

# WEST CHICAGO SHARKS

## 2010 February Frenzy

FRIDAY, SATURDAY, and SUNDAY, February 12, 13, & 14, 2010

Meet Director: Kim Rockwood Ph: (630) 876-0034  
Email: meetdirector@wcsharks.org

Entry Chairman: Carolyn Reitz, Ph (630) 293-7607  
995 Willow Creek Road., West Chicago, IL 60185

**SANCTIONS: Sanctioned by United States Swimming and Illinois Swimming, Inc.  
SANCTION No. ILS10-0218**

All USA Swimming and ISI swimming rules and ISI Safety rules will be strictly enforced.

**LOCATION:** West Chicago Community High School District #94 Pool, 326 Joliet St., West Chicago, Illinois; one mile north of Rt. 38. The school is a no-smoking facility. Likewise, there is no smoking allowed on the grounds. The competition course has not been certified in accordance with 104.2.2C(4).

**POOL:** The West Chicago High School District #94 Pool is a 25-yard six lane pool with starting blocks at one end (depth at blocks: 7'-0"), non-turbulent lane lines, Daktronics horn start system and General Display Devices Swimtime II timing system with six-lane read-out board. Spectator seating for 400.

### SCHEDULE:

Friday 1:	Warm-ups: 5:00 - 5:45 PM First Splash: 6:00 PM Positive check-in closes at <b>5:20 PM</b>
Saturday 2:	Warm-ups: 7:00 - 7:45 AM First Splash: 8:00 AM Positive check-in closes at <b>7:20 AM</b>
Saturday 3:	Warm-ups: Immediately following session 2, not before 12:00PM First Splash: not before 1:00 PM Positive check-in closes at <b>12:20 PM</b>
Saturday 4:	Warm-ups: Immediately following session 3 First Splash: not before 4:00 PM Positive check-in closes at <b>2:20 PM</b>
Sunday 5:	Warm-ups: 7:00 - 7:45 AM First Splash: 8:00 AM Positive check-in closes at <b>7:20 AM</b>
Sunday 6:	Warm-ups: Immediately following session 5, not before 12:00PM First Splash: not before 1:00 PM Positive check-in closes at <b>12:20 PM</b>

**ENTRIES:** All entries shall comply with the current 2010 U.S.A Swimming, Inc. and Illinois Swimming, Inc. rules. Current 2010 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. Only U.S.A Swimming registered swimmers are eligible. No swimmer's entry will be accepted unless he/she is registered or has been duly certified in accordance with the U.S.A Swimming Code and Rule Book of 2010. Entries listed "registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of February 12, 2010. Entries will be accepted from swimmers with disabilities. The pool facility's meet or surpass all accessibility requirements as listed on page 3 of Illinois Swimming Inc's, current meet director's manual. Illinois registration applications may be obtained from Illinois Swimming, Inc.

**STARTS:** The FINA start procedures will be applied (no re-call rope and whistle commands).

Page 1 of 6

Updated 11/25/09

WSC February Frenzy 2010

**SEEDING:** Submit swimmers' best times to assure proper seeding. Swimmers will be seeded from slowest to fastest. All non-conforming times will be seeded last in rank order.

**LIMITATIONS:** *Friday: Swimmers may enter only one event for their age group.* Saturday and Sunday: Swimmers are limited to four (4) individual events and one (1) relay events, each day. All sessions: Events may be combined. Relay swimmers must be entered in at least one individual event. Deck entries will not be permitted.

**ENTRY FEES:** Individual events are \$3.00 each. Relay events are \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to the West Chicago Sharks.

**DEADLINE:** Entries will be accepted beginning Friday January 8, 2010 at 10:00am. Hand delivered, phoned or faxed entries will NOT be accepted. E-mail entries are accepted as a method of entering this meet. You may also use US Post Office, Fed Ex or any other overnight or courier service. If using e-mail, please e-mail your zipped files beginning at 10:00 am, Central Standard Time on Friday, January 8, 2010 to [meetdirector@wcsharks.org](mailto:meetdirector@wcsharks.org). A completed and signed Entry Summary Sheet, provided in this packet, and payment in full must be received by the Entry Chair within 72 hours of receipt of your e-mailed entry. An entry is not complete until all necessary paperwork including Entry Summary Sheet, Volunteer Sheet, Summary of Fees Report and check for entry fees made payable to West Chicago Sharks Swim Team are received. Entries that are expressed mail should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postal card with your entries. Entries must be received by January 22, 2010. **All updates to your team's entries (times and new/deleted swimmers) will be accepted via email to [meetdirector@wcsharks.org](mailto:meetdirector@wcsharks.org) 10 days before the meet.** DECK ENTRIES WILL NOT BE ACCEPTED.

**FORMS:** A printout of the disk's data should also be provided along with the disk, to allow a cross-check for I.S.I numbers, ages, etc. If not on a computer disk, entries must be submitted on the enclosed meet entry form. Entry forms must be LEGIBLE and completed in full. Also, the **original** of the enclosed Summary of Fees and Release Form signed by the coach, parent, or club representative must accompany **all** entries, along with your check. Failure to comply with any of these requirements is sufficient cause to reject those entries. If you desire verification of entries received and/or accepted, include a stamped self-addressed postal card with your entries.

**CHECK-IN:** This meet is a "positive check-in" meet. That is, each swimmer will be asked to stop at the check-in desk upon entering the pool and confirm their presence. If a swimmer has not checked-in at the desk, he/she will be scratched from their events for that day. Swimmers need to check-in each day if they are entered in multiple sessions. **Positive check-in is according to schedule on page 1.**

**AWARDS:**

'A' Individual Events	First thru Sixth
'B' Individual Events	First thru Sixth
'C' Individual Events	First thru Sixth
Relay Events	First thru Third

**RESULTS:** Results will be posted as the meet progresses. One copy of the results will be provided to all teams represented by five (5) swimmers or more. Individuals may purchase a copy of the final results for \$10.00 by contacting [meetdirector@wcsharks.org](mailto:meetdirector@wcsharks.org).

**COACHES:** Coaches must be current USA Swimming coaches to be allowed on deck and must continuously display their USA Swimming coaching membership card at all times.

**SECURITY:** No one will be allowed on deck except USA swimmers, coaches, meet officials and meet workers.

**PARENT WORKERS/OFFICIALS:** There will be a need for Officials and Timers. Anyone willing to help should fill in the information requested on the VOLUNTEER sheet. **Any team with more than six (6) swimmers in a session may have an assigned lane to time for that session. Lane timer assignments for teams will be emailed prior to the meet, posted and announced. Free admission for volunteer timers for the number assigned per team.**

**CONCESSIONS:** Food and beverages will be available for sale. NO FOOD or DRINK (only WATER) IS ALLOWED IN THE FIELD HOUSE. Cooler storage is provided in the Concessions area. A hospitality room is provided for coaches and officials on deck. There is absolutely no smoking allowed on the school grounds or in the buildings.

**ADMISSIONS:** Friday evening session: \$3.00 for adults, no charge for children under age 16; Saturday and Sunday \$5.00 per adult, no charge for children under age 16. *Wrist bands will be issued at the admissions table. All spectators must display this wrist band during the meet. Reluctance to adhere with this policy may be grounds for ejection of the spectator and his/her respective team.*

**HOTELS INFO:** Accommodations are available at nearby hotels. Contact the meet directors for more detailed info.

**SAFETY REQUIREMENTS**

**WARM-UP Procedure:**

Page 2 of 6

Updated 11/25/09

WSC February Frenzy 2010

WCS will assign warm up lanes and times to the participating teams. We do not use General Warm Ups for this meet. Teams will be notified two weeks prior to the meet as to warm up assignments. USA-S and ISI warm up rules and procedures will remain in effect for the assigned warm ups.

## **A. 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 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.

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.

**SUMMARY OF FEES  
WEST CHICAGO SHARKS**

**2009 February Frenzy**  
FRIDAY, SATURDAY, and SUNDAY, February 12, 13 & 14, 2010

**SANCTION No. USA ILS10-0218**

Complete this form and mail along with entry forms and check payable to:

West Chicago Sharks  
C/O Carolyn Reitz, Ph (630) 293-7607  
995 Willow Creek Road., West Chicago, IL 60185

# of Entries \_\_\_\_\_ @ \$3.00 = \$ \_\_\_\_\_  
Total Swimmers (ISI Surcharge) \_\_\_\_\_ @ \$2.00 = \$ \_\_\_\_\_  
# of Relay Entries \_\_\_\_\_ @ \$7.00 = \$ \_\_\_\_\_  
**Total Fees** \$ \_\_\_\_\_

Name of Club \_\_\_\_\_

Club Code (for Scoring) \_\_\_\_\_ USS Affiliation \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Name & Phone of Contact Person: \_\_\_\_\_

Names of Coaches in Attendance: \_\_\_\_\_

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 United States Swimming, Inc., Illinois Swimming, Inc., West Chicago Sharks, Inc. West Chicago Community High School District #94, 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 included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming."

\_\_\_\_\_  
Signature of Coach, Club Rep., or Parent Title Date

**THIS SIGNED RELEASE AND YOUR CHECK MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED.  
ENTRIES MUST BE RECEIVED NO LATER THAN JANUARY 22, 2010.**

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# VOLUNTEERS NEEDED

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Yes, I can help at the West Chicago Shark February Frenzy

February 12, 13, & 14, 2010

We will need timers and officials. Each team will likely be asked to supply timers for a specific lane for the whole meet.

Name of Club \_\_\_\_\_

<b>NAME</b>	<b>PHONE or E-mail</b>	<b>JOB (OFFICIAL/TIMER)</b>	<b>SESSION</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____

**THANK YOU FOR YOUR HELP!**

## February 12, 13, & 14 2010

### Sanction No. ILS10-0218

#### Friday, February 12 2010

**SESSION 1:** Warm-ups start at 5:00 PM  
First splash at 6:00 PM  
(only one event per swimmer)

GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS
1	10& U	200	IM	2
3	11-12	200	IM	4
5	13-14/Senior	400	IM	6
7	10 & U	200	FREE	8
9	11-12	200	FREE	10
11	13-14/Senior	500	FREE	12

#### Saturday, February 13 2010

**SESSION 2:** Warm-ups start at 7:00 AM  
First splash at 8:00 AM

13	10 & U	100	FREE	14
15	11-12	100	FREE	16
17	10 & U	50	BREAST	18
19	11-12	50	BREAST	20
21	10 & U	50	BACK	22
23	11-12	50	BACK	24
25	10 & U	100	FLY	26
27	11-12	100	FLY	28
29	10 & U	200	FREE RELAY	30
31	11-12	200	FREE RELAY	32

**SESSION 3:** Warm-ups start at 12:00PM  
First splash at 1:00 PM

33	8 & U	50	FREE	34
35	13-14/Senior	200	FREE	36
37	8 & U	25	FLY	38
39	13-14/Senior	50	FREE	40
41	8 & U	25	BACK	42
43	13-14/Senior	100	BREAST	44
45	8 & U	100	FREE RELAY	46
47	13-14/Senior	200	FLY	48
49	13-14/Senior	200	BACK	50
51	13-14/Senior	200	FREE RELAY	52

**SESSION 4:** Warm-ups begin immediately following session 3.  
First splash not before 4 PM

53	Open	1000	FREE	53
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#### Sunday, February 14 2010

**SESSION 5:** Warm-ups start at 7:00 AM  
First splash at 8:00 AM

GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS
55	10 & U	100	IM	56
57	11-12	100	IM	58
59	10 & U	100	BREAST	60
61	11-12	100	BREAST	62
63	10 & U	50	FREE	64
65	11-12	50	FREE	66
67	10 & U	50	FLY	68
69	11-12	50	FLY	70
71	10 & U	100	BACK	72
73	11-12	100	BACK	74
75	10 & U	200	MED RELAY	76
77	11-12	200	MED RELAY	78

**SESSION 6:** Warm-ups start at 12:00PM  
First splash at 1:00 PM

79	8 & U	25	FREE	80
81	13-14/Senior	200	IM	82
83	8 & U	25	BREAST	84
85	13-14/Senior	100	FREE	86
87	8 & U	100	IM	88
89	13-14/Senior	100	FLY	90
91	8 & U	100	MED RELAY	92
93	13-14/Senior	100	BACK	94
95	13-14/Senior	200	BREAST	96
97	13-14/Senior	200	MED RELAY	98

#### Attention:

- Open events will be scored 13-14 and Senior.
- Session 1 & 4 events may be limited to top 4 heats.
- All 1000 yard swimmers must provide their own timers and lap counters. Events 53 will swim as a mixed event but will be scored separately for girls and boys.
- Heats for session 4 will be run fastest to slowest