

***Scout Aquatics***  
***Last Chance Time Trial***  
***Friday, February 19, 2010***

*Sanctioned by USA Swimming, Inc, and Illinois Swimming, Inc.*  
*Sanction #:*

**Meet Director**

*Carolyn Grevers*  
1285 N McKinley Road  
Lake Forest, IL 60045  
847-582-7356  
[cgrevers@yahoo.com](mailto:cgrevers@yahoo.com)

**Entry Chair**

*Tricia Davitt*  
1285 N McKinley Road  
Lake Forest, IL 60045  
847-582-7356  
[cgrevers@yahoo.com](mailto:cgrevers@yahoo.com)

**Safety Chair**

*Flo Burke*  
**Meet Referee**  
*Peggy Davitt*

**Format**

Time Final meet offering Mixed Open Events.

**Warm-up**                   **5:30 p.m.**

**Check-in closes**       **5:50 p.m.**

**Meet starts**               **6:30 p.m.**

**Location**

Lake Forest High School  
1285 N McKinley Road  
Lake Forest, IL 60045

**Facility**

Scout Aquatic Center is an 8-lane 25 yard facility with non-turbulent lane lines and Colorado timing system. Water depth at the start end of the pool is 14 feet. A 20 yard 4 foot deep part of the pool is available for warm-up/warm-down at all times. There is seating for approximately 500 spectators.

**Rules and Safety**

All current USA Swimming and ISI Rules and Regulations apply. ISA and USA Swimming safety rules will be strictly enforced.

**Eligibility**

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming office, 3166 S River Road, Suite 30, Des Plaines, IL 60018, Phone 847-582-7339, Fax 847-824-1726. A swimmer's age as of February 21, 2009 will determine their age for the meet.

**Entries**

Swimmers may enter up to 4 events. Entry times should be converted to and submitted in Short Course Yards. Teams **MUST** submit their entries in a zipped Hy-Tek Team Manager file via email to the entry chair. A printed entry report including full name, USA ID number, event numbers and entry times of all swimmers must included with the entry. This will serve as your official entry. Keep in mind this is a Time Trial and swimmers must have times for events.

### **Email Entries**

The following guidelines must be followed for email entries.

1. Meet summary form and all entry fees and swimmer surcharges due within 72 hours of receipt of entry.
2. Email entries must be in the form a zipped Hy-Tek entry file.
3. Your club's entire entry must be sent in one email.

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

### **Entry Fees**

\$3.00 per individual event

\$2.00 per swimmer surcharge

Make all checks out to Scout Aquatics

### **Entry Deadline**

Entries must be sent to the Entry Chair. They will not be accepted before 8:00 a.m. on February 16, 2010 and will not be accepted after 8:00 a.m. February 19, 2010. Entries **MUST** be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of the entry deadline.

### **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.

### **Seeding**

All events will be seeded slowest to fastest. Be sure to enter your times in Short Course Yards 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 assure that each session is completed in a timely manner.

### **Concessions**

Food and beverages will be available. Food may be eaten in the Athletic Foyer at LFHS. **NO FOOD OR DRINK WILL BE ALLOWED ON THE POOL DECK.** No smoking is allowed anywhere on the high school campus by state law.

### **Parking and 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 admission charge for all spectators.

### **Results**

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

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**Order of Events**

**Session 1 – Friday Evening**

<b>Event #</b>	<b>Event Name</b>
<b>1</b>	<b>Open Mixed 200 IM</b>
<b>2</b>	<b>Open Mixed 500 Freestyle</b>
<b>3</b>	<b>Open Mixed 50 Butterfly</b>
<b>4</b>	<b>Open Mixed 100 Backstroke</b>
<b>5</b>	<b>Open Mixed 200 Breaststroke</b>
<b>6</b>	<b>Open Mixed 100 Freestyle</b>
<b>7</b>	<b>Open Mixed 100 Butterfly</b>
<b>8</b>	<b>Open Mixed 200 Backstroke</b>
<b>9</b>	<b>Open Mixed 50 Breaststroke</b>
<b>10</b>	<b>Open Mixed 50 Freestyle</b>
<b>11</b>	<b>Open Mixed 400 IM</b>
<b>12</b>	<b>Open Mixed 100 IM</b>
<b>13</b>	<b>Open Mixed 200 Butterfly</b>
<b>14</b>	<b>Open Mixed 50 Backstroke</b>
<b>15</b>	<b>Open Mixed 100 Breaststroke</b>
<b>16</b>	<b>Open Mixed 200 Freestyle</b>
<b>17</b>	<b>Open Mixed 1650 Freestyle</b>

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Team Summary and Release Form

Complete this form and mail along with your entry reports and check (payable to Scout Aquatics) to the Meet Entry Chair, no later than February 19, 2010

<b>Entry Person</b> <b>Address</b> <b>Town, State, Zip</b>	<b>Telephone:</b> <b>Fax:</b> <b>Email:</b>
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**Summary of Fees**

# of individual entries	_____	@ \$3.00each =	_____
Total # of swimmers	_____	@ \$2.00 each =	_____
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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Warm-up Procedure

General Warm-up: First 30 Minutes

- No diving allowed from blocks or from the edge of the pool
- Swimmers must enter the pool feet-first in a cautious manner while maintaining contact with the deck.
- No sprinting or pace work is permitted during this period of the warm-up
- All lanes will be used for general warm-up

Specific Warm-up: Last 20 Minutes

- Lanes use  
Lanes 2, 3, 6, 7 -- dive/sprint  
Lanes 1, 4, 5, 8 -- General warm-up
- Dive/Sprint Lanes  
Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.
- General Warm-up Lanes  
CIRCLE SWIM ONLY. NO DIVING
- At the conclusion of the 20 minute warm-up period, all swimmers must clear the pool.
- The first event will start no sooner than 10 minutes from the conclusion of the specific warm-up.

COACHES RESPONSIBILITIES

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets
- Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session
- Coaches shall ensure that backstrokers are not starting at the same time as swimmers on the blocks
- Unattached swimmers, or swimmers attending the meet without coaches, should report to the safety coordinator for lane assignment and supervision
- Any coaches' meetings at this meet will be conducted at times other than the warm-up period

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Directions to the Scout Aquatics Center

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

Lake Forest is 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 Road. Turn right at 1<sup>st</sup> stoplight Deerpath Road. Continue on Deerpath for about two miles. Cross railroad tracks and take a left on McKinley Road. Lake Forest High School is about one mile on your right. Enter school and follow driveway around to Northwest lot by track.

From Edens/US 41:   Exit Deerpath Road East. Continue on Deerpath for about two miles. Cross railroad tracks and take a left on McKinley Road. Lake Forest High School is about one mile on your right. Enter school and follow driveway around to Northwest lot by track.

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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	Sun AM	Sun PM

**TIMERS**

We will be asking all teams to help with timing during both sessions of the meet. Below, please list your Time Coordinator and contact information.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

***This page needs to be completed and returned with your entry information.***