



Scout Spooktacular

October 24-25, 2009

Sanctioned by USA Swimming & Illinois Swimming. Sanction No. ILS09-1013

LOCATION Lake Forest High School (see attached directions)
1285 N. McKinley Rd
Lake Forest, IL 60045

FACILITY Scout Aquatic Center. 8 Lane, 25-yard competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4-lane 20-yard warm-down area. Electronic timing system with 8-lane scoreboard readout Water depth at the start is 14 feet and at turn end is 4.9 feet. There is seating for approximately 500 spectators in pool area.

Meet Director

Carolyn Grevers

Safety Coordinator

Flo Burke

Meet Referee

Peggy Davitt

Entries

Carolyn Grevers
1285 N McKinley Road
Lake Forest, IL 60045
cgrevers@yahoo.com
224-436-3195

FORMAT

Timed finals with positive check-in. Check-in sheets will be posted outside prior to the start of warm-ups, and will be removed 40 minutes prior to the start of the session. If you are not checked-in, you will be scratched from that session.

Session

Saturday & Sunday AM
(13 & over, 8 & Under)
Saturday & Sunday PM
(9-10, 11-12)

Warm-up

7:30 AM

Check-in Closes

7:50 AM

Meet Starts

8:30 AM

Saturday & Sunday PM

12:30 PM*

12:50 PM

1:30 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 October 24, 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. Entry times should be in Short Course Yards. Teams must submit their entry via email. Please send a zipped Team Manager Entry Export. A printed Team Manager entry report, a signed release with fee summary and the full amount of fees due must be received with 72 hours of the entry email.

EMAIL ENTRIES The following guidelines must be followed for e-mail entries.

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 zipped Team Manager Entry Export.
3. Your club's entire entry must be sent in one email.
4. Late entries and entry changes from teams accepted into the meet will be taken until the timeline is full.

The host club accepts no responsibility for receipt or quality of transmission.

ENTRY FEES \$3.00 per individual entry
\$2.00 surcharge per swimmer entered
Make all checks out to *Scout Aquatics*, with one check per club.

ENTRY DEADLINE Entries must be sent to the Entry Chair. They will not be accepted before 8:00 am (CST) on October 9, 2009 and will not be accepted after 11:59 pm (CST) October 15, 2009. Entries **MUST** be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of the entry deadline, 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
CLERK**

For all events, ribbons will be awarded for 1st - 8th place.
The host club reserves the right to assign 10 & Under events for a clerk of the course.

SEEDING

All events will be seeded slowest to fastest. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded. Non-conforming times will be seeded after the slowest conforming times.

STARTS

At the meet referee's discretion, fly-over starts may 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 400 yds for 13 & over or any distance greater than or equal to 200 yards for 12 & under, in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will be refunded.

CONCESSIONS

Food and beverage will be available. Food may be eaten in the Athletic Foyer of LFHS. **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 able to park in the lot behind Lake Forest High School. The door at the Northeast corner of LFHS provides the easiest access to the pool. There will be an admissions charge for all spectators 15 and older. Due to ACT exams, parking on Saturday morning may be limited and off site parking will be required. Shuttle service from any offsite parking locations will be provided by the host club.

RESULTS

Final results will be mailed and/or emailed to all participating clubs.

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ORDER OF EVENTS

Session 1 Saturday Morning

** Indicates that heats may be limited*

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13 & O 200 IM	2
3	8-Under 50 Free	4
5	13 & O 100 Free	6
7	8-Under 25 Fly	8
9	13 & O 50 Fly	10
11	8-Under 50 Breast	12
13	13 & O 100 Breast	14
15	8-Under 25 Back	16
17	13 & O 50 Back	18
19	8-Under 100 Free	20
21	13 & O 500 Free*	22

Session 3 Sunday Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
43	13 & O 400 IM	44
45	8-Under 100 IM	46
47	13 & O 50 Free	48
49	8-Under 25 Free	50
51	13 & O 100 Fly	52
53	8-Under 50 Fly	54
55	13 & O 50 Breast	56
57	8-Under 25 Breast	58
59	13 & O 100 Back	60
61	8-Under 50 Back	62
63	13 & O 200 Free	64

Session 2 Saturday Afternoon

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 200 IM*	24
25	9-10 200 IM*	26
27	11-12 100 Fly	28
29	9-10 100 Fly	30
31	11-12 50 Free	32
33	9-10 50 Free	34
35	11-12 100 Breast	36
37	9-10 100 Breast	38
39	11-12 50 Back	40
41	9-10 50 Back	42

Session 4 Sunday Afternoon

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	11-12 200 Free*	66
67	9-10 200 Free*	68
69	11-12 50 Fly	70
71	9-10 50 Fly	72
73	11-12 100 Free	74
75	9-10 100 Free	76
77	11-12 50 Breast	78
79	9-10 50 Breast	80
81	11-12 100 Back	82
83	9-10 100 Back	84

*events may be limited to fit the meet timeline.

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Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable Scout Aquatics) to the Meet Entry Chair, no later than October 16, 2009.

Entry Person Address Town, State Zip	Telephone: Fax: Email:
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Summary of Fees

10 & Under	No. of Entries	_____	@ \$3.00 ea. = _____
11-12	No. of Entries	_____	@ \$3.00 ea. = _____
13 & Over	No. of Entries	_____	@ \$3.00 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., Scout Aquatics, Lake Forest High School 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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A. 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.

2. **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
8 LANE	1&8	2&7	3,4,5,6

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.

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Directions to the Scout Aquatic Center

Lake Forest High School
Scout Aquatic Center
1285 N. McKinley Rd.
Lake Forest, IL 60045

Lake Forest is located approximately 30 miles north of Chicago, Illinois and 60 miles south of Milwaukee, Wisconsin.

From I-294: Exit Route 60 East. Go approximately 1 mile and turn left on Waukegan Rd. Turn Right at 1st stoplight Deerpath Rd. Continue on Deerpath for about 2 miles into town. Cross railroad tracks and take a left on McKinley Rd. Lake Forest HS is about 1 mile on your right. Enter school and follow driveway in front of building. Parking for the swimming pool is in the Northwest corner of the building.

From Edens/US 41: Exit Deerpath Rd East. Continue on Deerpath for about 2 miles into town. Cross railroad tracks and take a left on McKinley Rd. Lake Forest HS is about 1 mile on your right. Enter school and follow driveway in front of building. Parking for the swimming pool is in the Northwest corner of the building.

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OFFICIALS

We would greatly appreciate the help of any officials who would like to work this meet. If you have any officials who will work the meet, please list their names below. It would help if you list their level of certification, along with the session(s) they will work.

Name	Phone #	Level of Certification	Sat AM	Sat PM	Sun AM	Sun PM

TIMERS

We will require timers from all participating clubs. Please list your timing coordinator's contact information so we can let you know how many timers your club will be required to provide and when they will be needed.

Timing Coordinator: _____

Phone Number: _____

Email: _____