

Midway Aquatics Club
5th Annual Midway Races
June 19th 20th 2010

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction Number ILL0627-10

Meet Director

Mike Cunningham
8133 Carolwood Ln.
Woodridge, Il 60517
630-204-7142

Entry Chairperson

Mike Cunningham
8133 Carolwood Ln.
Woodridge, Il 60517
630-204-7142
mdwycoachmike@gmail.com

Safety Chairperson

Laura Thomas
Meet Referee
Bob Welch

Format

This is a Timed Final meet, and positive check in will be used during all sessions. Pool doors will open at 8:00am

Saturday and Sunday A.M. Warm Ups 8:30-9:20am
Meet Start 9:30am
Positive check in closes at 9:00am

Saturday and Sunday P.M. Warm Ups Not before noon.
Lasting 50 Min.
Meet Start Not before one. Starting one hour after warm ups start.
Positive check in closes ½ hour after warm up starts.

Location

University Of Chicago
Gerald Ratner Center
5530 South Ellis Ave
Chicago, Il 60637

Facility

The pool is a 50 meter by 25 yard pool with movable bulk heads. The pool has two inch wave eater lane lines. The timing system is a Colorado Timing System with 9 lane digital read out. The competition course has not been certified in accordance with 104.2.2C(4)

Rules And Safety

All current ISA 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, Phone 847-824-1596. A swimmer’s age as of June 19 2010, 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.

Membership 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 8:00am (CST), May 19th 2010. No fax entries will be excepted.

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. Swimmers are limited to four (4) individual events on Saturday and Sunday. 8 & U may be limited to 3 individual events in order for the time limit to be met. Midway Aquatics Club will be using Hytek Meet Manager for Windows 3.0. Entries may be submitted by e-mail only, generated using Hytek Team Manager (Entry File). Such entries must comply with USA Swimming and Illinois Swimming, Inc. rules.

E-mail entries will be accepted conditionally please send them to Hlywd475@aol.com. All computer entries must be accompanied by a hard copy printout of your entry file, or filled out on the entry forms provided within this packet by the host club. **The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries.** These must be returned together with the entry forms and your check made payable to the **University of Chicago Lab Schools**. Failure to do so shall be sufficient grounds for refusal of this entry. E-mail entries will be accepted conditionally (please zip your e-mail entry) and will be

considered official upon receipt signed check, summary of fees, and release form within 48 hours of the entry deadline.

Entry Fees

Entry fees will be \$3.00 per individual event, plus \$2.00 ISI surcharge per swimmer entered. **Please make all checks Payable to University of Chicago Lab Schools.**

Entry Limitations

Deck entries will not be permitted. Distance events of 200 yards or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the entry fee will be refunded. The host team reserves the right to swim additional heats if time allows. A listing of the psych sheet showing eligible swimmers will be posted on our website at **www.midwayaquaticsclub.com.**

Entry Verification

You will receive e-mail notice of receipt of entries when they are received, and e-mail notice when entries have been made official. Please include an e-mail address where you can be reached.

Events

In accordance with USA Swimming Rules; Articles 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.

The Meet Referee reserves the right to impose “fly-over” starting procedures.

Positive Check In

This meet is a positive check-in meet. Each swimmer will be asked upon entering the building to confirm at the Clerk-of-Course his or her presence and events. If a swimmer fails to check in at the Clerk-of-Course, he or she will be scratched from the events for that day. **Swimmers must check in each day.** Positive check in closes **30 min after the start of warm up.** There will be a bullpen for 8 & Under swimmers only. Do not submit entry cards; the host club will provide all timers' cards. **There will be a second check in for the Mile during Saturday's events.**

Seeding

All events will be timed finals, swum slowest to fastest with the exception of the Mile freestyle events, which will be swum from fastest to slowest, alternating women's and men's heats. **Please**

submit your entries with Long Course Meter Times. All Short Course Meter and Short Course Yard times will be considered non-conforming and seeded in the slowest heats.

- Relay Events** Relay cards will be supplied in the coaches packets, and are to be turned in no later than 30 min following the start of the meet session in which they are competing.
- Awards** Awards will be given for first (1st) through eighth (8th), and can be picked up at the awards table by the athletes thirty (30) minutes following the completion of their event.
- Results** Results will be posted on the teams web site following each session. One copy of the final results will be e-mailed to all the teams represented within 48 hours of the completion of competition. Sign up for individual results packages will be at the admissions table and will cost \$10 per packet.
- Admissions & Heat/ Psych Sheets** **Saturday and Sunday \$5.00 each day All Session Pass \$8.00. Psych Sheets Will Be \$3.00 Each.** All Children 10 and Under are Free. Any timers will be refunded their admission fee.
- Concessions** Food and Beverages will be available in the entry of the building. However there will be no food allowed outside of the concession area. No glass containers of any kind will be allowed in the pool or viewing area. No smoking allowed inside the building or within 15 feet of the building entrance in accordance with the Chicago law. Alcoholic beverages are not allowed anywhere on the University grounds. **These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer, parent, and/or team from the meet.**
- Vendor** Kiefers will be selling swimwear and accessories for all of your aquatic needs.
- Swimmer Supervision** Each team or coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concessions area, and viewing area's. Parents, swimmers, and coaches are **NOT** allowed access to the rest of the facilities.
- Security** No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers.

Campus Map At End Of Packet

Directions

From Lake Shore Drive in Chicago

Exit at 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From North of Chicago

Take I-94 East to I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From South of Chicago

Take I-94 West to Garfield Boulevard (55th Street). Exit at Garfield Boulevard and proceed east, through Washington Park. Follow signs to 55th Street until you reach Ellis Avenue. Turn right onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From East of Chicago

Take I-94 West to Garfield Boulevard (55th Street). Exit at Garfield Boulevard and proceed east, through Washington Park. Follow signs to 55th Street until you reach Ellis Avenue. Turn right onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From West of Chicago

Take I-290 East to I-94 East. Take I-94 East to I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

From Southwest of Chicago

Take I-55 North to Lake Shore Drive South. Take Lake Shore Drive to 53rd Street. Exit onto 53rd Street and proceed west about eight blocks to Woodlawn Avenue. Turn left onto Woodlawn Avenue and proceed to 55th Street. Turn right onto 55th Street and proceed to Ellis Avenue. Turn left onto Ellis Avenue. The Ratner Athletics Center will be located on your right. Free parking is available after 4:00 p.m. on weekdays and all day on weekends in the parking garage located at the corner of 55th Street and Ellis Avenue. The garage is available to visitors for a fee at all other times. Free parking is also available on the street. Parking rules are strictly enforced. Please observe all signs in parking areas and on the street.

ISI Safety Requirements

Warm Up Procedures

General Warm Up: All Lanes

Saturday and Sunday A.M. 8:30-9:20 a.m.
Saturday and Sunday P.M. Not Before 12:00-12:30 p.m.
800 Freestyle Not Before 3:00pm

Specific Warm Up: Lanes : Sprint 2,3,6,7; Gen Warm Up 4,5,8; and Push Pace 1, 9

Saturday and Sunday A.M. 9:00-9:20 a.m.
Saturday and Sunday P.M. Not Before 12:30-12:50 p.m.

Pool Closes: All Lanes

Saturday and Sunday A.M. 9:20 a.m.
Saturday and Sunday P.M. Not before 12:50 p.m.
800 Freestyle Not Before 3:30pm

Coaches' Responsibilities

1. Coaches shall instruct their swimmers regarding safety requirements and warm-up procedures as they apply to conduct at the meet.
2. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions.

Marshalling

1. a. A Minimum of four marshals who report to and receive instructions from the Meet Referee and/or the Meet Director shall be on deck during the entire warm-up session. One Marshall shall act as the safety coordinator, who should be a USS member.
 - b. Marshals shall be current members of US Swimming.
 - c. 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 requirements or warm-up procedures.
 - d. Flagrant violation of safety requirement or warm up procedure by a swimmer could result in the swimmer being barred from the next individual event.
2. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be posted at several locations around the pool area.
4. An announcer shall be on duty for the entire warm-up period to announce land and time changes and to assist with the conduct of the warm-up
5. Hazards in locker rooms, on the deck, or 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 in a recall start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks during competition.

THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM-UP SESSION.

Unattached swimmers must report to the safety coordinator before entering the pool.

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommend lane assignments depending on pool configuration, number of swimmers or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced , and/or posted prominently in the pool area.

3rd Annual Midway Races

Event #
Women

Event #
Men

Session 1 Saturday June 19, 2010 A.M.

Warm Ups 8:30-9:20 a.m Meet starts 9:30 a.m.

1	11 – 12	200	M Freestyle	2
3	9 – 10	200	M Freestyle	4
5	11 – 12	200	M Back	6
7	9 – 10	100	M Back	8
9	11 – 12	100	M Breast	10
11	9 – 10	50	M Breast	12
13	11 – 12	200	M Fly	14
15	9 – 10	100	M Fly	16
17	11 – 12	50	M Freestyle	18
19	9 – 10	50	M Freestyle	20

Session 2 Saturday June 19, 2010 P.M.

Warm Ups Not before noon Meet Starts One hour after warm ups

21	Open	200	M Back	22
23	8 & U	100	M Breast	24
25	Open	50	M Free	26
27	8 & U	50	M Free	28
29	Open	100	M Breast	30
31	8 & U	200	M IM	32
33	Open	200	M Freestyle	34
35	8 & U	50	M Back	36
37	Open	100	M Fly	38
39	Open	400	M IM	
	Open	400	M Freestyle	42

Session 3 Saturday June 19, 2010 Evening

81	Open	800	M Freestyle	
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Session 4 Sunday June 20, 2010 A.M.

Warm Ups 8:30-9:20 a.m Meet starts 9:30 a.m.

43	11 – 12	200	M Breast	44
45	9 – 10	100	M Breast	46
47	11 – 12	100	M Butterfly	48
49	9 – 10	50	M Butterfly	50
51	11 – 12	200	M IM	52
53	9 – 10	200	M IM	54
55	11 – 12	100	M Back	56
57	9 – 10	50	M Back	58
59	11 – 12	100	M Freestyle	60
61	9 – 10	100	M Freestyle	62

Session 5 Sunday June 20, 2010 P.M.

Warm Ups Not before noon Meet Starts One hour after warm ups

63	Open	200	M IM	64
65	8 & U	100	Back	66
67	Open	100	M Free	68
69	8 & U	50	M Fly	70
71	Open	200	M Fly	72
73	8 & U	50	M Breast	74
75	Open	200	M Breast	76
77	8 & U	100	M Free	78
79	Open	100	M Back	80
	Open	400	M IM	40
41	Open	400	M Freestyle	

Session 6 Sunday June 20, 2010 Evening

	Open	800	M Freestyle	82
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Midway Aquatics Club
3rd Annual Midway Races
 June 19-20 2010
 USA Swimming, Inc – Sanction No. **ILL0627-10**

Complete this form and mail with your check payable to:
University of Chicago Lab Schools

Mail To: Mike Cunningham
 8133 Carolwood Ln.
 Woodridge Il 60517

E-Mail To: Hlywd475@aol.com

Summary Of Fees

<u>Age Group</u>	<u>Number Of Entries</u>	<u>Cost Per Entry</u>	<u>Total</u>
10 & Under	_____	\$3.00 per event	_____
11 – 12	_____	\$3.00 per event	_____
13 – 14	_____	\$3.00 per event	_____
Senior	_____	\$3.00 per event	_____
ISI Surcharge per swimmer		\$2.00 per person	_____
		TOTAL	_____

Name Of Club _____ Club Code _____

E-Mail Address _____ LSC _____

Mailing Address _____

Phone # Of Entry Person (Day) _____ (Eve) _____

Coaches Attending _____

In consideration of the acceptance of this entry, I m intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, herby consign, waive, and release any and all rights and claims for damages which may occur against USA Swimming, University of Chicago, Illinois Swimming Inc, Midway Aquatics Club, their representatives directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representatives 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 : _____

Title (Coach, Club Representative, or Parent) _____ Date: _____

This signed release and your check for the full and correct amount must accompany your entry, or your entry will not be accepted. Entries must be received **No earlier than MONDAY MAY 19, 2010 8:00A.M.**

Volunteer Form

We are looking for volunteers to help up through out the meet. We have enclosed a sign-up form to distribute to parents interested in volunteering, or please include someone to be contacted. Thanks for your help.

Officials

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

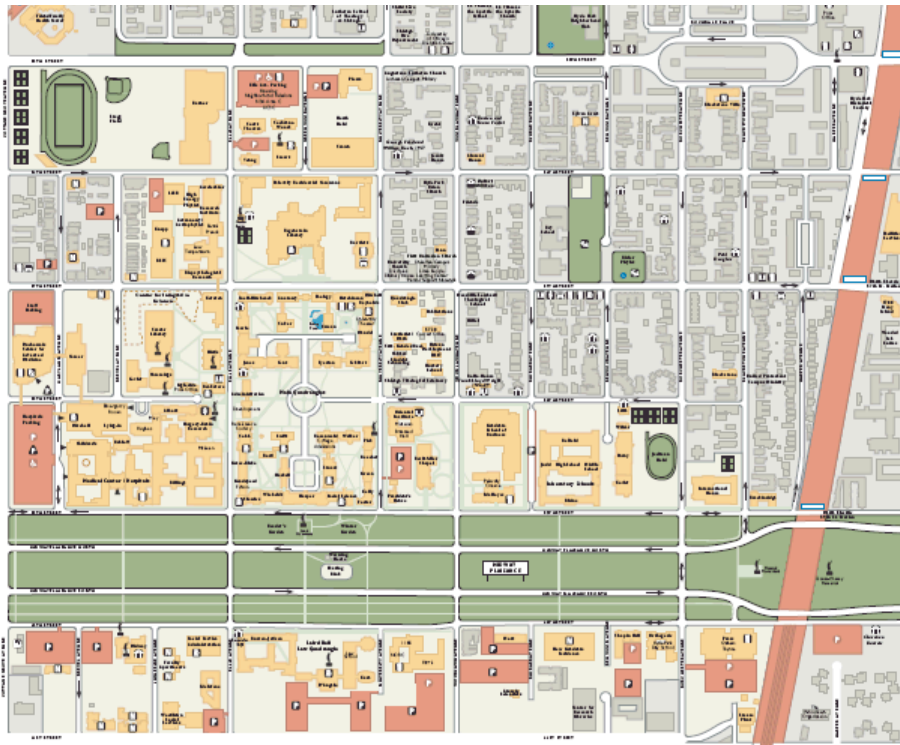
E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____

Name _____ Phone _____

E-Mail _____ Level _____



University Of Chicago Campus Map

