

Spring Splash

Hosted by WAVES Bloomington-Normal Y S/T
Fort Natatorium, Shirk Center, Illinois Wesleyan University
April 24-25, 2010

Sanctioned by USA Swimming, Inc. Sanction Number: ILL10-0401

Meet Director

Charles Yourd
Bloomington- Normal YMCA
602 S. Main St.
Bloomington, IL 61701
309-827-6233

Entry Chair

Charles Yourd
Bloomington- Normal YMCA
602 S. Main St.
Bloomington, IL 61701
Email: charles.yourd@verizon.net

Safety Chair

Charles Yourd

Meet Referee

Scott Penland

Format:	<ul style="list-style-type: none">• Timed finals• All ages swim every session
Entries accepted:	<ul style="list-style-type: none">• Entries accepted as of 8:00am, Wednesday, March 31, 2010
Entries close:	<ul style="list-style-type: none">• Entries close 6:00pm, Wednesday, April 14, or when meet fills
Email entries	<ul style="list-style-type: none">• Email to: charles.yourd@verizon.net
Entry fees	<ul style="list-style-type: none">• All entry fees must be received by Friday, April 16, 2010

Location: Illinois Wesleyan University, Shirk Center, 302 East Emerson St, Bloomington, IL 61701.

Facility: 8 lane, 25-yard competition pool with starting blocks at one end (starting depth 4 to 13 ft.), non-turbulent lane lines. Water temperature is 80 degrees F. Horn start system, Colorado 5000 timing system, with touch pads, backup button, at least two watches per lane. There is a multiple display readout board. Hy-Tek Meet Manager will be used. Grandstand seating for 250.

Course Certification: The competition course has not been certified in accordance with 104.2.2C.

Rules: All USA Swimming and ISI rules and regulations apply. USAS and ISI safety rules will be strictly enforced.

Eligibility: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed "Registration applied for" will not be accepted. Registration forms can be obtained from: Illinois Swimming, Inc., 3166 S. River Rd Suite 30, Des Plaines, IL 60018. Swimmer's age as of April 24, 2010 determines age of the swimmer for the meet.

USA Swimming, Inc. Membership: Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming. 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 may not participate in the meet or be on the deck.

Coaches: All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

Entry Limits: swimmers may enter an unlimited number of events.

Event Limits: At discretion of meet director, events may be limited to stay within the four-hour session limit. If any event is limited, notice of limits will be posted on the meet webpage by Tuesday, April 20.

Entry Fees: \$3.00 per individual event, \$2.00 per swimmer ISI surcharge, \$7.00 per relay team. Make checks payable to **WAVES**.

Meet Format: All events are timed final.

Positive Check-in: closes 45 minutes before start of session. Circle name means "I am here and I intend to swim." If not checked in, swimmer will be scratched. Late arrivals will be added to open lanes IF OPEN LANES ARE AVAILABLE. Heats will not be reseeded for late arrivals.

Seeding: heats will be conducted slowest to fastest, except where noted.

No Bullpen: to develop swimmer responsibility, there is no bullpen for this meet. Swimmers are to be at the block for their heat.

Timers: Teams with more than 10 swimmers in a session will be expected to provide two timers for a lane for that entire session.

Heat Sheets: Following the close of check-in, heat and lane assignments will be posted at various locations on deck. Copies will be available for coaches.

Coaches Meeting: All teams are to be represented at the coaches meeting held at the close of warm-up on Saturday morning. If the meet referee or meet director deem it necessary, additional meetings may be held for subsequent sessions.

Awards: There will be no awards given.

Deck Access: Only swimmers, coaches, officials, and timers will be allowed on the pool deck.

Clear Deck Policy: To allow free movement of officials, for safety reasons, and to allow grandstand spectators to see the competitors, coaches and swimmers will be asked not to stand along the side of the pool. Coaches may sit in folding chairs in designated areas.

Restrictions: No smoking on school property. Alcoholic beverages are not allowed on school property.

Concessions: A variety of food and beverages will be available for sale by WAVES parent volunteers.

Admission: Adults and children over the age of 12 will be charged an admission fee.

Final Results: results will be posted on the host team website following the meet www.bnywaves.org. All teams will be emailed a Meet Manager backup file and/or CL2 file of meet results on Sunday evening after the meet.

Directions to Illinois Wesleyan University:

From Chicago, IL (Approximately 130 miles) Take I-55 South to Veterans Parkway South (Business 55 - exit #167). Proceed about 4 miles and turn right onto Route 9 (Pekin West exit). Travel east about 2 miles to Clinton Street and turn right (north), travel ½ mile to Emerson Street and turn left, travel ¼ mile to Shirk Center.

From Madison, WI (Approximately 200 miles) Take I-39/90 South to Rockford, IL and continue on I-39 South. Turn onto Route 51 South (Business Exit #2) and turn left at the end of the ramp. Proceed about 6 miles to Emerson Street and turn left at the light, travel ¼ mile east to Shirk Center.

From Indianapolis, IN (Approximately 165 miles) Take I-74 West to Route 51 (North Business Exit #135). Travel about 2 miles to Veterans Parkway North (Business 55 Chicago) exit. Proceed about 3.5 miles, turn left onto Route 9 (Pekin West Exit). Travel east about 2 miles to Clinton Street and turn right (north), travel ½ mile to Emerson Street and turn left, travel ¼ mile to Shirk Center.

From Peoria, IL (Approximately 40 miles) Take I-74 East to I-55 North (Chicago Exit #127). Follow to Route 51 South (Business Exit #165A). Proceed about 3 miles to Emerson Street and turn left at the light, travel ¼ mile east to Shirk Center.

From St. Louis, MO (Approximately 160 miles) Take I-55 North until it merges with I-74 West at Bloomington, continuing north to the Route 9/Market Street exit (Exit #160). Take Market Street east to Route 51 North. At a corner where there is Walgreens and Kroger, turn right onto Emerson Street, travel ¼ mile east to Shirk Center.



Interstate 55, I-74, I-39/US 51 and Illinois 9 all converge in Bloomington.

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Saturday, April 24, morning session Warm-up 7:30-8:20am Session starts 8:30am			Sunday, April 25, morning session Warm-up 7:30-8:20am Session starts 8:30am		
Girls	Event	Boys	Girls	Event	Boys
1	Senior 200 Free	2	45	Senior 200 IM	46
3	11-12 200 Free	4	47	11-12 100 IM	48
5	10-U 200 Free	6	49	10-U 100 IM	50
7	8-U 100 Free	8	51	8-U 100 IM	52
9	Senior 100 Breast	10	53	Senior 100 Back	54
11	11-12 50 Breast	12	55	11-12 50 Back	56
13	10-U 50 Breast	14	57	10-U 50 Back	58
15	8-U 25 Breast	16	59	8-U 25 Back	60
17	Senior 200 Back	18	61	Senior 50 Free	62
19	11-12 100 Back	20	63	11-12 50 Free	64
21	10-U 100 Back	22	65	10-U 50 Free	66
23	8-U 50 Back	24	67	8-U 50 Free	68
25	Senior 100 Free	26	69	Senior 200 Breast	70
27	11-12 100 Free	28	71	11-12 100 Breast	72
29	10-U 100 Free	30	73	10-U 100 Breast	74
31	8-U 25 Free	32	75	8-U 50 Breast	76
33	Senior 200 Fly	34	77	Senior 100 Fly	78
35	11-12 100 Fly	36	79	11-12 50 Fly	80
37	10-U 100 Fly	38	81	10-U 50 Fly	82
39	8-U 50 Fly	40	83	8-U 50 Fly	84
			85!	12-U 200 IM	85!
			! Event 85 mixed 200 IM seeded fastest to slowest, combined by gender, and scored by age groups, 10-U and 11-12.		
Saturday, April 24, distance session Starts 15 minutes after am session Participants in events 41-42 must provide a person to count laps Positive check-in required, check-in closes prior to the start of the am session at 8:30am.			Sunday, April 25, distance session Starts 15 minutes after am session Participants in events 87-90 must provide a person to time for their event, and a person to count laps. Positive check-in required check-in closes prior the start of the am session at 8:30am.		
41	Senior 500 Free Minimum entry time 7:10.00	42	87	Senior 1650 Free Minimum entry time 21:30.00	88
43	Senior 400 IM Minimum entry time 6:30.00	44	89	Senior 1000 Free Minimum entry time 12:45.00	90

bnywaves.org

visit meet host website for
 psych sheet, estimated timeline, map to pool, lane timing assignments, and results

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Entry Summary and Release form

Club name: _____ Team code: _____

Team entry contact: _____ Position with team: _____

Entry contact Email: _____

Entry contact phone (cell) _____ (H) _____ (W) _____

Mailing address: _____

Names of coaches in attendance: _____

USAS meet officials in attendance (*please include email address*)

Name _____ Level _____ Email _____

Name _____ Level _____ Email _____

Name _____ Level _____ Email _____

Name _____ Level _____ Email _____

Name _____ Level _____ Email _____

TEAM SUMMARY

Number of individual entries _____ x \$3.00 = \$ _____

Number of relay entries _____ x \$7.00 = \$ _____

Number of swimmers _____ x \$2.00 = \$ _____

Total Due = \$ _____ Make checks payable to: **WAVES**

Release below must be signed or entry will not be accepted.

In consideration of this entry and its acceptance, 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 and all rights and claims for damages which may occur against the WAVES Bloomington-Normal YMCA Swim Team and its parent organization, Bloomington-Normal YMCA, Illinois Wesleyan University, or their representatives, employees, or successors for any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or loss or damage or alleged damage to property sustained or alleged to have been sustained in connection with or to have arisen before, during or after the meet, by me or any contestant, or representative in said meet of my Club. I attest that all athletes included in this entry and participating in the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Club Representative, or Parent): _____ Date: _____

Hotels: alphabetical listing; all located on east side of town, close to pool, 5-10 minute drive.

Chateau of Bloomington (Jumers)
1601 Jumer Drive, Bloomington
309-662-2020

Comfort Suites,
310B Greenbriar Drive, Normal
309-452-8588

Country Inn and Suites
2403 E. Empire, Bloomington
309-662-3100

Courtyard by Marriott
310A Greenbriar Drive, Normal
309-862-1166

Doubletree Hotel
10 Brickyard Drive, Bloomington
309-664-6446

Eastland Suites
1801 Eastland Drive, Bloomington
309-662-0000

Hampton Inn (new)
320 S. Towanda Ave., Normal
309-452-8900

Holiday Inn Express & Suites
1715 Parkway Plaza Dr., Normal
309-862-1600

Holiday Inn Hotel & Suites (new)
3202 E. Empire St., Bloomington
309-662-4700

Parke Hotel (new)
1414 N. Towanda-Barnes Rd., Bloomington
309-662-4300

Signature Inn
101 S. Veterans, Normal
309-454-4044

Super 8
818 IAA Drive, Bloomington
309-663-2388

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

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
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

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.

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 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 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.
- e. 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.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area. Effective: November 3, 2004