

Lyons Classic
Hosted by Lyons Aquatics Club
Feb 8-10, 2019

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number: ILS0226-19

MEET DIRECTORS

Michelle Kelly
Mmkelly2000@comcast.net

ENTRY CHAIR

Joey Waldorf
jwaldorf@lyonsaquatics.com

MEET REFEREE

SAFETY CHAIR

Joey Waldorf
jwaldorf@lyonsaquatics.com

FORMAT: All Friday events are timed finals. Saturday and Sunday events are prelim/final for 12 & overs and timed finals for 11 & unders. Saturday and Sunday Finals will be swum with one heat each for ages 12, 13, 14, and two heats for ages 15 & over.

LOCATION: Lyons Township South Campus, 4900 Willow Springs Rd, Western Springs, Il 60558

FACILITIES: Lyons Township High School South Campus has a pool that is 6 lanes and 50 yards in length with a separating bulkhead, non-turbulent lane lines and KDI Paragon starting blocks. The competition pool ranges in depth from 12.5 ft deep at the start end to 7 ft deep at the turn end. The facility has seating capacity for 640 spectators and utilizes Daktronics touch pads and scoreboard.

The competition course has been certified in accordance with 104.2.2C (4).

MEET SCHEDULE

FRIDAY		
Feb 8, 2019 10 & Under, 11-12, 13& Over Warm-Ups: 5:45pm Timed Finals: 6:30pm		
SATURDAY AM	SATURDAY PM	SATURDAY EVENING
Feb 9, 2019 12 yr olds, 13 & Over Warm-Ups: 6:45am Prelims: 8:00am	Feb 9, 2019 8 & Under, 9-10, 11 yr olds Warm-Ups: Immediately after morning session, not before 12:30pm Timed Finals: Not before 1:30pm	Feb 9, 2019 12, 13, 14, 15& Over Warm-Ups: Immediately following afternoon session, not before 4pm Finals: Not before 5pm
SUNDAY AM	SUNDAY PM	SUNDAY EVENING
Feb 10, 2019 12 yr olds, 13 & Over Warm-Ups: 6:45am Prelims: 8:00am	Feb 10, 2019 8 & Under, 9-10, 11 yr olds Warm-Ups: Immediately after morning session, not before 12:30pm Timed Finals: Not before 1:30pm	Feb 10, 2019 12, 13, 14, 15& Over Warm-Ups: Immediately following afternoon session, not before 4pm Finals: Not before 5pm

CHECK-IN: **THIS IS A POSITIVE CHECK-IN MEET.** All swimmers must check-in prior to each prelim or timed final session. Check-in will close 20 minutes after the start of warm-ups. Swimmers not checked-in may get a chance to swim if there are open heats.

This meet shall conform to USA Swimming national championship scratch and no-show rules as outlined in 207.11.6D and E.

RULES AND SAFETY All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. 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. 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. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Recording devices are not permitted behind the starting blocks. 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.**

ELIGIBILITY All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of February 8th, 2019, will determine their age for the meet. USA SWIMMING, INC 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.

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.

ENTRY DEADLINE Entries will not be accepted by the Entry Chairperson before **Monday, January 21st, 2019, 8:00am.** Entries should be emailed to Joey Waldorf at jwaldorf@lyonsaquatics.com and should be generated using Hy-Tek TM version 5 or higher. A signed Summary Fee/Release Form provided in this packet and payment in full must be received in order for the entry to be considered complete. Checks are to be made payable to: **Lyons Aquatics.** Entries will be accepted until January 28th, 2019, unless the meet is not full at which point the deadline may be extended.

MEET ENTRIES All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Meet host will accept no responsibility for transmission of emailed entries. It will remain up to the sender to verify receipt of entries.

ENTRY LIMITATIONS Friday Evening Session: ONE individual event.

Saturday PM and Sunday PM Sessions (11 & Under Timed Finals): THREE Individual events per day plus ONE relay per day.

Saturday Prelims/Finals and Sunday Prelims/Finals (12 & Over): THREE individual events per day plus ONE relay per day.

Relay swimmers must be entered in at least one individual event. **Lyons Aquatics reserves the right to limit any events to stay within ISI time requirements.**

Friday evening events may be limited to the fastest three heats. Events 1 and 2 may be limited to the fastest 3 heats of 13 & over swimmers and the fastest three heats of 11-12

swimmers. Any swimmer affected by limitations will have the event fee refunded. If relays are limited, refunds for those affected will be given after the meet.

SEEDING

Please enter swimmers at their short course yard times to assure proper seeding. Upgrading of a swimmer's time will be allowed until February 1, 2019. If necessary, Friday evening events may be limited to the fastest three heats to meet ISI time requirements. All preliminary and timed final heats will be seeded slowest to fastest, with the exception of the 500 Free and the 400IM. These events will be swum fastest to slowest, alternating women's and men's heats.

ENTRY FEES

Entry fees are as follows:
Individual event - \$5.00
Relays - \$10.00
ISI surcharge and maintenance fee - \$4.00 per swimmer

RELAY EVENTS

For the 12 & Over Athletes: There will be one heat of 12-year-old relays, one heat of 13-14 relays and one heat of 15 & Over relays during the finals sessions on Saturday and Sunday evenings. Coaches may submit one "A" relay team per age group. No relays will be run during the preliminary sessions in the mornings.

For the 8 & Under, 9&10, and 11-year old Athletes: Coaches may submit multiple relay teams for the afternoon timed finals sessions. As a reminder, these relays may be cancelled or limited due to time constraints if necessary.

AWARDS

Medals will be given for 1-6th place in individual events, 1-3rd place for relays.

ADMISSIONS

Cost of admission will be \$5.00 per session, with the exception of the evening finals sessions Saturday and Sunday which will be free of charge. Children 12 & under are free at all sessions. Heat sheets will be available for \$2.00 per session.

CONCESSIONS

Food and beverages will be available during all sessions. A hospitality room is provided for coaches and officials. There is absolutely no smoking allowed on school grounds or in the building.

MEET RESULTS

Meet results will be posted throughout both venues and will be emailed to the clubs within 24 hours of the conclusion of the meet.

EVENTS

Friday Evening Timed Finals at LT South

#1	Girls 11 & Over 500 Freestyle	#2	Boys 11 & Over 500 Freestyle
#3	Girls 10 & Under 200 IM	#4	Boys 10 & Under 200 IM
#5	Girls 10 & Under 200 Freestyle	#6	Boys 10 & Under 200 Freestyle
#7	Girls 11-12 200 IM	#8	Boys 11-12 200 IM
#9	Girls 13 & Over 400 IM	#10	Boys 13 & Over 400 IM

Saturday Morning Prelims at LT South

#11	Girls 12-yr-old 200 Freestyle	#12	Boys 12-yr-old 200 Freestyle
#13	Girls 13 & Over 200 Freestyle	#14	Boys 13 & Over 200 Freestyle
#15	Girls 12-yr-old 100 Butterfly	#16	Boys 12-yr-old 100 Butterfly
#17	Girls 13 & Over 100 Butterfly	#18	Boys 13 & Over 100 Butterfly
#19	Girls 12-yr-old 50 Backstroke	#20	Boys 12-yr-old 50 Backstroke
#21	Girls 13 & Over 200 Backstroke	#22	Boys 13 & Over 200 Backstroke
#23	Girls 12-yr-old 50 Breaststroke	#24	Boys 12-yr-old 50 Breaststroke
#25	Girls 13 & Over 200 Breaststroke	#26	Boys 13 & Over 200 Breaststroke
#27	Girls 12-yr-old 50 Freestyle	#28	Boys 12-yr-old 50 Freestyle
#29	Girls 13 & Over 50 Freestyle	#30	Boys 13 & Over 50 Freestyle

Saturday Afternoon Timed Finals at LT South

#35 Girls 11-yr-old 200 Freestyle
#37 Girls 9-10 50 Backstroke
#39 Girls 8 & Under 50 Backstroke
#41 Girls 11-yr-old 100 Butterfly
#43 Girls 9-10 100 Butterfly
#45 Girls 8 & Under 25 Butterfly
#47 Girls 11-yr-old 50 Backstroke
#49 Girls 9-10 100 Freestyle
#51 Girls 8& Under 25 Freestyle
#53 Girls 11-yr-old 50 Breaststroke
#55 Girls 9-10 50 Breaststroke
#57 Girls 8 & Under 50 Breaststroke
#59 Girls 11-yr-old 50 Freestyle
#61 Girls 10 & Under 100 IM
#63 Girls 11-yr-old 400 Medley Relay
#65 Girls 9-10 200 Medley Relay
#67 Girls 8 & Under 100 Medley Relay

#36 Boys 11-yr-old 200 Freestyle
#38 Boys 9-10 50 Backstroke
#40 Boys 8 & Under 50 Backstroke
#42 Boys 11-yr-old 100 Butterfly
#44 Boys 9-10 100 Butterfly
#46 Boys 8 & Under 25 Butterfly
#48 Boys 11-yr-old 50 Backstroke
#50 Boys 9-10 100 Freestyle
#52 Boys 8 & Under 25 Freestyle
#54 Boys 11-yr-old 50 Breaststroke
#56 Boys 9-10 50 Breaststroke
#58 Boys 8 & Under 50 Breaststroke
#60 Boys 11-yr-old 50 Freestyle
#62 Boys 10 & Under 100 IM
#64 Boys 11-yr-old 400 Medley Relay
#66 Boys 9-10 200 Medley Relay
#68 Boys 8 & Under 100 Medley Relay

Saturday Evening Finals at LT South

#11 Girls 12 200 Freestyle
#13a Girls 13 200 Freestyle
#13b Girls 14 200 Freestyle
#13c Girls 15 & Over 200 Freestyle
#15 Girls 12 100 Butterfly
#17a Girls 13 100 Butterfly
#17b Girls 14 100 Butterfly
#17c Girls 15 & Over 100 Butterfly
#19 Girls 12 50 Backstroke
#21a Girls 13 200 Backstroke
#21b Girls 14 200 Backstroke
#21c Girls 15 & Over 200 Backstroke
#23 Girls 12 50 Breaststroke
#25a Girls 13 200 Breaststroke
#25b Girls 14 200 Breaststroke
#25c Girls 15 & Over 200 Breaststroke
#27 Girls 12 50 Freestyle
#29a Girls 13 50 Freestyle
#29b Girls 14 50 Freestyle
#29c Girls 15 & Over 50 Freestyle
#31 Girls 12 400 Medley Relay
#33a Girls 13-14 400 Medley Relay
#33b Girls 15 & Over 400 Medley Relay

#12 Boys 12 200 Freestyle
#14a Boys 13 200 Freestyle
#14b Boys 14 200 Freestyle
#14c Boys 15 & Over 200 Freestyle
#16 Boys 12 100 Butterfly
#18a Boys 13 100 Butterfly
#18b Boys 14 100 Butterfly
#18c Boys 15 & Over 100 Butterfly
#20 Boys 12 50 Backstroke
#22a Boys 13 200 Backstroke
#22b Boys 14 200 Backstroke
#22c Boys 15 & Over 200 Backstroke
#24 Boys 12 50 Breaststroke
#26a Boys 13 200 Breaststroke
#26b Boys 14 200 Breaststroke
#26c Boys 15 & Over 200 Breaststroke
#28 Boys 12 50 Freestyle
#30a Boys 13 50 Freestyle
#30b Boys 14 50 Freestyle
#30c Boys 15 & Over 50 Freestyle
#32 Boys 12 400 Medley Relay
#34a Boys 13-14 400 Medley Relay
#34b Boys 15 & Over 400 Medley Relay

Sunday Morning Prelims at LT South

#69	Girls 13 & Over 200 IM	#70	Boys 13 & Over 200 IM
#71	Girls 12-yr-old 50 Butterfly	#72	Boys 12-yr-old 50 Butterfly
#73	Girls 13 & Over 200 Butterfly	#74	Boys 13 & Over 200 Butterfly
#75	Girls 12-yr-old 100 Backstroke	#76	Boys 12-yr-old 100 Backstroke
#77	Girls 13 & Over 100 Backstroke	#78	Boys 13 & Over 100 Backstroke
#79	Girls 12-yr-old 100 Breaststroke	#80	Boys 12-yr-old 100 Breaststroke
#81	Girls 13 & Over 100 Breaststroke	#82	Boys 13 & Over 100 Breaststroke
#83	Girls 12-yr-old 100 Freestyle	#84	Boys 12-yr-old 100 Freestyle
#85	Girls 13 & Over 100 Freestyle	#86	Boys 13 & Over 100 Freestyle

Sunday Afternoon Timed Finals at LT South

#91	Girls 11-yr-old 50 Butterfly	#92	Boys 11-yr-old 50 Butterfly
#93	Girls 9-10 50 Butterfly	#94	Boys 9-10 50 Butterfly
#95	Girls 8 & Under 50 Butterfly	#96	Boys 8 & Under 50 Butterfly
#97	Girls 11-yr-old 100 Backstroke	#98	Boys 11-yr-old 100 Backstroke
#99	Girls 9-10 100 Backstroke	#100	Boys 9-10 100 Backstroke
#101	Girls 8 & Under 25 Backstroke	#102	Boys 8 & Under 25 Backstroke
#103	Girls 11-yr-old 100 Breaststroke	#104	Boys 11-yr-old 100 Breaststroke
#105	Girls 9-10 100 Breaststroke	#106	Boys 9-10 100 Breaststroke
#107	Girls 8 & Under 25 Breaststroke	#108	Boys 8 & Under 25 Breaststroke
#109	Girls 11-yr-old 100 Freestyle	#110	Boys 11-yr-old 100 Freestyle
#111	Girls 9-10 50 Freestyle	#112	Boys 9-10 50 Freestyle
#113	Girls 8 & Under 50 Freestyle	#114	Boys 8 & Under 50 Freestyle
#115	Girls 11-yr-old 400 Free Relay	#116	Boys 11-yr-old 400 Free Relay
#117	Girls 9-10 200 Freestyle Relay	#118	Boys 9-10 200 Freestyle Relay
#119	Girls 8 & Under 100 Freestyle Relay	#120	Boys 8 & Under 100 Freestyle Relay

Sunday Evening Finals at LT South

#69a	Girls 13 200 IM	#70a	Boys 13 200 IM
#69b	Girls 14 200 IM	#70b	Boys 14 200 IM
#69c	Girls 15 & Over 200 IM	#70c	Boys 15 & Over 200 IM
#71	Girls 12 50 Butterfly	#72	Boys 12 50 Butterfly
#73a	Girls 13 200 Butterfly	#74a	Boys 13 200 Butterfly
#73b	Girls 14 200 Butterfly	#74b	Boys 14 200 Butterfly
#73c	Girls 15 & Over 200 Butterfly	#74c	Boys 15 & Over 200 Butterfly
#75	Girls 12 100 Backstroke	#76	Boys 12 100 Backstroke
#77a	Girls 13 100 Backstroke	#78a	Boys 13 100 Backstroke
#77b	Girls 14 100 Backstroke	#78b	Boys 14 100 Backstroke
#77c	Girls 15 & Over 100 Backstroke	#78c	Boys 15 & Over 100 Backstroke
#79	Girls 12 100 Breaststroke	#80	Boys 12 100 Breaststroke
#81a	Girls 13 100 Breaststroke	#82a	Boys 13 100 Breaststroke
#81b	Girls 14 100 Breaststroke	#82b	Boys 14 100 Breaststroke
#81c	Girls 15 & Over 100 Breaststroke	#82c	Boys 15 & Over 100 Breaststroke
#83	Girls 12 100 Freestyle	#84	Boys 12 100 Freestyle
#85a	Girls 13 100 Freestyle	#86a	Boys 13 100 Freestyle
#85b	Girls 14 100 Freestyle	#86b	Boys 14 100 Freestyle
#85c	Girls 15 & Over 100 Freestyle	#86c	Boys 15 & Over 100 Freestyle
#87	Girls 12 400 Freestyle Relay	#88	Boys 12 400 Freestyle Relay
#89a	Girls 13-14 400 Freestyle Relay	#90a	Boys 13-14 400 Freestyle Relay
#89b	Girls 15 & Over 400 Freestyle Relay	#90b	Boys 15 & Over 400 Freestyle Relay

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.

LANE USE	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1 & 6	2 & 5	3 & 4

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
 - i) 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.
 - 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) 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) 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.

**Lyons Classic
Lyons Aquatics
February 8th-10th, 2019**

Summary of Fees:

8 & Under	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
9 & 10	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
11	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
12	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
13 & 14	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
15 & Over	Girls	Number of Entries _____ @ \$5.00 each = \$ _____
	Boys	Number of Entries _____ @ \$5.00 each = \$ _____
Total Number of Relays Entered in the Meet _____		@ \$10.00 each = \$ _____
Total Number of Swimmers Attending Meet _____		@ \$4.00 each = \$ _____
Grand Total = \$ _____		

Please make all checks payable to: *Lyons Aquatics, PO Box 61, Western Springs, IL 60558*

Name of Club _____ Club Initials _____
 Names of coaches attending Meet _____
 Mailing Address Name _____
 Address _____
 City, State, Zip _____
 Home Phone _____ Work Phone _____
 E-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; Lyons Aquatics; Lyons Township High School, High School District #204; 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 included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative)

This signed release must accompany the entry or the entry will not be accepted. Entries will not be accepted before: January 14th, 2019, 8:00am