

HINSDALE SWIM CLUB
41st ANNUAL MID-SUMMER CLASSIC
July 9th - 11th, 2010
Sanctioned by USA Swimming, Inc.
Sanction # ILL10-0703

MEET DIRECTOR

Claudia Karagianis
CKaragiani@aol.com

ENTRIES

Jim Audet
JimAudet@aol.com

MEET REFEREE

Jim Audet
JimAudet@aol.com

Head Coach Matt Rowe
Headcoachmatt@HinsdaleSwimming.org

- Location:** Hinsdale Community Pool, 500 Hinsdale Avenue, Hinsdale, IL. 60521 (630) 789-7098
- Facility:** 8 lane, 50-meter competition pool. It is equipped with non-turbulent lane lines, permanent starting blocks, a horn start system, and automatic timing with touch pads. Seating capacity is 500. Starting depth at the east end of the pool is 6'0".
- The competition course has not been certified in accordance with 104.2.2C(4)
- Parking:** Parking is available at the pool but is limited. Additional parking is available on the north side of Hinsdale Avenue and public streets south of the pool.
- Admissions:** Admission is \$5.00 for adults and no charge for children under 12 years old.. The Psyche sheet covering all sessions is \$8.00 and will include separate heat sheets for am or pm sessions. These heat sheets will be provided at or soon after the start of each session.
- Results:** Results will be available at <http://hinsdaleswimming.org> at the conclusion of the meet.
- Timers:** All entered teams will be asked to provide timers. Schedule of timers will be based on team entry size. Timer schedule will be sent out to teams after entries are closed.

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FRIDAY AM Session 1	FRIDAY PM Session 2
July 9th, 2010	July 9th, 2010
10 & Under, 11-12	13-14, Senior
Warm-ups: 7:00am	Warm-ups: 12:00pm
Timed Finals: 8:00am	Timed Finals: 1:00pm
SATURDAY AM Session 3	SATURDAY PM Session 4
July 10th, 2010	July 10th 2010
10 & Under, 11-12	13-14, Senior
Warm-ups: 7:00am	Warm-ups: 12:00pm
Timed Finals: 8:00am	Timed Finals: 1:00pm
SUNDAY AM Session 5	SUNDAY PM Session 6
July 11th, 2010	July 11th, 2010
10 & Under, 11-12	13-14, Senior
Warm-ups: 7:00am	Warm-ups: 12:00pm
Timed Finals: 8:00am	Timed Finals: 1:00pm

NOTE: THIS MEET WILL REQUIRE POSITIVE CHECK-IN

Positive Check-In: All swimmers must check-in prior to each session. Check-in station will be located at the west end of the pool. Check-in will close for each session 20 minutes after the start of warm-ups for that session. All swimmers who do not check-in for a session will be scratched for that session. Swimmers must physically present themselves at the check-in station to be checked in. Deck entries will not be permitted.

NOTE: There will be a separate check-in for the 800/1500 during the Friday pm session. Listen for the announcer for details.. !!!!!!!

Eligibility: Only USA Swimming and FINA registered swimmers are eligible. Entries listed “Registration Applied For” will not be accepted. All swimmers must be registered prior to the entry deadline. USA registration forms can be obtained from Illinois Swimming, Inc: 3166 S. River Road Suite 30, Des Plaines, IL 60018. (847) 824-1596, FAX (847) 824-1726 or ilswimoffice@sbcglobal.net. In all events swimmers must swim in their own age group (senior events are not age group). Age for this meet shall be the swimmer’s age as of July 9th, 2010 Relay swimmers must be entered in at least one individual event.

Qualifying Times: All events utilize 2009 – 2012 National Age Group Motivational Times Top 16 based Long Course Meter times. There will be no 8 & under events. Swimmer’s entry times must be equal to or faster than the qualifying times listed. Meter times must be submitted. Non-conforming times will be seeded last in rank order after all conforming times have been seeded. **“No Time” entries will not be accepted.**

Relay Starts: The 2nd and 4th swimmers in the 200M relays will **start in the water**. (3.5 ft. depth).

Upgrading: There will be no upgrading of times after July 8th, 2010.

Rules: 2010 USA Swimming Inc. and ISI rules will govern the meet. All USA Swimming and ISI Swimming rules and ISI safety rules will be strictly enforced including the ISI individual scratch rule.

Seeding: All events will be pre-seeded after the close of positive check-in. Each event will be swum in heats with swimmers seeded from slowest to fastest, except the 800/1500's will be swum fastest to slowest, alternating women's and men's heats. There will be a separate check-in for the 800/1500.

Entries & Forms: We are now accepting **e-mail entries**. All entries must be submitted in meter times on the enclosed entry form or in Hy-Tek Meet Manager generated format. The enclosed Summary of Fees Statement must be completed and the Release Form signed. **These must be returned together with the entry forms and your check (within 48hrs if e-mailing entry)**. Failure to do so shall be sufficient grounds for refusal of the entry. Hinsdale Swim Club will use Hy-Tek Meet Manager 2.0 software to run the meet.

Swimmer's USA Swimming Numbers/Age: All swimmers USA Swimming registration numbers must be included on the entry forms. ISI swimmers list only the last nine digits. If not registered with ISI, list all twelve digits. Swimmer's age must be shown in the column indicated. Failure to comply with entry requirements is sufficient cause to reject entries.

Entry Limitation: Swimmers are limited to **three events per day, not counting relays**. Entries will be accepted in the order received subject to the 4-hour/10 hour time limit. Entries received thereafter shall be returned immediately. Deck entries will not be accepted.

Long Event Entry Limit: Entries for these events will be determined by fastest proven seed times. Please be prepared to show proof of times at the meet. Swimmers must provide their own back-up timer and counter for the 800/1500's. No exceptions.

Entry Fees: Individual events are \$3.00 each. Relays are \$7.00 per event. A surcharge of \$2.00 per swimmer has been instituted by ISI. Make checks payable to HINSDALE SWIM CLUB.

Entry Deadline: Entries (including e-mails) **will not be accepted before 8:00am Friday, June 4th, 2010**. If you desire verification of entries received, include a self-addressed, stamped postcard. Entries shall not be considered received until delivered to entry chairperson. Entries received after the meet is filled will be returned.

Awards: Ribbons will be given for the top eight individual finishers of each individual event and the top three finishers in each of the relay events. There will be no individual event or relay awards for seniors. There will be no individual high point trophies or team trophies awarded.

Results: Preliminary results will be posted as available. Coaches are to handle any disputes by talking to the Meet Referee.

Concessions: Snack shop available inside pool grounds. Hospitality and meals will be provided to coaches and officials.

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.

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SESSION #1 – Friday am, July 9th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
1*	4:12.99	10&U	200M IM	4:10.69	2*
3*	3:29.69	11-12	200M IM	3:29.59	4*
5	2:12.59	10&U	100M Fly	2:09.79	6
7	1:38.69	11-12	100M Fly	1:37.49	8
9	3:48.59	10&U	200M Free	3:35.49	10
11*	6:27.79	11-12	400M Free	6:21.69	12*

SESSION #2 – Friday pm, July 9th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
13*	7:01.09	13-14	400M IM	6:41.89	14*
15*	6:48.99	Senior	400M IM	6:21.59	16*
17	3:16.29	13-14	200M Fly	3:05.19	18
19	3:09.69	Senior	200M Fly	2:55.69	20
21	3:43.99	13-14	200M Breast	3:32.39	22
23	3:36.59	Senior	200 M Breast	3:23.29	24
25*	12:23.29	Senior	800M Free	11:42.19	26*
27*	23:53.09	Senior	1500M Free	22:25.59	28*

SESSION #3 –Saturday am, July 10th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
29	3:03.89	11-12	200M Free	3:00.69	30
31	1:43.99	10&U	100M Free	1:41.59	32
33	42.39	11-12	50M Fly	42.99	34
35	55.09	10&U	50M Fly	52.89	36
37	49.09	11-12	50M Breast	51.09	38
39	1:01.59	10&U	50M Breast	1:01.59	40
41	1:38.89	11-12	100M Back	1:39.19	42
43	2:02.39	10&U	100M Back	1:58.09	44
45	-	11-12	400M Med. Rel.	-	46
47	-	10&U	200M Med. Rel.	-	48

SESSION #4 –Saturday pm, July 10th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
49	37.09	Senior	50M Free	33.59	50
51	37.89	13-14	50M Free	35.39	52
53	1:28.99	Senior	100M Back	1:22.39	54
55	1:30.79	13-14	100M Back	1:26.89	56
57	2:51.79	Senior	200M Free	2:39.99	58
59	2:57.09	13-14	200M Free	2:47.09	60
61	1:41.09	Senior	100M Breast	1:32.99	62
63	1:43.89	13-14	100M Breast	1:34.89	64
65	6:00.39	Senior	400M Free	5:38.59	66
67	6:09.39	13-14	400M Free	5:53.29	68

SESSION # 5 –Sunday am, July 11th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
69	1:25.79	11-12	100M Free	1:23.29	70
71	45.09	10&U	50M Free	44.29	72
73	39.19	11-12	50M Free	37.99	74
75	55.99	10&U	50M Back	56.39	76
77	45.49	11-12	50M Back	45.69	78
79	2:17.49	10&U	100M Breast	2:13.59	80
81	1:49.99	11-12	100M Breast	1:49.19	82
83	-	10&U	200M Free Rel.	-	84
85	-	11-12	400M Free Rel.	-	86

SESSION #6 –Sunday pm, July 11th, 2010

GIRLS			BOYS		
Event No.	Qualifying Time	Age Group	Event	Qualifying Time	Event No.
87	1:20.09	Senior	100M Free	1:13.59	88
89	1:22.09	13-14	100M Free	1:16.99	90
91*	3:15.19	Senior	200M IM	3:01.79	92*
93*	3:19.99	13-14	200M IM	3:09.49	94*
95	3:11.69	Senior	200M Back	2:56.49	96
97	3:15.29	13-14	200M Back	3:07.49	98
99	1:26.59	Senior	100M Fly	1:18.99	100
101	1:29.19	13-14	100M Fly	1:22.89	102

***Limited to fastest three heats. We will swim more if time allows.**

**HINSDALE SWIM CLUB
MID-SUMMER CLASSIC SWIM MEET**

July 9th – 11th, 2010

Sanctioned by USA Swimming, Inc.
USA Swimming Sanction #ILL10-0703

Complete all information on this form and mail with entry forms and check to:

**Jim Audet
23 East Birchwood Avenue
Hinsdale, IL 60521**

Make checks payable to: **HINSDALE SWIM CLUB**

10 & Under	No. of Swimmers _____	No. of Entries _____ @ \$3.00 ea.	\$ _____
11-12	No. of Swimmers _____	No. of Entries _____ @ \$3.00 ea.	\$ _____
Senior	No. of Swimmers _____	No. of Entries _____ @ \$3.00 ea.	\$ _____
Relays		No. of Entries _____ @ \$7 ea.	\$ _____
	Total Swimmers _____	Surcharge _____ @ \$2 ea.	\$ _____

Total Fees \$ _____

Name of Club _____

L.S.C. _____ Club Initial Code for Heat Sheets (Max. 5 letters) _____

Names of Coaches Attending Meet _____

Your Team's Volunteer Coordinator Name and Telephone No. _____

Person Submitting Entry _____

Complete Mailing Address _____

Home Telephone () _____ City _____ Zip _____

E-mail Address _____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages, which may accrue against the USA Swimming, Illinois Swimming, Inc., and Hinsdale Swim Club, Hinsdale Community Pool, their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as representative of any club. I also certify that all swimmers entered in the meet and their coaches are properly registered with USA Swimming or FINA.

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 or FINA.

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

**THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR BE DELIVERED WITHIN 48 HRS
OF E-MAIL ENTRIES. ENTRIES WILL NOT BE ACCEPTED BEFORE 8:00 AM, June 4th, 2010
NO HAND DELIVERIES OR FAXED ENTRIES ACCEPTED.**