

Highland Park Aquatics Club

Go For The Cut Meet

February 9, 10 & 11, 2018

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction # ILS18-0205

LOCATION: Highland Park High School Aquatic Center, 433 Vine Ave, Highland Park, IL 60035

FACILITY: 10 lane 25-yard competition pool with non-turbulent lane markers + 5 lanes for cool down. Starting end: 14 foot depth, turn end: 7 foot depth. Kiefer Elite starting blocks with fins are located at the deep end of the pool (14 foot depth). Colorado System 6 timing system with non-slip touch pads, one backup button, and a 10 lane digital scoreboard in color will be used. Seating capacity for 650 spectators is available. The competition course has been certified in accordance with 104.2.2C(4).

MEET DIRECTOR

Jory Blauer

12904 W. Waverly St
Beach Park, IL 60099

847-722-8841

joryblauer@ymail.com

ENTRY CHAIRPERSON

Jory Blauer

12904 W. Waverly St
Beach Park, IL 60099

847-722-8841

joryblauer@ymail.com

SAFETY CHAIRPERSON

Alex Cramer

MEET REFEREE

Dale Kelley

FORMAT: Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 20 minutes after the start of warm-ups. If you are not checked-in, you will be scratched from that session.

<u>Session</u>	<u>Warm-up Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Friday PM	5:00pm	5:20pm	6:00pm
Saturday AM	7:00am	7:20am	8:00am
Saturday PM*	12:00pm*	12:20pm*	1:00pm*
Sunday AM	7:00am	7:20am	8:00am
Sunday PM*	12:00pm*	12:20pm*	1:00pm*

*Warm-ups will not begin before this time

RULES AND SAFETY: All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

ELIGIBILITY: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the first day of competition. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Website: <https://www.teamunify.com/Home.jsp?team=ilslsc>, or from the Illinois Swimming Office, 1400 E. Touhy Ave. Suite #410, Des Plaines, IL 60018, Phone 847-824-1596, Fax 847-824-1726. A swimmer's age as of date of the first day of competition will determine their age for 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.

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 deck.

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 of the coaches or swimmers to contact the Meet Referee with specific requests.

COACHES (CHECK-IN REQUIRED): All coaches must be currently registered with USA Swimming and must check-in on a check-in sheet each session.

ENTRY DEADLINE: Entries will not be accepted by the Entry Chairperson before **8:00am, Monday January 8th**. Entries will be accepted by email (joryblauer@ymail.com). Entries will be accepted until the meet is filled, but **not later than midnight, Monday, January 29th**. No hand delivered entries will be accepted.

ENTRIES: **Individuals are limited to four entry events per day.**

Signed Summary Fee / Release Form, provided in this packet, and check should be received within 72 hours from receipt of the entry. Checks are to be made payable to: Highland Park Aquatics Club or HPAC

Please your entry to: joryblauer@ymail.com

Meet host will accept no responsibility for transmission errors of emailed entries. It will remain up to the sender to verify receipt of entries.

ENTRY FEES: \$4.00 per individual entry
\$2.00 surcharge per swimmer entered
\$3.00 facility fee per swimmer entered
Make all checks out to **HP Aquatics Club**, with one check per club.

ENTRY LIMITATIONS: **Deck Entries will not be permitted. The host team reserves the right to swim additional heats if time allows.**

ENTRY VERIFICATION: You will receive an email response NO LATER than 48 hours after receipt of your entry file via email. Please email to: joryblauer@ymail.com

EVENTS: 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 of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

POSITIVE CHECK IN: All events will be Positive Check-in, timed finals. All swimmers are required to check-in at the tables provided outside the locker rooms by the closing times outlined above.

SCRATCHES: Intentional scratches after the close of positive check-in should be reported to the meet referee by the swimmer's coach.

SEEDING: All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

AWARDS: All individual events: ribbons will be awarded for 1st through 8th places.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

ADMISSIONS: \$5.00 for adults (children under 12 are free)

HOSPITALITY: Will be available for all coaches and meet officials throughout the meet. **FOOD & BEVERAGES ARE NOT ALLOWED ON DECK.**

CONCESSIONS: There will be food available all days of the meet. The concessions stand will be located in the hallway outside of the pool. **FOOD & BEVERAGES ARE NOT ALLOWED ON DECK.** No smoking is allowed anywhere on the high school campus by state law.

CONDUCT: The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DECK CHANGE: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

FLYOVER STARTS: At the meet referee's discretion, fly-over starts may be implemented to ensure that each session is completed in a timely manner.

OFFICIALS: Please have any certified officials who would like to work contact the Meet Referee, Dale Kelley - wood_ale@yahoo.com

MEET RESULTS: Final results will be posted on the HPAC website in HTML and PDF format. HPAC's website[<http://www.hpacswimclub.org>]. Any additional awards will be mailed to clubs.

Highland Park Aquatics Club
Go For The Cut Meet
Friday, February 9 – Sunday, February 11, 2018
Order of Events

Session 1 / Friday PM
Warm up 5:00pm / Meet Starts 6:00pm

Female Event #	Age Group	Event Name	Male Event #
1	OPEN	400 IM	2
3	12&Under	500 Free	4
5	OPEN	500 Free	6

Session 2 / Saturday AM
Warm up 7:00am / Meet starts 8:00am

Female Event #	Age Group	Event Name	Male Event #
7	11 - 12	200 Free	8
9	8 & Under	100 Free	10
11	11 - 12	100 IM	12
13	8 & Under	25 Fly	14
15	11 - 12	100 Breast	16
17	8 & Under	25 Breast	18
19	11 - 12	100 Back	20
21	8 & Under	50 Back	22
23	11 - 12	50 Fly	24
25	8 & Under	50 Free	26
27	11 - 12	50 Free	28

Session 3 / Saturday PM

Warm up 12:00pm* / Meet starts 1:00pm*

*** Warm up for the Saturday PM session begin immediately following the AM session but NOT BEFORE 12:00pm**

Female Event #	Age Group	Event Name	Male Event #
29	10 & Under	50 Free	30
31	13 & Over	200 Free	32
33	10 & Under	200 IM	34
35	13 & Over	100 Breast	36
37	10 & Under	50 Breast	38
39	13 & Over	200 Back	40
41	10 & Under	50 Back	42
43	13 & Over	100 Fly	44
45	10 & Under	100 Fly	46
47	13 & Over	200 IM	48
49	10 & Under	100 Free	50

Session 4 / Sunday AM
Warm up 7:00am / Meet starts 8:00am

Female Event #	Age Group	Event Name	Male Event #
51	11 - 12	200 IM	52
53	8 & Under	50 Fly	54
55	11 - 12	100 Fly	56
57	8 & Under	25 Back	58
59	11 - 12	50 Breast	60
61	8 & Under	100 IM	62
63	11 - 12	50 Back	64
65	8 & Under	50 Breast	66
67	11 - 12	100 Free	68
69	8 & Under	25 Free	70

Session 5 / Sunday PM

*** Warm up for the Sunday PM session begin immediately following the AM session but NOT BEFORE 12:00pm**

Female Event #	Age Group	Event Name	Male Event #
71	13 & Over	50 Free	72
73	10 & Under	200 Free	74
75	13 & Over	200 Fly	76
77	10 & Under	50 Fly	78
79	13 & Over	100 Back	80
81	10 & Under	100 Breast	82
83	13 & Over	200 Breast	84
85	10 & Under	100 Back	86
87	13 & Over	100 Free	88
89	10 & Under	100 IM	90
91	13 & Over	1650 Free	92

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Team Summary & Release Form

Summary of Fees

Individual Swims	No. of Entries _____	@ \$4 each = _____
Relay Swims	No. of Entries _____	@ \$10 each = _____
Total # of Swimmers (ISI Surcharge)	_____	@ \$2 per = _____
Total # of Swimmers (Facility Fee)	_____	@ \$3 per = _____
		Total Meet Fees = _____

Name of Club _____

Club Code _____ LSC Code _____

Coaches Attending _____

Club Mailing Address _____

Contact For Entries _____

Phone _____ Email _____

This signed release must accompany entry or entry will not be accepted! In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of 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., Illinois Swimming Inc., Scout Aquatics, Lake Forest High School their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as a representative of my club. I attest that all athletes entered in this meet are currently registered with USA Swimming.

Club Rep. Signature _____ Date _____

Highland Park Aquatics Club – Go For The Cut Meet
Highland Park High School
February 9-11, 2018

Warm-Up Procedure

A. WARM-UP PROCEDURES

1. General Warm-up

All lanes will be open for warm up.

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 effect 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. Backstrokers 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.