

Synergy Swim Team BOLT

Fall Spook & Splash

October 21st - 23rd, 2011

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

Sanction Number ILS11-1020

MEET DIRECTOR

John Fleming
3806 45th St Ct
Rock Island, IL 61201
309-781-0821
fleming1@mchsi.com

ENTRY CHAIRPERSON

Clay Grafft
1518 State St #3
Bettendorf, IA 52722
319-541-2888
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MEET REFEREE

David McFarland

SAFETY CHAIRPERSON

Kleber Macias

Format: Timed Finals

October 21st
Friday

Warm Ups: 4:30 pm
Meet Starts: 5:30 pm

October 22nd, October 23rd
Saturday, Sunday
AM Session

Warm Ups: 6:45 am
Meet Starts 8:00 am
Warm Ups: Not before 11:30 am
Meet Starts: One hour after warm ups start.

PM Session

Pool Location:

Rock Island High School, 1400 25th Ave. Rock Island, Il. 61201

Facility:

The RIHS pool is a 25 yard, six lane pool with non-turbulent lane lines, starting blocks and a Colorado automatic timing system. Depth at the primary starting end of the pool is 9 feet. Depth at the shallow end is 3.5 feet. Seating is available for about 300 persons.

Rules and Safety:

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

Eligibility:

Only USA Swimming, Inc. registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of Oct, 21st, 2011. USA Swimming registration forms can be obtained from Illinois Swimming, Inc., 1400 Touhy Ave. Suite 245, Des Plaines IL, 60018. Telephone: 847-824-1596. Fax: 847-824-1726. Age for this meet shall be the swimmer's age as of Oct, 21st, 2011.

Events:

This is a timed finals meet. No deck entries will be accepted. Heats will be seated slowest to fastest except for the 1650 which will be swum fastest to slowest. Swimmers ages 10 and under failing to report to Clerk of Course will be scratched. 8 & under 2nd and 4th relay swimmer will start from in the pool. If you would like a downloadable file of the order of events, please go to Illinois Swimming website.

Deck Meet:

All swimmers are asked to sit with their team in assigned areas. Ages 10 and under will be asked to report to Clerk of Course for each event.

Qualifying Times

No Qualifying times or cutoff times apply. NT times will be accepted.

Entry Limit

Swimmers are limited to 4 individual events and 1 relay per day. The 1650 will be limited to 3 heats per gender.

Entry Fees

The entry fee for this meet is \$3.00 for individual events and \$7.00 for each relay. There is a \$2.00 Splash fee.

Entry Deadlines:

Entries, with all enclosures, must be received no earlier than 8:00 a.m., September 26th, 2011 and not later than 9:00p.m., October 12th 2011. If you wish to have verification that your entry packet has arrived, please enclose a stamped, self-addressed envelope or postcard. No late entries will be accepted. Entries will be accepted, subject to the 4-hour rule, until the maximum time limit is reached and entries received thereafter will be returned immediately.

Entry Forms:

The enclosed summary sheet and release, signed by the coach, parent, or club representative must accompany all entries. Please submit all entries using short course yards times. If you would like to e-mail your entries, send to: claygrafft@hotmail.com via Zip file (note: you must still send your disc and hardcopy with-in 72 hours). A Hy-Tek printout must accompany computer entries. Do not submit individual entry cards for each event. The host club shall provide and prepare all individual entry cards. For those clubs using the enclosed forms, a typed list of swimmers' names and registration would be greatly appreciated. All paper entries must be submitted on the entry forms attached or a facsimile. Be sure that the swimmers whole name, first, last and middle initial and release form are included in this packet and signed by the club official. Failure to comply with any of the above requirements is sufficient grounds to refuse entry. Mail entry forms and a check to: John Fleming 3806 45th St Ct. Rock Island, IL 61201.

Time Limit:

Entries will be accepted until the maximum time limit, subject to the 4/10 hour rule is reached and entries received thereafter will be returned.

Meet Schedule:

Warm-ups for Friday October 21st, 2011 will start at 4:30 p.m. Warm-ups for the morning's sessions October 22nd and 23rd, 2011 will start at 6:45 a.m., with the meet starting at 8:00 a.m. Warm-Ups for the PM session will not start before 11:30 a.m., with meet starting one hour after the warm-ups have started. The meet will use fly over starts format except for backstroke, 8 & under 25 yard events and relays.

Scoring:

Scoring for individual events are 7-5-4-3-2-1 and doubled for relays

Awards:

Awards will be given for first through third place in 8 and under, 9-10, 11-12, and 13-14 age groups for high point. For individual events, ribbons will be awarded for first through sixth place. Awards will be given to the top three relay teams in each relay event. All awards will be distributed to each team's coach or team representative. High point awards will be announced and given at the end of the last session.

Concessions and Sales:

The concession stand and swim wear will be available in the lobby. Heat sheets will be available for \$8.00.

Racing Start Certifications:

As of May 1, 2009, USA Swimming rules require that all registered swimmers must be racing start certified in order to perform racing starts in less than six feet of water, 103.2.2 (which already provides that racing starts should only be taught in at least six feet of water) to further clarify that racing starts should only be taught under the direct supervision of a USA Swimming member coach, and to expand the definition of teaching racing starts to make clear that no swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water. Each athlete on your team must have a "Racing Start Certification Checklist" filled out and kept on file at your club for proof of completion of this testing.

Safety Requirements:**1) WARM UP PROCEDURES**

- a. General Warm-up (first 30 minutes)
 - i. 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
 - ii. No sprinting or pace work allowed during this general warm-up session.
 - iii. 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 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.

3) SAFETY GUIDELINES

- a. Coaches Responsibilities

- i. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - ii. Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the warm-up session at meets and practices.
- 4) HOST TEAM RESPONSIBILITIES
 - a. Marshaling
 - i. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the warm-up session.
 - ii. Marshals shall be current members of USA Swimming.
 - iii. 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. 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."
 - c. 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.
 - d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- 5) 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.

Coaches:

All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

Meet Results:

One copy of printed meet results in required format will be sent (or emailed or posted to a website to download) to each team represented by 5 (five) or more swimmers. Individual copies may be ordered at the time of the meet at a cost of \$5.

**Order of Events
Fall Spook & Splash**

Friday, October 21st PM

Warm-up 4:30

Meet Starts 5:30

Girls	Events	Boys
1	10-U 200 IM	2
3	11-12 200 IM	4
5	Open 400 IM	6
7	10-U 200 Free	8
9	11-12 500 Free	10
11	Open 500 Free	12

Saturday, October 22nd AM

Warm-up 6:45

Meet Starts 8:00

Girls	Events	Boys
13	8-U 50 Free	14
15	10-U 50 Free	16
17	8-U 25 Breast	18
19	10-U 50 Breast	20
21	8-U 50 Back	22
23	10-U 100 Back	24
25	8-U 100 Free Relay	26
27	10-U 200 Free Relay	28
29	8-U 25 Fly	30
31	10-U 50 Fly	32
33	8-U 100 IM	34
35	10-U 100 IM	36

Saturday, October 22nd PM

Warm-up No earlier than 11:30

Meet Starts 1 hour after start of warm-ups

Girls	Events	Boys
37	11-12 200 Free	38
39	Open 200 Free	40
41	11-12 100 Breast	42
43	Open 100 Breast	44
45	11-12 50 Free	46
47	Open 50 Free	48
49	11-12 200 Free Relay	50
51	Open 200 Free Relay	52
53	11-12 50 Back	54
55	Open 200 Back	56
57	11-12 100 Fly	58
59	Open 100 Fly	60
61	11-12 200 IM	62
63	Open 200 IM	64

**Order of Events
Fall Spook & Splash**

**Sunday, October 23rd AM
Warm-up 6:45 Meet Starts 8:00**

Girls	Events	Boys
65	8-U 25 Free	66
67	10-U 100 Free	68
69	8-U 50 Breast	70
71	10-U 100 Breast	72
73	8-U 100 Medley Relay	74
75	10-U 200 Medley Relay	76
77	8-U 25 Back	78
79	10-U 50 Back	80
81	8-U 50 Fly	82
83	10-U 100 Fly	84

**Sunday, October 23rd PM
Warm-up No earlier than 11:30
Meet Starts 1 hour after start of warm-ups**

Girls	Events	Boys
85	11-12 100 Free	86
87	Open 100 Free	88
89	11-12 50 Breast	90
91	Open 200 Breast	92
93	11-12 200 Medley Relay	94
95	Open 200 Medley Relay	96
97	11-12 100 Back	98
99	Open 100 Back	100
101	11-12 50 Fly	102
103	Open 200 Fly	104
105	Open 1650 Free	106

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Fall Spook & Splash
October 21st - 23rd, 2011

Complete this form and mail it along with entry forms **OR** Hy-Tek disks and printouts, and a check payable to "Synergy Swim Team BOLT" to:

John Fleming
3806 45th St Ct
Rock Island, IL 61201

Summary of Fees

8-U	# of entries	_____ @	\$3.00 =	\$ _____
9-10	# of entries	_____ @	\$3.00 =	\$ _____
11-12	# of entries	_____ @	\$3.00 =	\$ _____
13-14	# of entries	_____ @	\$3.00 =	\$ _____
15-O	# of entries	_____ @	\$3.00 =	\$ _____
Surcharge	# of swimmers	_____ @	\$2.00 =	\$ _____
	# of relays	_____ @	\$7.00 =	\$ _____
			Total =	\$ _____

Name of Club _____ Club Code _____ - _____
Mailing Address _____ LSC _____
City, State _____ Zip _____
Contact Name _____ Phone _____
Email Address _____

Names of Attending Coaches

- 1.) _____ 2.) _____
- 3.) _____ 4.) _____

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.; Synergy Swim Team; Rock Island School District #41, 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 correctly registered with USA Swimming.

Signature (Coach, Parent, or Club Representative) _____

This signed release and payment must accompany the entry or the entry will not be accepted.

Entry must be received no sooner than September 26th and no later than 9:00 pm on October 12th, 2011. Entries will be accepted on a first received, first entered basis. E-mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.