



Monster Mash
 Presented by
 The Lake Forest Swim Club
 October 28-29, 2017



SANCTIONED BY: Wisconsin Swimming, Inc.

SANCTION #: WI2017-417s

All USA Swimming and WSI rules apply including safety rules that will be strictly enforced. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. ***The Wisconsin Meet Reservation System will be used to secure entry into the meet.***

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Operation of a drone, or any other flying apparatus, is prohibited over the venue anytime athletes, coaches, officials and/or spectators are present.

DATES	October 28-29, 2017		
LOCATION	Rec Plex Aqua Arena, 9900 Terwall Terr., Pleasant Prairie, WI 53158		
	Entrance to the building for all Spectators, Coaches, Athletes, Officials, and Meet Personnel is located on the south side of the building - west entrance.		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045		847.735.5372 LFSC@sbcglobal.net www.swimlpsc.org
MEET DIRECTOR	Laurel Liberty Rick Gates	NOTE: send all correspondence to the address above. DO NOT address to Rick or Laurel! The Lake Forest College mailroom will not recognize our Meet Director's names.	847.735.5372
ENTRIES	Laurel Liberty	lfscentries@sbcglobal.net	847.735.5372
ELIGIBILITY	All entered swimmers must be current (2017) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies.		
MEET REFEREE	Bob Edwards		bedwardsii@comcast.net
ADMINISTRATIVE OFFICIAL	Laurel Liberty		coachlaurel@sbcglobal.net
FACILITY	The competition pool is an 8, 9, or 10-lane 50 meter course ranging from 7' 0" to 7' 1" in depth. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Colorado timing system and display. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
	Deck changes are prohibited.		
MEET SCHEDULE	Sat/Sun am session	Warm-ups: 8:00am	Meet: 9:00am
	Sat/Sun pm session	Warm-ups: TBD	Meet: TBD
	Please visit the LFSC website (www.swimlpsc.org) after October 23, 2017, for the afternoon warm-up schedule and to check seeding for heat limited events.		
	Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).		



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ENTRY FEES

\$5.00 per individual event. Deck entries will be accepted if open lanes are available, entry fee is \$8.00. A Wisconsin Swimming surcharge of \$3.00 and a RecPlex facility surcharge of \$4.00 per swimmer entered in individual events must be included with entry. **Make checks payable to "Lake Forest Swim Club".**

ENTRY DEADLINE

All entries must be received at the swim club office by Tuesday, October 17, 2017, 5:00pm. Please submit all entries *via* email to LFSCentries@sbcglobal.net. Send forms, waiver and fees to Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045

EVENTS, ENTRY LIMITATIONS and SEEDING

An event schedule for this meet is included with this meet announcement. Swimmers may enter and swim six (6) individual events each day. The Sr 400 IM and 1000 free will be swum in alternating fashion, fastest to slowest seeded heats. This meet may be conducted in 2 pools if entries warrant such division. Check the LFSC website (www.swimlfc.org) after October 23, 2017, for more information.

All events except heat limited events will be conducted as pre-seeded timed final events. Swimmers competing in heat limited events are required to check-in and positively declare their intent to swim for each event. Swimmers who do not check-in will be scratched from that event. **Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).**

The following events *MAY* be limited to three heats based on submitted entry times:

- 9/10 200 free and IM
- 11/12 500 free and 200 IM
- Sr 400 IM, 1000 free and all 200 stroke events

Heat limitations will *only* be imposed if necessary to manage the timeline. It is our intent to swim as many heats as possible. All swimmers entered in heat-limited events **must** provide a seed time. To check seeding for heat-limited events visit www.swimlfc.org after October 23, 2017

AWARDS

Awards will be given for 1st – 10th place in individual events for 8 & under, 9/10, and 11/12 age categories. Heat winner prizes will also be awarded.

DECK ACCESS and CREDENTIALS

Only contestants, coaches, volunteer meet support, timers and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck.

SWIMMER SUPERVISION

Each team or coach is responsible for the supervision of his or her swimmers. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area. In accordance with the Federal Video Voyeurism Prevention Act of 2004, the use of camera phones or video recording devices in the locker rooms is prohibited.

SPECTATOR ADMISSION and HEAT SHEETS:

Spectator seating will open 60 minutes prior to the scheduled start of each session.

Adults	\$7.00/day
10 & under	no charge
Heat Sheets	\$3.00/session

COACHES MEETING

Coaches meetings will be held if determined necessary by the Meet Referee.

MEET RESULTS

Meet results will be posted online at www.swimlfc.org

PARKING:

Parking is available at the RecPlex facility.



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Saturday, October 28

Warm-up: 8:00am

Meet Starts: 9:00am

WOMEN'S EVENT		MEN'S EVENT	
1 *	11/12 500 Free	2 *	9/10 200 Free
3	8 & under 50 Free	4	8 & under 50 Free
5	9/10 50 Free	6	9/10 50 Free
7	11/12 100 Free	8	11/12 100 Free
9	Sr 50 Free	10	Sr 100 Free
11	8 & under 25 Breast	12	8 & under 25 Breast
13	9/10 50 Breast	14	9/10 50 Breast
15	11/12 100 Breast	16	11/12 100 Breast
17	NO EVENT	18	Sr 50 Breast
19	Sr 100 Breast	20	Sr 200 Breast
21	8 & under 25 Fly	22	8 & under 25 Fly
23	9/10 100 Fly	24	9/10 100 Fly
25	11/12 50 Fly	26	11/12 50 Fly
27	Sr 100 Fly	28	Sr 50 Fly
29	Sr 50 Back	30	Sr 200 Fly
31	8 & under 50 Back	32	8 & under 50 Back
33	9/10 100 Back	34	9/10 100 Back
35	11/12 50 Back	36	11/12 50 Back
37	Sr 200 Back	38	Sr 100 Back
39 *	9/10 200 IM	40 *	11/12 200 IM

Warm-up: TBD

Meet Starts: TBD

WOMEN'S EVENT		MEN'S EVENT	
41 *	Sr 400 IM	42 *	Sr 1000 Free

Sunday, October 29

Warm-up: 8:00am

Meet Starts: 9:00am

WOMEN'S EVENT		MEN'S EVENT	
43 *	9/10 200 Free	44 *	11/12 500 Free
45	8 & under 25 Free	46	8 & under 25 Free
47	9/10 100 Free	48	9/10 100 Free
49	11/12 50 Free	50	11/12 50 Free
51	Sr 100 Free	52	Sr 50 Free
53	8 & under 50 Breast	54	8 & under 50 Breast
55	9/10 100 Breast	56	9/10 100 Breast
57	11/12 50 Breast	58	11/12 50 Breast
59	Sr 50 Breast	60	Sr 100 Breast
61	Sr 200 Breast	62	NO EVENT
63	8 & under 50 Fly	64	8 & under 50 Fly
65	9/10 50 Fly	66	9/10 50 Fly
67	11/12 100 Fly	68	11/12 100 Fly
69	Sr 50 Fly	70	Sr 100 Fly
71	Sr 200 Fly	72	Sr 50 Back
73	8 & under 25 Back	74	8 & under 25 Back
75	9/10 50 Back	76	9/10 50 Back
77	11/12 100 Back	78	11/12 100 Back
79	Sr 100 Back	80	Sr 200 Back
81	11/12 200 IM	82	9/10 200 IM

Warm-up: TBD

Meet Starts: TBD

WOMEN'S EVENT		MEN'S EVENT	
83 *	Sr 1000 Free	84 *	Sr 400 IM

* This event MAY be limited to 3 heats. Please check the LFSC website www.swimlfsc.org after October 23, 2017 to verify heat limitations. All swimmers entered in the 1000 free and the 400 IM *must* provide a seed time and lane timer. Seed time required for the 9/10 200 free and the 11/12 500 free.



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SUMMARY OF ENTRIES

INDIVIDUAL EVENTS _____ Women _____ events X \$5.00 = \$ _____

_____ Men _____ events X \$5.00 = \$ _____

TOTAL INDIVIDUAL EVENTS \$ _____

SWIMMER SURCHARGE _____ Women x \$7.00 = \$ _____

_____ Men x \$7.00 = \$ _____

TOTAL MEET FEES \$ _____

All entries must be received at the swim club office by Tuesday, October 17, 2017, 5:00pm. Please submit all entries via E-mail to LFSCEntries@sbcglobal.net. Send forms, waiver and fees to Lake Forest Swim Club, 555 N. Sheridan Rd., Lake Forest, IL 60045

Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries _____

Phone Day () _____

Eve () _____

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In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims which may accrue against USA Swimming, Wisconsin Swimming, the Lake Forest Swim Club, the RecPlex Aqua Arena, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) _____ DATE _____