

OLYMPIA COUNTRY SWIMMERS
30TH Annual Otter Plunge Swim Meet
Oct. 17 & 18 2009

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

Meet Director
Leslie Forrest
14 E 1925 North
Danvers, IL 61732
leslief@ifca.com

Entry Chairperson
Jerry VanWye
Send entries to
Meet Director

Safety Chairperson
Jenny Gillis
Meet Referee
Rome Yount

Format: All events will be on a timed final basis. Heats will run from slowest to fastest according to the seed times submitted. All ISI Scratch Rules will be enforced.

Saturday and Sunday A.M. **Warm Ups: 7:00am until 8:00am**
Positive check in will close at 7:45am
Meet Start: 8:15am

Saturday and Sunday P.M. **Warm Ups: After a.m. session but not before 12:00pm**
Positive check in will close at 12:45pm
Meet Start: One hour after warm up begins but not before 1:15pm

Location: Olympia High School 7832 North 100 East Rd. Stanford, IL (SW corner of 800N and 100E in Stanford). <http://www.ihsa.org/school/schools/stanford.htm>

Pool: 6 lanes, non-turbulent lane markers, 25 yards. Permanent starting blocks (12' deep) Colorado Timing System, watch back up. Balcony seating for 250.

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

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. Registration forms can be obtained from the Illinois Swimming Office, 3166 S. River Road Suite 30, Des Plaines, IL. 60018, (847) 824-1596 A swimmer's age as of October 17th, 2009 will determine their age for the meet.

USA Swimming, Inc Membership Insurance regulation require that each swimmer, judge, starter, and referee 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 continuously display their current USA Coach Member registration card at all times while on deck.

Entry Deadline: The Entry Chairperson will not accept Entries before October 1, 2009 or after October 15, 2009. Please email entries to the Entry Chairperson at the address shown above, (see Email entries). Mail to Meet Director.

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 will be ran using Hy-Tek Meet Manager for windows version 1.4Je. Entries can be mailed or sent via e-mail, but must meet the following guidelines. Any form of entry must be accompanied by a signed summary fee/release, a printed hard copy of entry's, form of payment, and a valid contact number. **Email entries will not be entered until summary of**

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fee/release, hard copy, and payment are received, email entries will be discarded if release, hard copy, and payment are not received within 72 hours of email entry. Checks should be payable to Olympia Country Swimmers. Send e-mail entries to leslief@ifca.com. Mail should be sent to meet director, listed above. Meet host will accept no responsibility for transmission errors of emailed entries. It will remain up to the sender to verify receipt of entries.

Mail Entry: Entries should be submitted using Hy-Tek Commlink II software. A printed copy is required showing:

1. Entry team's name with meet name
2. All swimmers' names: last, first, middle initial, with USS# and age
3. Event numbers and seed times
4. Summary of Fees, Release Forms, check for all fees.

Email Entry:

1. Entry should contain a Hy-tek comlink file of entries as an attachment.
 - a. **Comlink file should contain all information per mail entry.**
2. Entry should contain "Meet entry" as the mail subject with a short entry description, number of swimmers, entries, ect. .
3. Release form, hard copy and payment must be received within 72 Hours of email entry, unless arranged and approved by Entry Chairperson.
4. Valid contact number must accompany entry for validation purposes.
5. Failure to meet these rules or inability to make contact entering team or individual, could result in entry disqualification.

Entry Fees: **\$3.00** per individual events
\$7.00 per relay
\$2.00 per swimmer surcharge for ISI.

Entry Limitations:

1. Individuals are limited to four entry events per day, not including relays. Relay swimmers must be entered in at least one individual event.
2. Relay team member names must be submitted to the Entry Chair no later than 30 minutes after the close of positive check in.

Verification of Entry: Please contact Meet Entry Chair listed above in person for validation or to request verification in writing on entry. Phone number must be supplied for verification.

Events In accordance with USA Swimming Rules; Article 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 requests. **All swimmers will be starting from the blocks or block end of the pool.**

Positive Check In: Positive check in will be used for all sessions. Positive check in will end at 7:45 each AM session and 12:45 each PM session.

Deck Access: Only contestants, coaches, and meet officials may enter the pool deck area.

Coach Packets: The Clerk of the Course located in the pool area will distribute information packets.

Swimmer Supervision Each team is responsible for the supervision of their swimmers. Swimmers are allowed access to the pool, viewing stands, concession area, and designated rest area. Families and spectators are allowed access to the viewing stands,

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concession area, and designated rest area. All other hallways and areas adjacent to these facilities are strictly off limits. The meet host and Olympia High School reserve the right to expel any swimmer or spectator entering an unauthorized area.

Scoring: Individual "A" Events: 7-5-4-3-2-1
Relays: 14-10-8-6-4-2

Seeding: All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

Relay Events: Preprinted relay forms will be supplied. These forms need to be completed and turned in to the Clerk of the Course in the gym no later than 15 minutes after the close of positive check in.

Awards:

Individual "A" events:		1 st – 3 rd place
Individual "B" events:		1 st – 6 th place
Individual "C" events:		1 st – 12 th place
Heat Award	After each heat	1 st Only
Relay Teams	Layered ribbons	1 st – 3 rd place

Coaches should pick-up awards for their teams from Awards table, and will not be available until at least 30 minutes after the end of each session. Unclaimed awards will not be mailed.

Time Standards: Time standards for the Otter meet will get medals for "A" times, use ISI REG. Times. "BB" times will get 2 layer ribbons. "C" Swimmers will get single ribbons.

Concessions: Food and beverage will be available for sale in the Concession stand.
NO FOOD IS ALLOWED IN THE GYM, POOL BALCONY OR DECK.

Admissions & Parking: **There is a \$2 a day admission fee.**

Heat Sheets \$3.00 per copy. Created after positive check-in for each session.

Meet Results: One copy of meet results in required format will be sent to each team represented by five or more swimmers. Individuals may order copies at the time of the meet at a cost of \$5.00 from the meet director. Teams will be able to receive a full Meet Manager back up copy of the meet from the scoring table, 15 min. after meet termination.

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CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

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.

Effective: November 3, 2004

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.** 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.

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, meets, 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.

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Saturday Morning, Warm-ups at 7:00 am

Event #		Event #
Girls		Boys
1	10 & Under 100 Free Relay	2
3	8 & Under 100 Free Relay	4
5	10 & Under 100 IM	6
7	8 & Under 100 IM	8
9	10 & Under 50 Fly	10
11	8 & Under 25 Fly	12
13	10 & Under 100 Back	14
15	8 & Under 50 Back	16
17	10 & Under 50 Free	18
19	8 & Under 25 Free	20
21	10 & Under 100 Breast	22
23	8 & Under 50 Breast	24

Saturday Afternoon, Warm-ups not before Noon

Event #		Event #
Girls		Boys
25	11/12 200 Free Relay	26
27	Open 200 Free Relay	28
29	11/12 200 IM	30
31	Open 200IM	32
33	11/12 50 Free	34
35	Open 100 Free	36
37	11/12 100 Fly	38
39	Open 200 Fly	40
41	11/12 50 Back	42
43	Open 100 Back	44
45	11/12 100 Breast	46
47	Open 200 Breast	48

20 Minute Warm-up, must provide own timer & counter

Event #		Event #
Girls		Boys
49	Open 500 Free	50

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Sunday Morning, Warm-ups at 7:00 am

Event #		Event #
Girls		Boys
51	10 & Under 100 Medley Relay	52
53	8 & Under 100 Medley Relay	54
55	10 & Under 100 Free	56
57	8 & Under 50 Free	58
59	10 & Under 50 Back	60
61	8 & Under 25 Back	62
63	10 & Under 100 Fly	64
65	8 & Under 50 Fly	66
67	10 & Under 50 Breast	68
69	8 & Under 25 Breast	70
71	10 & Under 200 Free	72
73	8 & Under 100 Free	74

Sunday Afternoon, Warm-ups not before Noon

Event #		Event #
Girls		Boys
75	11/12 200 Medley Relay	76
77	Open 200 Medley Relay	78
79	11/12 100 Free	80
81	Open 50 Free	82
83	11/12 50 Fly	84
85	Open 100 Fly	86
87	11/12 100 Back	88
89	Open 200 Back	90
91	11/12 50 Breast	92
93	Open 100 Breast	94
95	11/12 200 Free	96
97	Open 200 Free	98

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Please complete and sign this form and mail along with a hard copy of entries and payment in full within 72 hours of receipt of your email entries. Make your check payable to: **OCS (Olympia Country Swimmers)**. Send entry forms and checks to:

Leslie Forrest
 14 East 1925 North Road
 Danvers, IL 61732
 (309) 660-1971
leslief@ifca.com

8 & Under	Girls	# of Entries _____	@ \$3.00 each =	\$ _____
8 & Under	Boys	# of Entries _____	@ \$3.00 each =	\$ _____
10 & Under	Girls	# of Entries _____	@ \$3.00 each =	\$ _____
10 & Under	Boys	# of Entries _____	@ \$3.00 each =	\$ _____
11 & 12	Girls	# of Entries _____	@ \$3.00 each =	\$ _____
11 & 12	Boys	# of Entries _____	@ \$3.00 each =	\$ _____
Open	Girls	# of Entries _____	@ \$3.00 each =	\$ _____
Open	Boys	# of Entries _____	@ \$3.00 each =	\$ _____
Total # of Individual Entries		_____		
# of Relay entries		_____	@ \$7.00 each =	\$ _____
Total # of Swimmers (ISI Surcharge)		_____	@ \$2.00 each =	\$ _____
			Grand Total	\$ _____

Name of Club _____ Club Code _____

Names of coaches attending Meet _____

Mailing Address _____

Email Address _____

Direct Entry Questions to: _____ Phone # _____

In consideration of the acceptance of the entry, I, intending to legally bound on behalf of myself, my club and all participants in the meet from my club, herby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Olympia Country Swimmers, Inc., Olympia High School, Olympia Community School District #16, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as representative of my club. In addition, I attest that all of our athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative) _____ Date _____
(this signed release must accompany the entry or entry will not be accepted.)

THE DEADLINE FOR ALL ENTRIES IS THURSDAY, OCTOBER 15, 2009