

# Lockport Homer Swim Club

Cordially, invites you to

## Oktober Swim Fest

October 16 and 17, 2010

Sanctioned by USA Swimming & Illinois Swimming  
Sanction #

**Location** Lockport East High School  
1333 East 7<sup>th</sup> Street  
Lockport, IL 60441

**Facility** 8 lane 25 yard indoor pool with non-turbulent lane markers. Starting blocks are located at the deep end of the pool (12 foot depth). A fully automatic Colorado timing system with touch pads and one backup button will be used. Seating capacity for 450 spectators available.

**Meet Director**

Monique Borzick  
mwickowski@lths.org

**Meet Entries**

Laura Knowles  
lknowles@lths.org

**Safety Coordinator**

Kate Johnson

**Meet Referee**

Dean Knowles

**Format**

Timed finals with a positive check-in  
Check –in Sheets will be posted prior to the start of  
Of warm ups, and will be removed 30 minutes prior to  
the start of the session.

**Session**

Sat & Sun AM  
10 & Under, 11-12

**Warm Up Start Time**

7AM

**Check in Closes**

7:30AM

**Meet Start**

8AM

Sat & Sun PM  
8 & Under, 13 & Over

12N\*

12:30PM\*

1PM\*

\*Denotes a approximate time

**Eligibility** Swimmer's age as of October 16, 2010 will determine his/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 Saturday and Sunday.  
Entry times should be in SCY. Teams must submit their entries in a Hy-Tek file, zipped in an e-mail.  
A printed report including full name, USA swimming number, event numbers, and entry times of all Swimmers must be included with the entry. This report will serve as your official entry form. Relay entries and, a signed release with fee summary must accompany the entry.

**E-mail** Your Club's entire entry must be sent in one e-mail.

**Entries** Please do not send several e-mails which compose one Team.

E-mail entries to: **Laura Knowles**

[lknowles@lths.org](mailto:lknowles@lths.org)

Mail Team Summary and Release forms to: **Monique Borzick**  
**1333 East 7<sup>th</sup> Street**  
**Lockport, IL 60441**

**Entry Fees** \$3 per Individual event  
\$2 Swimmer surcharge  
\$1 facility sur-charge/per Swimmer  
**Make all checks payable to Lockport Township High School**  
**One check per Club, please.**

**Entry** Entries must be sent to the Entry Chair Laura Knowles at  
lknowles@lths.org

**Deadline** Entries will not be accepted before **Friday, October 1, 2010 at 8AM,**  
OR after Thursday October 7, 2010.

**Rules & Safety** All current USA Swimming and ISI Rules and Regulations apply  
All ISI and USA Swimming safety rules will be enforced.

**USA Swimming Membership** Insurance regulations require that all Swimmers, Coaches, Judges, Starters, and Referees be current members 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 or be on the pool deck.  
Coaches and Officials must display their credentials at all times.

- 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 to the Coaches Or Swimmers to contact the Meet Referee with specific requests.
- Awards** Ribbons will be awarded for 1<sup>st</sup>-5<sup>th</sup> place in each individual event, and, 1<sup>st</sup>-3<sup>rd</sup> in relay events. Swimmers in the 13 & Over groups will not Receive ribbons. High Point trophies will be awarded to the Top 3 Swimmers in age groups under 13 years old.
- Scoring** 9-7-6-5-4-3-2-1 for individual events.
- Seeding** All events will be swum slowest to fastest, except the 1650 Freestyle This will be swum fastest to slowest, alternating women, and men.
- 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.
- Limits** The Host Team reserves the right to limit the number of heats swum for All events, in order to ensure the completion of the session within a 4 hour time frame. Any entries cut by the Host Team will not be refunded. The Host Team also reserves the right to swim a heat of its own Swimmers after the cut has been made.
- Concessions** Food and beverages will be available. Food may be eaten in the concession area. **NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK.** No smoking is allowed Anywhere on Lockport Township High School property by State law.
- Admissions** There will be admission charged for all Spectators 12 and Older.
- Results** Final results will be posted on the LHSC website, and sent via e-mail to Participating Teams
- Warm Up** Warm up rules will be posted on deck and in the Coaches packet. All ISI warm up and safety procedures will be in effect.

**Lockport Homer Swim Club**  
**October Swim Fest**  
**October 16 and 17, 2010**

<b>Saturday AM</b>		
<b>Warm Up 7AM</b>		
<b>Girls</b>		<b>Boys</b>
#1	10 & U 100 Free	#2
#3	11-12 100 Free	#4
#5	10 & U 50 Backstroke	#6
#7	11-12 50 Backstroke	#8
#9	10 & U 100 Breaststroke	#10
#11	11-12 100 Breaststroke	#12
#13	10 & U 50 Butterfly	#14
#15	11-12 50 Butterfly	#16
#17	10 & U 200 IM	#18
#19	11-12 200 IM	#20

<b>Sunday AM</b>		
<b>Warm Up 7AM</b>		
<b>Girls</b>		<b>Boys</b>
#39	11-12 200 Freestyle	#40
#41	10 & U 50 Freestyle	#42
#43	11-12 50 Freestyle	#44
#45	10 & U 100 IM	#46
#47	11-12 100 IM	#48
#49	10 & U 50 Breaststroke	#50
#51	11-12 50 Breaststroke	#52
#53	10 & U 100 Butterfly	#54
#55	11-12 100 Butterfly	#56
#57	10 & U 100 Backstroke	#58
#59	11-12 100 Backstroke	#60

<b>Saturday PM</b>		
<b>Warm Up 12N</b>		
<b>Girls</b>		<b>Boys</b>
#21	13 & O 200 Free	#22
#23	8 & U 50 Free	#24
#25	13 & O 200 Backstroke	#26
#27	8 & U 25 Backstroke	#28
#29	13 & O 100 Butterfly	#30
#31	8 & U 25 Butterfly	#32
#33	13 & O 200 Backstroke	#34
#35	13 & O 200 Breaststroke	#36
<b>BREAK</b>		
#37	<b>Open 1650 Freestyle</b>	#38

<b>Sunday PM</b>		
<b>Warm Up 12N</b>		
<b>Girls</b>		<b>Boys</b>
#61	13 & O 200 IM	#62
#63	8 & U 100 IM	#64
#65	13 & O 100 Freestyle	#66
#67	8 & U 25 Freestyle	#68
#69	13 & O 100 Breaststroke	#70
#71	13 & O 100 Backstroke	#72
#73	8 & U 25 Breaststroke	#74
#75	13 & O 50 Freestyle	#76
#77	13 & O 200 Butterfly	#78
<b>BREAK</b>		
#79	<b>Open 500 Freestyle</b>	#80

# Lockport Homer Swim Club

## Oktober Swim Fest October 16 and 17, 2010

### Team Summary and Release Form

Complete this form and mail along with your Entry Forms and check  
Payable to Lockport Township High School  
To the Meet Director no later than October 7, 2010

Meet Director  
Monique Borzick  
1333 East 7<sup>th</sup> Street  
Lockport, IL 60441

#### Summary of Fees

Individual #of entries \_\_\_\_\_ @ \$3.00 \_\_\_\_\_  
Facility sur-charge (per Swimmer) #of entries \_\_\_\_\_ @ \$1.00 \_\_\_\_\_  
Total # of Swimmers @ 2.00 \_\_\_\_\_

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

Club Code \_\_\_\_\_ LSC \_\_\_\_\_

Head Coach \_\_\_\_\_

Club Mailing Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contract for Entries \_\_\_\_\_

**THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED!**

In consideration of the acceptance of this entry, I, legally bind 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., IL Swimming, Inc., Lockport Homer Swim Club, Lockport Township High School District 205, their representatives, Directors, Officers, employees, or successors for any all injuries suffered. In addition I attest that all Athletes in this entry are current Athlete members of USA Swimming Club

Representative \_\_\_\_\_ Date \_\_\_\_\_

Lockport Homer Swim Club  
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Officials and Timers

We would greatly appreciate the help of any Officials and Timers who would like to work this meet.

Timer Contact Name and e-mail address

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Officials Name                      level                      Sessions available                      e-mail

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# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

## 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.