



Joliet Jets YMCA Swim Team
37th Annual Dr Pepper Super Swim Meet
June 12-14, 2009



Sanctioned by USA Swimming, Inc and Illinois Swimming, Inc Sanction # ILL09-0604

Hosted by: The Joliet Community Swim Association and the Joliet Jets YMCA Swim Team

Meet Director	Meet Entry Chairperson	Head Referee
George A Galounis (815) 922-2748 (Cell) (815) 726-5723 (Home) gagalounis@comcast.net	Karen Dundek 21426 S. Covey Ct New Lenox IL 60451 (815) 485-5751 dundek@comcast.net	Glenn Gabriel GJGABRIEL@comcast.net
Official's Coordinator	Head Coach	Safety Coordinator
Mary Bernhard Farmmjb@att.net	Dave Hedden 1350 S Briggs St Joliet IL 60433-9584 (815) 726-3939 dhedden@jolietyymca.org	Kim Yanello kyanello@att.net

Type of Meet: This is an AAAA-BB, B, No Cut Meet using USA Swimming Time Standards. 8&U swimmers will be seeded with the 10&U events but will be scored and awarded separately. The 14&U age group will be seeded with the 15&O age group but scored and awarded separately.

Location: UIC Natatorium
 Flame Athletic Center
 University of Illinois at Chicago
 901 W Roosevelt Rd
 Chicago IL 60608

Facility: The UIC pool is a 50-meter, eight-lane pool with Kiefer Advantage II Wave Eater non-turbulent lane lines. Starting blocks are located at the South end of the pool with a pool depth of 16 ft. The turn end of pool (North end) is 3½ ft. Daktronics automatic timing system with touch pads and an eight-lane display board will be used. Seating capacity is 550. No smoking is allowed on UIC grounds. Parking is available directly across from the building for \$10 per day.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Meet Schedule: Warm-up will not begin before the listed time but may begin later.

Session	Day	Warm Up	Meet Start	Age Group
1	Friday	12:00 - 12:40 PM	12:50 PM	12&U
2	Friday	03:15 - 03:55 PM	04:05 PM	Open
3	Saturday	07:00 - 07:50 AM	08:00 AM	11&12
4	Saturday	10:30 - 11:05 AM	11:15 AM	10&U
5	Saturday	02:00 - 02:50 PM	03:00 PM	Open
6	Sunday	07:00 - 07:50 AM	08:00 AM	11&12
7	Sunday	10:30 - 11:05 AM	11:15 AM	10&U
8	Sunday	02:00 - 02:50 PM	03:00 PM	Open





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Meet Rules and Safety: A sanction is granted to the JCSA for an AAAA-BB, B, No Cut Meet. All USA Swimming and ISI rules and regulations will apply. USA Swimming and ISI Safety Rules will be strictly enforced. The four-hour time limit per session for 12&U swimmers will be adhered to. The ten-hour per day time limit will also be enforced and entries will be closed when the time limit for each session occurs. No horseplay will be tolerated.

Eligibility: The swimmer's age as of June 12, 2009 will determine their age for the meet. All currently registered, athlete members of USA Swimming are eligible. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. Registration forms can be obtained from Illinois Swimming Office, 3166 S River Rd Suite 30, Des Plaines, IL 60018; Phone (847) 824-1596; Fax (847) 824-1726.

USA Swimming, Inc Membership: Insurance regulations require that all swimmers, judges, starters, and referees be current members of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Anyone not currently a member of USA Swimming may not participate in the meet or be on deck.

Coaches: Coaches must display current USA Coach Member registration cards while on deck. Coaches' information packets will be available to coaches with 5 or more swimmers in the Hospitality Area.

Officials & Timers: There will be a need for officials. Anyone willing to work should contact the Officials Coordinator. Each team with 8 or more swimmers may be asked to provide timers. Your cooperation will be greatly appreciated. Your help will ensure a great meet for the swimmers.

Positive Check-In: This will be a positive check-in meet. Swimmers must check in 30 minutes prior to the start of each session or they will be scratched from the day's events. If a team representative or parent checks in a swimmer, that person must sign and print their name on the check-in sheets. A second check-in will be required for the 1500-meter freestyle event. All unattached swimmers without a coach must check-in with the meet referee prior to warm-ups.

Bullpen: A bullpen will be provided for the 10&U swimmers during the **mid-morning** sessions Saturday and Sunday only. Heat sheets will be posted on both the pool deck and the observation deck. All events and heats will be announced.

Seeding: To ensure proper seeding, submit swimmers' best times. **"No Times" will not be accepted.** Estimate seed times where necessary. Please submit updated entry times but event changes will not be allowed. All entries will be converted to LCM.

Entries: Entries will be accepted **Friday May 8, 2009** beginning at **10:00AM**. **"NO TIMES" will NOT be accepted. The Entry Chairperson reserves the right to refuse entries which are submitted with "No times". Estimate seed times where necessary.** Entries will be accepted in the order that they are received. Hand delivered, phoned, or faxed entries will NOT be accepted. E-mailed entries will be accepted. You may also use US Post Office, Fed Ex or any other overnight courier service. If using e-mail, send zipped files beginning at 10:00AM on Friday May 8, 2009. A completed and signed Entry Summary Sheet, provided in this packet, a hard copy of entries and payment in full must be received by the Meet Entry Chair **within 72 hours** of receipt of your e-mailed entry. Current registration numbers, ages, first name, middle initial and last name must appear on all entry sheets, including relays. An authorized representative of the team must sign the enclosed waiver form. An entry is not complete until all necessary paperwork including Entry Summary Sheet, Volunteer Sheet, Hard Copy of Entries, Summary of Fees Report and check for entry fees made payable to JCSA are received. Express mailed





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entries should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed postcard with your entries. Entries must be received by **Thursday June 4, 2009**. Entries may be reviewed online at www.jetsyswimteam.org. **DECK ENTRIES WILL NOT BE ACCEPTED**. Please contact the entry chairperson with any concerns. Coaches may update entry times until Thursday, June 4, 2009.

Entry Limits: Swimmers may enter a maximum of 3 individual events and 1 relay each day. Age on the first day of the meet will determine their age for the entire meet. Entries received after the meet reaches the ISI time limits will be returned immediately.

Long Event Rules: Due to the 10-hr and 4-hr limitation rules, it may be necessary to limit entries for any distance events of 200m and greater. Teams will be notified as soon as possible if limitations are necessary. If limitations are imposed, entries will be accepted according to the fastest seed times; with first priority given to host team swimmers. Proof of time may be called for prior to the final seed of the events. A refund of entry fees for these events will be given if this occurs. The 800 and 1500 freestyle events will be seeded from fastest to slowest, alternating girls and boys. **We will be using fly over starts-except for backstroke and relays.** Swimmers must provide timers and counters for the 800 and 1500.

Relay Starts: In all 200m relays, the 2nd and 4th swimmers will start in the water. With the 2nd swimmer in the water, the 1st swimmer's split time may be incorrectly captured. Therefore, the 1st swimmer's split time will not be forwarded to ISI for uploading to the USA-S SWIMS database.

Entry fees: \$3.00 per individual events; \$7 per relay team. There will be a \$2 ISI surcharge per swimmer. Fees must accompany entries. Make checks payable to JCSA.

Entry Verification: Please provide a stamped, self-addressed post card for confirmation of entry, or an email address.

Admission fees: The cost of admissions will be \$4 per day; the psyche sheet will be \$7.

Concessions: A wide variety of food and drink available at concessions. A vendor will be selling swim gear and paraphernalia.

Awards: Awards will be given for 1st – 8th place in each event using USA Swimming guidelines for AAAA-BB, B and No Cut divisions. Relays will be awarded 1st – 3rd place. The 13&14 age group will be seeded with the 15&O age group, but will be scored and awarded separately. There will be no awards for the 15&O age groups. No under achiever awards will be given. Team trophies will be awarded for 1st – 3rd place. Individual High Point trophies will be presented for the top three swimmers in each sex of the five age groups, (8&U through Sr). **Swimmers must swim in their age group to receive High Point trophies.** A representative from each team must pick up their awards at the completion of the meet. **The host team will not be responsible for mailing awards.**

Scoring: Team scoring will be based upon "AAAA-BB" placing only. Events will be scored 1st-16th.

Results: Upon request, a hard-copy of the meet results can be mailed to the mailing address given on the entry release form. Additional copies may be purchased for \$10. Teams that enter the meet on Hy-Tek may pick up a disk or an electronic copy can be placed on a coach-provided USB memory 'stick' at the conclusion of the meet. Results will be posted on the Jets website at <http://www.jetsyswimteam.org>





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*8&U and 9&10 swimmers will be scored and awarded separately in all events except relays.
14&U will be scored and awarded separately from 15&O swimmers in all events.*

Session 1 – Friday PM			12&U		
WU 12:00–12:40PM			Meet Start 12:50PM		
Women	Event		Men		
1	12&U 200 IM		2		
3	12&U 400 Free		4		
Session 2 – Friday PM			Open		
WU 3:15–3:55PM			Meet Start 4:05PM		
Women	Event		Men		
5	Open 400 IM		6		
7	Open 800 Free		8		
Session 3 – Saturday AM			11&12		
WU 7:00–7:50AM			Meet Start 8:00AM		
Women	Event		Men		
9	11&12 50 Free		10		
11	11&12 100 Fly		12		
13	11&12 50 Breast		14		
15	11&12 100 Back		16		
17	11&12 200 Free		18		
19	11&12 200 Med Rel		20		
Session 4 – Saturday Mid Day			10&U		
WU 10:30–11:05AM			Meet Start 11:15AM		
Women	Event		Men		
21	10&U 50 Free		22		
23	10&U 100 Fly		24		
25	10&U 50 Breast		26		
27	10&U 100 Back		28		
29	10&U 200 Free		30		
31	10&U 200 Med Rel		32		
Session 5 – Saturday PM			Open		
WU 2:00–2:50 PM			Meet Start 3:00PM		
Women	Event		Men		
33	Open 50 Free		34		
35	Open 100 Fly		36		
37	Open 200 IM		38		
39	Open 100 Breast		40		
41	Open 200 Back		42		
43	Open 400 Free		44		
Session 6 – Sunday AM			11&12		
WU 7:00–7:50AM			Meet Start 8:00AM		
Women	Event		Men		
45	11&12 100 Free		46		
47	11&12 50 Fly		48		
49	11&12 100 Breast		50		
51	11&12 50 Back		52		
53	11&12 200 Free Rel		54		
Session 7 – Sunday Mid Day			10&U		
WU 10:30–11:05AM			Meet Start 11:15AM		
Women	Event		Men		
55	10&U 100 Free		56		
57	10&U 50 Fly		58		
59	10&U 100 Breast		60		
61	10&U 50 Back		62		
63	10&U 200 Free Rel		64		
Session 8 – Sunday PM			Open		
WU 2:00–2:50PM			Meet Start 3:00PM		
Women	Event		Men		
65	Open 100 Free		66		
67	Open 200 Fly		68		
69	Open 200 Breast		70		
71	Open 100 Back		72		
73	Open 200 Free		74		
75	Open 1500 Free		76		

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES:





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General Warm-Up (first 30 to 45 minutes):

1. No diving allowed from the blocks or edge of the 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.
2. No sprinting or pace work allowed during this general warm-up session. All lanes are to be used for general warm-ups.
3. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

Specific Warm-Up (last 15 minutes):

1. **Push/Pace lanes** (1 & 8) - push off one or two lengths from the starting end. Circle swimming only. **No Diving.**
2. **Diving lanes** (2 & 7) - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. One length, one way swimming only.
3. **General warm-up lanes** (3, 4, 5 & 6) - **No diving.** Circle Swimming only.
4. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

Coaches Responsibilities:

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up session. Coaches meetings will not be conducted during the warm-ups.

Host Team Responsibilities:

1. Marshaling: A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the entire 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 guidelines or warm-up procedures.
4. The host team shall provide signs for each lane at both ends of the pool, which indicates the designated use during specific warm-up.
5. 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."
6. 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 session.
7. Hazards in the locker room, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Miscellaneous:

1. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. Swimmers are required to exit the pool upon the 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.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. 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.

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.

Fee Summary



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Complete the following forms and mail to the Entry Chairperson before the deadline date of Thursday June 4, 2009. Make checks payable to JCSA (Joliet Community Swim Association). Entries on Hy-Tek Disk (accompanied by hard copy and this form) are preferred.

Karen Dundek
21426 S. Covey Ct.
New Lenox, IL 60451
(815) 485-5751
dundek@comcast.net

# of 10&U entries	_____	@ \$3.00 each =	\$ _____
# of 11&12 entries	_____	@ \$3.00 each =	\$ _____
# of 13&14 entries	_____	@ \$3.00 each =	\$ _____
# of 15&O entries	_____	@ \$3.00 each =	\$ _____
Total # of Ind. Entries	_____		\$ _____
# of Relay entries	_____	@ \$7.00 each =	\$ _____
Total # of Swimmers	_____	@ \$2.00 each =	\$ _____
Total Entry Fees	_____		

Name Of Club _____

USA Swimming LSC Name _____ Club Code For Heat Sheet _____

Name Of Coach(s) Attending Meet _____

Mailing Address _____

Coach's Work Phone _____ Coach's Home Phone _____

Coach's Email Address _____

Direct Entry Questions to _____ Phone # _____

In consideration of acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages which may occur against the USA Swimming, Inc, Illinois Swimming, Inc, UIC, Joliet Community Swim Association, Inc, the Greater Joliet Area YMCA, the Joliet Jets YMCA Swim Team, their representatives, employees, directors, officers, and successors, for any and all injuries suffered by me or my 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 event are duly registered as current athlete members of USA swimming.

Name _____ Position _____

Signature _____

* Indicate mailing address for final results if different than that shown.

The Joliet Community Swim Association and the Joliet Jets YMCA Swim Team would appreciate your assistance in helping to provide officials and timers for this meet. If you could list a team contact person or the names of your





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officials, we will follow up. Please provide a timer contact for your team as well. Thank you in advance for your support.

Team Name _____

Team Officials Contact

Name _____

Telephone _____ Email _____

Official List - Referees, Starters or Judges

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Name _____ Level _____ Session _____

Telephone _____ Email _____

Team Timer Contact

Name _____

Telephone _____ Email _____

