

# Father's Day Classic The Oak Park Swimmers June 19-21, 2009

Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # **ILL09-0608**

**HOST:** The West Cook YMCA and TOPS Swim Team

<b>Meet Director:</b> Huan Tran 948 Mapleton Ave. Oak Park, IL 60302 708-848-3093 <a href="mailto:tops.htran@gmail.com">tops.htran@gmail.com</a>	<b>Entry Chairperson:</b> Bob Hallman 1141 S. Wisconsin Ave. Oak Park, IL 60304 708-524-8608 <a href="mailto:rhallman@sbcglobal.net">rhallman@sbcglobal.net</a>	<b>Head Referee:</b> Glenn Gabriel <a href="mailto:gjgabriel@comcast.net">gjgabriel@comcast.net</a>  <b>Safety Coordinator:</b> Patrick Curran 708-434-0222
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**FORMAT:** No Cut. Timed Finals

**MEET SCHEDULE:**

	Warm-Ups	Meet Begins	Positive Check-In Closes
<b>Friday</b>	4:15- 5:15 PM	5:30 PM	4:45 PM
<b>Saturday &amp; Sunday AM</b> (9-10, 11-12)	7:00 -7:45 AM	8:00 AM	7:30 AM
<b>Saturday &amp; Sunday PM</b> (8&u, 13-14, Open)	Afternoon warm-ups will start immediately after the morning session ends, but not before 11:30am. The meet will begin one hour after the morning session ends. Positive check in will close 1/2 hour after warm-ups begin		

**LOCATION:** Ridgeland Common Pool  
415 Lake St  
Oak Park, IL 60302

**FACILITY:** Eight lane/50 meter pool with non-turbulent competitor lane lines and a fully automatic Daktronics timing system with touch pads. The competition course has not been certified in accordance with 104.2.2C(4). Fixed starting block at starting end. Ridgeland Commons contains a concession stand that will be available to the swimmers. On Saturday there will be a farmers market across the street in the church parking lot. Parking is available at the high school lot which is one block west on Lake St. **Please no parking in the church parking lot on Sunday.**

**RULES:** All current USA Swimming and ISI rules and regulations apply. ISI and USA Swimming safety rules will be strictly enforced. FINA starting procedures and rules (whistle commands, no recall) will be followed. Coaches must be current USA Swimming coach members to be allowed on deck and must have their registration cards displayed while on the pool deck.

**Note: The host team is affiliated with the YMCA. In order to comply with the YMCA's five foot depth rule, the second and fourth swimmers of the 200 relays must start in the water. All teams who wish to enter these events must follow this procedure.**

**ENTRY REQUIREMENTS:** Entries will not be accepted before 9am Friday, May 15, 2009. All entries must be received before Friday June, 5 2009. Email entries are preferred, and will be accepted by Bob Hallman – [rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net). Hard copy, signed release forms, and payment must follow within 48 hours. Mail entries to **Bob Hallman, 1141 S. Wisconsin, Oak Park IL 60304**. No hand deliveries will be accepted. If mailing entries, please include the entry on 3.5” diskette in Hy-Tek Commlink file format. Please include a printed copy of the entry with the diskette. All entries must be submitted on the enclosed entry form attached. The enclosed Summary of Fees statement must be completed and the Release Form signed. These must be returned together with the fully completed entry forms and your check payable to **The Oak Park Swimmers**. Failure to do so shall be sufficient grounds for refusal of the entry. All entries must comply with

2009 USA Swimming and Illinois Swimming, Inc. rules. Current registration numbers, ages, and first and last names of all swimmers must appear on the entry forms. No swimmers entry will be accepted unless he/she is registered with USA Swimming. "Applied for " entries will not be accepted. USA Swimming registration forms may be obtained from Illinois Swimming, Inc., 3166 S. River Rd. Suite #30, Des Plaines, IL 60018. phone (847) 824-1596.

**ENTRY DEADLINE:** **Entries will not be accepted before 9am Friday, May 15, 2009. All entries must be received before Friday June 5, 2009. No phone, fax or hand delivered entries will be accepted. Entries received before 9am Friday, May 15<sup>th</sup> will be returned.** Entries fees and timer and official commitment sheets must accompany form. Entries must be legible and complete. Properly completed entry forms include first and last name of each swimmer, age, USA Swimming, Inc., registration number and long course meter time for each event. Late entries will not be accepted.

**ENTRY FEES:** \$3.00 per individual event  
\$7.00 per relay  
Entry fee must accompany entry. By action of the Illinois Swimming, a surcharge of \$2.00 per swimmers has been instituted for the athlete travel reimbursement fund.

Mail forms along with checks payable to The Oak Park Swimmers to:

Bob Hallman  
1141 S. Wisconsin Ave.  
Oak Park, IL 60304

**ENTRIES:** Individuals are limited to **3 individual events per day** in addition to the 1500 and relays. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Computer entries may be made using Hy-Tek Commlink Disc (3.5 inch). All entries must be accompanied by a hard copy print out of your Commlink entry data file or your information filled out on the entry forms provided. The signed summary/release provided in the packet and payment in full must accompany this entry. **Check payable to the Oak Park Swimmers.**

**QUALIFYING TIMES:** All entries must be submitted in **long course meter times** for seeding purposes. All events will be timed finals from slowest to fastest. Please no "NT" entries for seeding purposes. Short course times will be considered non-conforming and will be seeded last.

**ENTRY LIMIT:** Deck entries will not be permitted. The following events may be limited to the fastest 3 heats: 10 and under 200 free, 11-12 200 free, senior 400 free and senior 1500 free. Coaches will be notified. Swimmers in the 1500 must provide their own timer and counter.

**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 request.

**POSITIVE CHECK-IN:** Positive check in will close 1/2 hour after warm-ups begin. Late entries will be able to swim only if there are open lanes in slower heats. There will be **NO BULLPEN** for the swimmers, including **No Bullpen for 8 & Unders.**

**AWARDS:** Individual Events awards for 1-8; Relays Awards for 1-3

**ADMISSIONS:** Friday \$3.00, Saturday and Sunday \$4.00 per/day

**HEAT SHEETS:** Friday \$2.00, Saturday and Sunday combined \$6.00

**FINAL RESULTS:** Mailed to participating teams of 5 or more swimmers. Results will be mailed to the address listed on the summary sheet. Final results may be purchased at the admission table for \$10.00.

**CONCESSIONS:** Concessions provided by the Park District. 7AM till close of the meet. Coaches Hospitality will be provided by The Oak Park Swimmers.

**The Oak Park Swimmers Fathers Day Classic - June 19-21, 2009**

**Sanction# ILL09-0608**

Complete this form and send with entry form. Make check payable to: **The Oak Park YMCA Swimmers**

Entry Chairperson:  
Bob Hallman  
1141 S. Wisconsin Ave.  
Oak Park, IL 60304  
(708) 524-8608  
[rhallman@sbcglobal.net](mailto:rhallman@sbcglobal.net)

8 & Under	# of swimmers _____	# of Entries _____	X	\$3.00	\$ _____
10 & Under	# of swimmers _____	# of Entries _____	X	\$3.00	\$ _____
11-12	# of swimmers _____	# of Entries _____	X	\$3.00	\$ _____
13-14	# of swimmers _____	# of Entries _____	X	\$3.00	\$ _____
OPEN	# of swimmers _____	# of Entries _____	X	\$3.00	\$ _____
Relays		# of Entries _____	X	\$7.00	\$ _____
	Total # of swimmers _____		X	\$2.00	\$ _____
				Total Fees	\$ _____

Name of Club \_\_\_\_\_ USA Swimming Association \_\_\_\_\_

Club Initials for Heat Sheet \_\_\_\_\_

Name of person and telephone number responsible for your teams volunteers \_\_\_\_\_

Names of coaches attending meet \_\_\_\_\_

Complete mailing address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email 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 U S A Swimming, Illinois Swimming, Inc., The Oak Park Swimmers, The Oak Park YMCA, The Park District of Oak Park, Oak Park, Illinois or their employees for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club. 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.

Signature (Coach or Club Representative) \_\_\_\_\_

The signed release must accompany each entry or entry will not be accepted. Entries must be received no sooner than Friday May 15<sup>th</sup> , and no later than Friday June 5<sup>th</sup> , 2009.

# 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.

## The Oak Park Swimmers Fathers Day Classic - June 13-15, 2008

### Friday

Warm-ups: 4:15pm ; Meet: 5:30pm

Girls	Event	Boys
1	10 and U 200 Free*	2
3	11-12 200 Free*	4
5	13-14 200 IM	6
7	Senior 200 IM	8
9	11-12 200 IM	10
11	Senior 200 Breast	12
13	Senior 1500 Free*	14

### Saturday AM

Warm-ups: 7:00am; Meet: 8:00am

15	9-10 200 MR	16
17	11-12 400 MR	18
19	9-10 50 Free	20
21	11-12 50 Free	22
23	9-10 50 Back	24
25	11-12 50 Back	26
27	9-10 100 Fly	28
29	11-12 100 Fly	30
31	9-10 100 Breast	32
33	11-12 100 Breast	34

### Saturday PM

Warm-ups: Immediately following the morning session; Meet: One hour after warm-ups begin

35	8&U 200 MR	36
37	13-14 400 MR	38
39	Senior 400 MR	40
41	8&U 50 Fly	42
43	13-14 100 Breast	44
45	Senior 100 Breast	46
47	8&U 50 Free	48
49	13-14 100 Free	50
51	Senior 100 Free	52
53	8&U 50 Back	54
55	13-14 100 Back	56
57	Senior 100 Back	58
59	Senior 200 Fly	60
61	Senior 400 Free*	62

### Sunday AM

Warm-ups: 7:00am; Meet: 8:00am

63	9-10 200 FR	64
65	11-12 400 FR	66
67	9-10 100 Free	68
69	11-12 100 Free	70
71	9-10 50 Breast	72
73	11-12 50 Breast	74
75	9-10 50 Fly	76
77	11-12 50 Fly	78
79	9-10 100 Back	80
81	11-12 100 Back	82

### Sunday PM

Warm-ups: Immediately following the morning session; Meet: One hour after warm-ups begin

83	8&U 200 FR	84
85	13-14 400 FR	86
87	Senior 400 FR	88
89	Senior 200 Back	90
91	8&U 100 Free	92
93	13-14 50 Free	94
95	Senior 50 Free	96
97	8&U 50 Breast	98
99	13-14 100 Fly	100
101	Senior 100 Fly	102
103	13-14 200 Free	104
105	Senior 200 Free	106

\* The host club reserves the right to limit these events to the fastest 3 heats.

**Father's Day Classic  
The Oak Park Swimmers  
June 13-15, 2008**

**Meet Assistance Form**

Due to the difficulty in staffing large invitational meets, the Oak Park Swimmers will require assistance from participating teams. The assistance will be needed with timing and officiating.

The Oak Park Swimmers reserves the right to give priority to those teams that agree to provide Volunteer officials and timers for our meet.

Please provide the name of a contact person that will coordinate your team's volunteers in the space below and return with your entry. Someone from our meet committee will contact that person prior to the meet.

We require two timers per session in which a team has 5 or more swimmers entered. We also need officials for every session and would appreciate knowing who will be available for each session. Please submit names on the form, along with your entry, or no later than two weeks before the meet. Please mail the information to the meet director.

	Timers	Officials	Level	Phone
Friday PM	_____	_____		
	_____	_____		
Saturday AM	_____	_____		
	_____	_____		
Saturday PM	_____	_____		
	_____	_____		
Sunday AM	_____	_____		
	_____	_____		
Sunday PM	_____	_____		
	_____	_____		
Team Name	_____			
Team Email	_____			
Volunteer Coordinator	_____			
Phone (Day)	_____	Evening	_____	

Thank You for your Cooperation