

Lockport Homer Swim Club

Cordially, invites you to

Oktober Swim Fest

October 16,17 and 18, 2009

Sanctioned by USA Swimming & Illinois Swimming
Sanction #ILS09-1004

Location Lockport East High School
1333 East 7th 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 Witkowski
mwitkowski@lths.org

Meet Entries

Laura Knowles
lknowles@lths.org

Safety Coordinator

Arnold Solis

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

Warm Up Start Time

Check in Closes

Meet Start

Friday
OPEN

5:30 PM

6 PM

6:30 PM

Sat & Sun AM
10 & Under, 11-12

7 AM

7:30AM

8AM

Sat & Sun PM
8 & Under, 13 & Over

12N*

12:30PM*

1PM*

*Denotes a approximate time

Eligibility Swimmer's age as of October 16, 2009 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.
One event Friday.

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.

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

Mail Team Summary and Release forms to: **Monique Witkowski**
1333 East 7th Street
Lockport, IL 60441

Entry Fees \$3 per Individual event
\$2 Swimmer surcharge
\$1 Facility surcharge

Make all checks payable to Lockport Township High School
One check per Club, please.

Entry Entries must be sent to the Entry Chair.

Deadline Entries will not be accepted before Friday September 25, 2009 at 8AM,
OR after Friday October 2, 2009.

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 1st-5th place in each individual event. 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.

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Friday PM Warm up 5:30 PM		
Girls #77 #79	OPEN 400IM OPEN 500 Free	Boys #78 #80

Saturday AM Warm Up 7AM		
Girls		Boys
#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

Sunday AM Warm Up 7AM		
Girls		Boys
#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 Back	#58
#59	11-12 100 Back	#60

Saturday PM Warm Up 12N		
Girls		Boys
#21	13 & O 200 Free	#22
#23	8 & U 50 Free	#24
#25	13 & O 100 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
BREAK		
#37	Open 1650 Freestyle	#38

Sunday PM Warm Up 12N		
Girls		Boys
#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	8 & U 25 Breaststroke	#72
#73	13 & O 50 Freestyle	#74
#75	13 & O 200 Butterfly	#76

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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 5, 2009

Meet Director
Monique Witkowski
1333 East 7th Street
Lockport, IL 60441

Summary of Fees

Individual #of entries _____ @ \$3.00 _____

Total # of Swimmers @ \$2.00 _____

Total # of Swimmers \$1 Facility surcharge @ \$1.00 _____

Name of Club _____

Club Code _____ LSC _____

Coaches Attending _____

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 _____

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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

Officials Name level Sessions available e-mail
