

Lyons Aquatics
2018 Lyons Pride
Saturday, October 20th & Sunday, October 21st
Sanction Number: ILS18-1009

Meet Directors

Yvette Antonelli yantonelli@gmail.com

Michelle Kelly mmkelly2000@comcast.net

Entry Chair

Joey Waldorf jwaldorf@lyonsaquatics.com

Meet Referee

Head Coach & Safety Chair

Joey Waldorf jwaldorf@lyonsaquatics.com

Location

Lyons Township High School South Campus
4900 South Willow Springs Road, Western Springs, IL 60558

Facility

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).

Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. Except where the facility requires otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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.

Meet Schedule

SATURDAY AM Session 1	SATURDAY PM Session 2
October 20, 2018	October 20, 2018
8 & Under, 11-12	9-10, 13 & Over
Warm-Ups: 7:00am	Warm-Ups: Immediately following Session 1, not before 12:00pm
Timed Finals: 8:00am	Timed Finals: Not before 1pm
SATURDAY PM Session 3	
October 20, 2018	
Open	
Warm-Ups: Immediately after Session 2	
Timed Finals: Not before 5pm	
SUNDAY AM Session 4	SUNDAY PM Session 5
October 21, 2018	October 21, 2018
8 & Under, 11-12	9-10, 13 & Over
Warm-Ups: 7:00am	Warm-Ups: Immediately following Session 4, not before 12:00pm
Timed Finals: 8:00am	Timed Finals: Not before 1pm

This is a positive check-in meet. All swimmers must check-in prior to each session. Check-in will close 20 minutes after the start of warm-ups for each session. All swimmers who do not check-in for a session will be scratched from all events in that session. Swimmers must physically present themselves at the positive check-in station. Deck entries will not be permitted.

Meet Entries

Entries will be accepted via email beginning at 8:00am, Monday, October 1, 2018. Email your zipped files beginning at 8am to Joey Waldorf at coachjoeywaldorf@gmail.com. The enclosed Summary of Fees Statement must be completed and the Release Form signed. These must be returned along with a check for all entry fees made payable to Lyons Aquatics in order for your entry to be considered complete (or within 48 hours if emailing entry). Failure to do so shall be sufficient grounds for refusal of entry.

Updated seed times will be accepted until Friday, October 12, 2018. Additions/deletions may be accepted at the discretion of the Entry Chair also through October 12th. Deck entries will not be accepted.

Eligibility

All swimmers must currently be registered with USA Swimming and their USA Swimming identification numbers must be included on the entry forms. Out-of-state swimmers should be prepared to present their identification cards upon request. Age as of Saturday, October 20th, 2018, determines eligibility for age group events.

Entry Limitations and Fees

Swimmers are **limited to a total of three (3) individual events and one (1) relay event each day. Updated seed times will be accepted until Friday, October 12, 2018.** Additions/deletions may be accepted at the discretion of the Entry Chair also through October 12th. Deck entries will not be accepted. Lyons Swim Club reserves the right to limit the 500 Free and 400IM events to the fastest three heats, to limit any 200 yard events, and to limit or cancel relay events if necessary to stay within the timeline. If limits are imposed, teams will be notified, and a refund will be given for all eliminated swims.

Entry fees are as follows:

Individual events: \$4.00

Relay events: \$10.00

ISI surcharge and maintenance fee: \$4.00 per swimmer

Seeding

Submit swimmers' best times to ensure proper seeding. All events will be seeded slowest to fastest, except the 500yd Freestyle and the 400IM. These events will be swum fastest to slowest, alternating women's and men's heats. Swimmers in the 500yd Freestyle must provide their own counters, and swimmers for both the 500yd Freestyle and the 400IM must provide their own timers.

Awards

Awards will be given for all individual events for first through sixth place, and first through third place for relays. Prizes will be given to all individual heat winners for ages 12 and under.

Meet Results

Results will be posted throughout the meet. Results will be sent via email to each team within 24 hours of the meet's conclusion.

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 during the starting sequence through the meet. 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.**

Coaches

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and to prominently display their registration cards at all times while on deck.

Officials

There will be a need for officials. Lyons Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or to sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck.

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.

Admissions

Adults \$5.00 per session

Children 12 and under are free

Heat sheets will be available at all sessions for \$2.00

ORDER OF EVENTS

SESSION 1 – Saturday AM, October 20, 2018

GIRLS EVENT #	EVENT	BOYS EVENT #
1	11-12 100 Fly	2
3	8&U 25 Fly	4
5	11-12 50 Free	6
7	8&U 50 Free	8
9	11-12 200 IM	10
11	8&U 100 IM	12
13	11-12 100 Back	14
15	8&U 25 Back	16
17	11-12 50 Breast	18
19	8&U 50 Breast	20
21	11-12 200 Medley Relay	22
23	8&U 100 Medley Relay	24

SESSION 2 – Saturday PM, October 20, 2018

GIRLS EVENT #	EVENT	BOYS EVENT #
25	9-10 100 IM	26
27	13 & Over 200 IM	28
29	9-10 50 Free	30
31	13 & Over 50 Free	32
33	9-10 100 Fly	34
35	13 & Over 100 Fly	36
37	9-10 50 Back	38
39	13 & Over 100 Breast	40
41	9-10 100 Breast	42
43	13 & O 200 Medley Relay	44
45	9-10 200 Medley Relay	46

SESSION 3 – Saturday PM, October 20, 2018

GIRLS EVENT #	EVENT	BOYS EVENT #
47	Open 500 Free	48
49	Open 400 IM	50

SESSION 4 – Sunday AM, October 21, 2018

GIRLS EVENT #	EVENT	BOYS EVENT #
51	11-12 50 Back	52
53	8&U 50 Back	54
55	11-12 100 IM	56
57	8&U 100 Free	58
59	11-12 100 Breast	60
61	8&U 25 Breast	62
63	11-12 50 Fly	64
65	8&U 50 Fly	66
67	11-12 100 Free	68
69	8&U 25 Free	70
71	11-12 200 Free	72
73	8&U 100 Free Relay	74
75	11-12 200 Free Relay	76

SESSION 5 – Sunday PM, October 21, 2018

GIRLS EVENT #	EVENT	BOYS EVENT #
77	9-10 50 Fly	78
79	13 & Over 100 IM	80
81	9-10 100 Free	82
83	13 & Over 100 Free	84
85	9-10 100 Back	86
87	13 & Over 100 Back	88
89	9-10 50 Breast	90
91	13 & Over 200 Free	92
93	9-10 200 Free Relay	94
95	13& Over 200 Free Relay	96

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

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.

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Summary of Fees:

8 & Under	Girls Number of Entries _____ @ \$4.00 each = \$_____
	Boys Number of Entries _____ @ \$4.00 each = \$_____
9 & 10	Girls Number of Entries _____ @ \$4.00 each = \$_____
	Boys Number of Entries _____ @ \$4.00 each = \$_____
11 & 12	Girls Number of Entries _____ @ \$4.00 each = \$_____
	Boys Number of Entries _____ @ \$4.00 each = \$_____
13 & 14	Girls Number of Entries _____ @ \$4.00 each = \$_____
	Boys Number of Entries _____ @ \$4.00 each = \$_____
15 - 18	Girls Number of Entries _____ @ \$4.00 each = \$_____
	Boys Number of Entries _____ @ \$4.00 each = \$_____

Total Number of Relays in Meet _____ @ \$10.00 each = \$_____

Total Number of Swimmers in Meet _____ @ \$4.00 each = \$_____

Fees to be made directly from clubs - this form is not intended for individual families. Please make all checks payable to **Lyons Aquatics**. They can be sent to 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 _____ Cell Phone _____

Email 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 US 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 October 1, 2018, 8:00am