

**ST. CHARLES SWIM TEAM**  
**SPRING PENTATHLON**  
MAY 15<sup>th</sup> & 16<sup>th</sup>, 2010  
SANCTION #  
LONG COURSE METERS

**MEET DIRECTOR:** Lori Falk, Alan Jania, & Natalija Filipovic, 1050 Dunham Road St. Charles, IL 60174, [meetchair@stcswim.com](mailto:meetchair@stcswim.com)

**ENTRY CHAIR:** Tom McCormack, 1901 King Edward Ave. St. Charles, IL 60174, [entrychair@stcswim.com](mailto:entrychair@stcswim.com)

**REFEREE:** Al Reynolds, [xf15@sbcglobal.net](mailto:xf15@sbcglobal.net)

**LOCATION:** John B. Norris Rec. Center, 1050 Dunham Rd. St. Charles IL. 60174.

**POOL:** Indoor 6 lane 50 meter pool. The pool has Kiefer lane lines and Paragon starting blocks, and a Daktronics timing system with 6 lane time LCD display board. Beep horn systems with strobes will be used. The pool ranges in depth from 3.5 ft. deep to 12ft. deep at the starting end. The competition course has not been certified in accordance with 104.2.2C (4).

<b>MEET SCHEDULE:</b>	Saturday AM Session 1	<b>Warm-ups</b>	<b>7:00 AM</b>	<b>Start 8:00 AM</b>
	Saturday PM Session 2	<b>Warm-ups</b>	Immediately following Session 1, Not before <b>12:00PM</b> .	
		<b>Start</b>	1 hour after start of warm-ups	
	Sunday AM Session 3	<b>Warm-ups</b>	<b>7:00 AM</b>	<b>Start 8:00 AM</b>
	Sunday PM Session 4	<b>Warm-ups</b>	Immediately following Session 3, Not before <b>12:00PM</b>	
		<b>Start</b>	1 hour after start of warm-ups	

**POSITIVE CHECK-IN CLOSES 20 MINUTES AFTER WARMUPS START**

**ENTRIES:** All entries shall comply with current 2010 USA and ISI rules. A swimmer's age for the meet is his/her age as of May 15, 2010. Current 2009-2010 registration numbers, age, first name, middle initial and last name must appear on all entry blanks. No swimmer's entry will be accepted unless he/she is a registered USA athlete. ISI registration forms may be obtained from Illinois Swimming Inc., [www.ilswim.org](http://www.ilswim.org). **All entries must be received from a USA Swimming certified coach**

**SEEDING:** Enter Swimmers at their short course yard times to assure proper seeding. Upgrading of a swimmers time will not be allowed after the entry deadline. To meet ISI time requirements there could be some cuts in the longer events. All events are timed finals. **St. Charles reserves the right to swim its own swimmers in all events.**

**ENTRY FORMS:** Computerized entries from Hy-Tek's team Manager are preferred. All written entries must be submitted on the St. Charles Entry Forms. Mail / e-mail entries to Entry Chair at [entrychair@stcswim.com](mailto:entrychair@stcswim.com)  
Please send the following complete information to the entry chair:  
1) Paper copy of your entry (and CD/diskette if file is not e-mailed)  
2) Signed release form  
3) Payment for meet  
4) Officials and timers to work the meet.

**If forms are not completely filled out, the entry will be considered incomplete**

**ENTRY LIMITS:** Swimmers 9 and older may enter a minimum of 4 events, but must be entered in all 5 to be eligible for awards. 8 and under swimmers may enter a minimum of 3 events but must be entered in all 4 50 Meter events to be eligible for awards.

**ENTRY FEES:** A flat entry fee of **\$15.00** for swimmers 9 & over for all 5 events and **\$12.00** for swimmers 8 & under for 4 events will be charged. A surcharge of **\$2.00** per swimmer has been instituted by ISI, Inc. for the Athlete Travel Reimbursement Fund. Make checks payable to **St. Charles Swim Team Parent's Association**. Deck Entries will be permitted only if space is available. No additional heats will be added. A fee of **\$15.00** per deck entry along with a **\$15.00** processing fee is to be paid in full that day.

**ENTRY DEADLINE:** Entries will not be accepted before **8:00AM, Friday April 23, 2010**. Entries will be accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries. Entries submitted before the due date will be returned. If you desire a verification of entries accepted, include a self-addressed stamped post card. For entries submitted via email, complete entry package must be received within 3 business days following confirmation of acceptance.

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- CHECK - IN:** **THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for **all sessions 20 minutes** after the start of warm-ups. **A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a CHECKED - IN event will be scratched from their next event
- AWARDS:** Awards will be given to the top 6 highpoint swimmers, with best cumulative times for each age categories: 7 & Under, 8 years old, 9 years old, 10 years old, 11 years old, 12 years old, 13 years old, 14 years old and Seniors. 10 & under, 11-12, and 13-14 will swim together but will be scored individually. In order to qualify for the highpoint awards, the swimmer must be entered in all 5 events, except for 8 and unders, who must be entered in all 4 50 meter events. Awards will be available at the end of the meet. The host team will not be responsible for mailing awards.
- COACHES:** Coach's packets will be available to all club coaches with swimmers entered in the meet. You must present your USA Swimming coach's registration card to receive the packet. The Coach's packet will be available at the hospitality table.
- RESULTS:** Results will be posted as the meet progresses. Results will be emailed. A hard copy will be mailed upon request. Live Results will be posted on the St. Charles Swim Team Website at [www.stcswim.com/liveresults](http://www.stcswim.com/liveresults)
- SECURITY:** Only **US Swimming registered Coaches** will be allowed on the deck. Coaches must display current USA Swimming registration cards at all times while on deck. Teams must provide proof of each coach's current USA Swimming registration prior to the start of the meet for a coach scheduled to be on deck. All questions concerning the meet after the start of the meet should be directed to the meet referee. **Parents will NOT be allowed on deck.**
- ADMISSION:** An admissions fee will be charged per day. A psych sheet will be available for a fee covering all sessions. Wrist bands will be issued at the admission's table. All spectators must wear the wrist bands during the meet.
- OFFICIALS:** USA Officials who would like to work the meet should contact the Meet Referee, Al Reynolds, [xfl5@sbcglobal.net](mailto:xfl5@sbcglobal.net), to be assigned positions.
- TIMERS:** Any team with more than 5 swimmers in a session will have an assigned lane to time for that session. Timers will have free admission for that session. Coaches will be emailed lane assignments prior to the meet.
- PARKING:** Outside SCST Parking Signs will be posted directing swim meet traffic to the appropriate parking lot and entrance. **PLEASE DO NOT PARK IN THE FRONT PARKING LOT.** Park in the lots designated by the signs. Do not enter through the main entrance of the building. Entry to the meet will be at the EAST entrance of the building. **We must enforce these rules in order to continue to use this facility.** Thank-you in advance for your cooperation.
- CODE OF CONDUCT:** SCST will strictly adhere to the USA Swimming Swimmer and Parental Code of Conduct at this meet. Any violation in the Code of Conduct will result in ejection from the meet.

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**SAFETY REQUIREMENTS:**

**WARM UP:**

**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.

**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.
- c. (One length only)
- d. **General Warm-up Lanes - NO DIVING.** Circle swim only.
- e. 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

**SAFETY  
GUIDELINES:**

**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.

**Host Team Responsibilities**

- a. Marshaling
  - 1) A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
  - 2) Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue.
  - 3) Marshals shall full have the authority to warn or order to cease and desist, and, with concurrence of the referee to remove or have removed from the swimming venue anyone behaving in an unsafe manor or using profane or abusive language or whose actions are disrupting the orderly conduct of the meet.
- 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 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."

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## ORDER OF EVENTS

### Saturday Morning - Session 1

Girls Event #		Boys Event #
1	10 & Under 50 Fly	2
3	10 & Under 50 Back	4
5	10 & Under 50 Breast	6
7	10 & Under 50 Free	8
9	9-10 200 IM	10

### Saturday Afternoon - Session 2

Girls Event #		Boys Event#
11	11 & 12 50 Fly	12
13	11 & 12 50 Back	14
15	11 & 12 50 Breast	16
17	11 & 12 50 Free	18
19	11 & 12 200 IM	20

### Sunday Morning - Session 3

Girls Event #		Boys Event #
21	13 - 14 100 Fly	22
23	13 - 14 100 Back	24
25	13 - 14 100 Breast	26
27	13 - 14 100 Free	28
29	13 - 14 200 IM	30

### Sunday Afternoon - Session 4

Girls Event #		Boys Event #
31	Senior 100 Fly	32
33	Senior 100 Back	34
35	Senior 100 Breast	36
37	Senior 100 Free	38
39	Senior 200 IM	40

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**Entry Chair:** Tom McCormack, 1901 King Edward Ave. St. Charles, IL 60174, [entrychair@stcswim.com](mailto:entrychair@stcswim.com)

Summary of Fees:

8 & Under	Girls	Number of Swimmers _____	@ \$12.00 each = \$ _____
	Boys	Number of Swimmers _____	@ \$12.00 each = \$ _____
9 & 10	Girls	Number of Swimmers _____	@ \$15.00 each = \$ _____
	Boys	Number of Swimmers _____	@ \$15.00 each = \$ _____
11 & 12	Girls	Number of Swimmers _____	@ \$15.00 each = \$ _____
	Boys	Number of Swimmers _____	@ \$15.00 each = \$ _____
13 & 14	Girls	Number of Swimmers _____	@ \$15.00 each = \$ _____
	Boys	Number of Swimmers _____	@ \$15.00 each = \$ _____
Senior	Girls	Number of Swimmers _____	@ \$15.00 each = \$ _____
	Boys	Number of Swimmers _____	@ \$15.00 each = \$ _____
Total Number of Swimmers Attending Meet _____			@ \$2.00 each = \$ _____
			Grand Total = \$ _____

Name of Club \_\_\_\_\_ Club Initials \_\_\_\_\_

Names of coaches attending Meet \_\_\_\_\_

Mailing Address Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

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

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; St. Charles Swim Team; Norris Recreation Center; and St. Charles Swim Team Parents Association, their Representatives, 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 duly and currently registered with USA Swimming.

Signature (Coach, Parent, or Club Representative)

\_\_\_\_\_  
This signed release must accompany the entry or the entry will not be accepted.

**All Entries must be received by Friday, May 7, 2010.** Entries will accepted on a first received, first entered basis. E Mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.

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Entries Due By Friday, May 7, 2010

Age Group \_\_\_\_\_ Boys / Girls Team Code: \_\_\_\_\_

Name	Age	USS #	Event #	Event Name			
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
<b>Totals</b>					<b>Event</b>	<b>@ \$15.00</b>	<b>\$</b>
					<b>Rate</b>	<b>@ \$12.00</b>	<b>\$</b>



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**Norris Recreation Center / St. Charles East High School  
1050 Dunham Rd. St. Charles, IL, 60174**

**Route 64**

Route 64 to Dunham Road. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

**East - West Toll way**

1-88 East - West Toll way to Farnsworth Avenue. Farnsworth Avenue turns in to Kirk Road. Follow Kirk Road to Route 64. West on Rt. 64 to Dunham Rd. North on Dunham to Norris Rec. Center, which is on the North side of St. Charles East High School

**1-90 Northwest Toll way**

1-90 Northwest Toll way to Route 25. South on Rt. 25 to Dunham Rd. Norris Rec. Center, which is on the North side of St. Charles East High School

Please visit [www.st-charles.il.us](http://www.st-charles.il.us) for hotel information.