWIMMING IN THE TEACHING POOL REQUIRES DIRECT COACH SUPERVISION AT ALL TIMES!

THESE RULES WILL BE STRICTLY ENFORCED. ANY VIOLATION COULD RESULT IN THE EXPULSION OF A SWIMMER, PARENT, OR TEAM FROM THE MEET. Coaches are expected to ensure that all swimmers and parents are informed of these rules.

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Warm-up Procedures:

1. All lanes, including the teaching pool, may be used for general warm-ups in accordance with the lane assignments list posted during the meet.
2. Lane assignments will be determined based on the number of swimmers per team per session and will be posted on the pool deck prior to each session and included in the coaches packet. Coaches will be sent, via email, warm up times for their teams by Wednesday, prior to the start of the meet.

WARNING: ABSOLUTELY NO DIVING INTO THE TEACHING POOL AT ANY TIME! TEAMS USING THE TEACHING POOL FOR THE GENERAL WARM-UP WILL MOVE TO THE MAIN POOL FOR THE SPECIFIC WARM-UP!

Coaches Responsibilities:

1. Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session. Coaches meetings will not be conducted during the warm-ups periods.

Host Team Responsibilities:

1. Marshaling: A minimum of four marshals who report and receive direction from the Meet Referee and/or Meet Director shall be on deck during the entire warm-up session. One marshal shall act as Safety Coordinator and should be an ISI official.
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 requirements or warm-up procedures.
4. Flagrant violations of safety requirements or warm-up procedures by a swimmer may result in the swimmer being barred from their next individual events.
5. Warm-up time and team lane assignments shall be provided in the coaches' information packet and posted on the pool deck.
6. An announcer shall be on duty for the entire warm-up session to announce any lane assignment or time changes, timers and officials meeting times and to assist with the general conduct of the warm-up session.

Miscellaneous:

1. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
2. Swimmers are required to exit the pool upon the 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 scheduled during the meet. Unattached swimmers without coaches should report to the safety coordinator or Meet Director for warm-up lane assignments.

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**COMPLETE THIS FORM AND E-MAIL or MAIL
ALONG WITH ENTRY FORMS TO:**

Irene Rooney
2311 Keystone Court
Naperville, IL 60565
(630) 416-7287
E-mail: iaroon@aol.com

10 AND UNDER # OF ENTRIES _____ \$3.00 @ = \$ _____

11 - 12 YR. OLDS # OF ENTRIES _____ \$3.00 @ = \$ _____

13 AND OVER # OF ENTRIES _____ \$3.00 @ = \$ _____

TOTAL # OF SWIMMERS (ISI SURCHARGE) _____ \$2.00 @ = \$ _____

TOTAL FEE = \$ _____

NAME OF CLUB _____ CLUB CODE _____

COMPLETE MAILING ADDRESS: _____

E-MAIL: _____

PHONE (DAY) _____ PHONE (EVENING) _____

COACHES ATTENDING: _____

*ALL COACHES MUST BE USA SWIMMING REGISTERED MEMBER COACHES.

In consideration of the acceptance of the entry, I, intending to 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., White Water Aquatic Club, Waubonsie Valley High School, School District #204, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as representative of my club. In addition, I attest that all of our athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

SIGNATURE (COACH OR CLUB REPRESENTATIVE) TITLE DATE

**THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY FORMS OR THE
ENTRY WILL NOT BE ACCEPTED.**

THE DEADLINE FOR ALL ENTRIES IS FRIDAY, JANUARY 25, 2008

ENTRIES WILL NOT BE ACCEPTED PRIOR TO: 8:00 a.m. MONDAY, JANUARY 4, 2008

MAKE CHECKS PAYABLE TO: WHITE WATER AQUATIC CLUB

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Volunteer Sheet

Club: _____

Club Code: _____

Timer Volunteers

Each team with (10) or more swimmers will be required to supply a minimum of (3) timers for each session the team has swimmers participating. Team Lane assignments will be given out at the Timers Meeting preceding each session.

Name	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____	_____

ISI Officials Volunteers

Name & Phone	Level	Sessions able to work
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Please return this form with your entries.