

New Trier Swim Club
5th Annual TYR Tri-State Challenge
January 18-20, 2008
Sanction #

Sanction By USA Swimming, Inc. and Illinois Swimming, Inc. Sanction No. . All USS and ISI rules apply, including safety rules which will be strictly enforced. Sanction is for a Closed Invitational Swim Meet.

<u>Meet Director</u>	Neal Ehrlich NTSC P.O. Box 407 Winnetka, IL 60093 ehrlichn@sbcglobal.net	<u>Entry Chair</u>	Neal Ehrlich NTSC P.O. Box 407 Winnetka, IL 60093 ehrlichn@sbcglobal.net
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<u>Meet Referee</u>	Cathy Harris	<u>Safety Chair</u>	Marchell Willian
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Teams

Academy Bullets
Badger Aquatic Club
Irish Aquatics
Munster Swim Club
Naperville Swim Team
New Trier Swim Club
St. Charles Swim Team
Schroeder YMCA Swim Team
Scout Aquatics

<u>Pool Locations</u>	New Trier High School Winnetka Campus 385 Winnetka Road Winnetka, IL 60093	New Trier High School Northfield Campus 7 Happ Road Northfield, IL 60093
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Pool The New Trier High School Winnetka Campus pool is an eight lane, 25 yard pool with non-turbulent lane markers. Seating capacity is 1500 persons.

The New Trier High School Northfield Campus pool is a six lane, 25 yard pool with non-turbulent lane markers. Seating capacity is 830 persons.

Timing A fully automated IST timing system with touch pads and push button back-up, as well as two watches per lane will be used. There will be an electronic scoreboard showing all lanes.

Volunteer Assistance & Officials Teams will be asked to assist with timing and officiating. Please include names and phone numbers on enclosed volunteer form. Certified officials should please contact Mark Raynard at 847-832-1605.

Eligibility Only 2008 USA Swimming registered swimmers are eligible. Entries listed as “applied for” will not be accepted. Age for this meet will be the swimmer’s age as of January 18, 2008. Current registration numbers, ages, and first and last names of all Contestants must appear in the entry file.

Illinois Swimming, Inc. registration applications may be obtained from:
Illinois Swimming
3166 S. River Road
Suite 30
Des Plaines, IL 60018 (847) 824-1596

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 request.

Entry Limits

For the 11-12 and Open age groups, each swimmer may enter a maximum of one event on Friday, a total of four events on Saturday (including both sessions), and three events on Sunday. For the 10 & Under age group, each swimmer may enter four events each session. All events will be timed finals.

Relays

Each team may enter **ONE** championship relay per gender and age group. All events will be timed finals.

Meet Schedule

Session I – Friday, January 18, 2008

Warm-up at 5:00 p.m.

Positive check-in ends at 5:30 p.m.

Session starts at 6:00 p.m.

Friday events will be seeded fast to slow and be swum alternating heats between Girls and Boys.

Session II – Saturday, January 19, 2008

Warm-up at 7:00 a.m.

Positive check-in ends at 7:30 a.m.

Session starts at 8:00 a.m.

Session III – Saturday, January 19, 2008

Warm-up begins immediately after the end of Session II, but not before noon.

Positive check-in ends one half hour after warm-up begins.

Session starts one hour after warm-up begins.

Session IV – Saturday, January 19, 2008

Warm-up begins immediately after the end of Session III, but not before 4:00 p.m.

Positive check-in ends one half hour after warm-up begins.

Session starts one hour after warm-up begins.

Session V – Sunday, January 20, 2008

Warm up at 8:00 a.m.

Positive check-in ends at 8:30 a.m.

Session starts at 9:00 a.m.

Session VI – Sunday, January 20, 2008

Warm-up begins immediately after the end of Session V, but not before 12:00 p.m.

Positive check-in ends on half hour after warm-up begins.

Session starts one hour after warm-up begins.

Seeding

All events will be timed final events. **Please submit all entries in short course yards only.** Non-conforming times will be seeded following conforming times.

All events will require positive check-in. Swimmers will be required to check-in by 30 minutes after the start of warm-up for each session. Failure to check-in properly will result in the swimmer(s) being seeded in open lanes, if any exist.

Entry Fees

\$3.00 per individual event entry
\$7.00 per relay event entry
\$2.00 per swimmer ISI travel surcharge

Awards

Medals will be given to the top eight finishers in each individual event. Ribbons will be awarded to the 9-16 finishers in each individual event. Medals will be given to the top three relays in each event. High point awards will be given to the top three 10 & Under, 11-12 and 13 & Over swimmers for boys and girls. A team trophy will be awarded to the top scoring team.

Entry Forms

PLEASE SUBMIT ALL ENTRIES IN SHORT COURSE YARDS ONLY.

EMAIL OF ENTRIES IS THE REQUIRED ENTRY METHOD.

Please be sure to ZIP the entry file and send it to ehrlichn@sbcglobal.net, by the entry deadline. Please mail hard copies, forms and payment to the address below to be received within three business days of receipt of the email entry.

Please mail entry according to the following criteria:

A hard copy should accompany a signed Entry and Release Form, Volunteer Sheet and check made payable to the **New Trier Swim Club.**

Please make sure the hard copy shows:

- Team name with meet name
- Each swimmer's last and first names, middle initial, USA Swimming ID and age
- Event numbers and seed times

MAIL ALL ENTRIES TO:

Neal Ehrlich
NTSC
P.O. Box 407
Winnetka, IL 60093

Entry Deadline

Entries will be accepted beginning Friday, December 28, 2007 at 8:00 a.m., and all entries must be received by 6:00 p.m. Friday, January 4, 2008.

Verification of Entry

If you desire verification of entries received, please include a self-addressed post card with your entry.

Coaches

Coaches' packets will be available upon arrival. Registered coaches, officials, and assigned volunteers only, will be allowed on deck. Coaches must be current USA Swimming Coach Members and must continuously display their current USS Coach Member registration card while on deck.

Meet Results

All participating clubs will be sent official results via email along with one printed copy. Additional copies may be ordered at the admissions table for \$6.00 per copy.

Admissions

General admission is \$3.00. Heat sheets will be \$2.00. All session passes will be available for \$15.00 and this includes admission, a psyche sheet, and a heat sheet.

Concessions

A concession stand offering food and beverages will be available.

Hotel Information

The host hotel for the meet will be the Hampton Inn in Skokie, Illinois. Rooms have been reserved under New Trier Swim Club "Tri-State Invitational" and will be held until December 2006. The hotel is in close proximity to dining and entertainment. If no rooms are still available please contact the host club for other options.

Hampton Inn, 5201 Old Orchard Rd., Skokie, IL 847-583-1111

Tri-State Challenge
Order of Events

Friday, January 18

Session I

Warm-up 5:00 p.m./Meet starts 6:00 p.m.

POSITIVE CHECK-IN CLOSSES AT 5:30 P.M.

Swimmers must provide their own counter and timer.

<u>Girls Event #</u>	<u>Cut</u>	<u>Event</u>	<u>Cut</u>	<u>Boys Event #</u>
1	21:27.69	Open 1650 Free	20:55.59	2

Saturday, January 19

Session II

Warm-up 7:00 a.m./Meet starts 8:00 a.m.

POSITIVE CHECK-IN CLOSSES AT 7:30 A.M.

3	1:21.39	13 & Over 100 Breast	1:17.99	4
5	1:26.19	11-12 100 Breast	1:28.09	6
7	2:16.29	13 & Over 200 Free	2:10.89	8
9	2:24.89	11-12 200 Free	2:26.29	10
11	1:11.09	13 & Over 100 Butterfly	1:08.69	12
13	1:16.19	11-12 100 Butterfly	1:18.39	14
15	5:28.29	13 & Over 400 IM	5:23.59	16
17	2:43.29	11-12 200 IM	2:48.99	18
19		13 & Over 800 Free Relay		20

Session III

Warm-up no earlier than 12:00 p.m./Meet starts no earlier than 1:00 p.m.

POSITIVE CHECK-IN CLOSSES 30 MINUTES AFTER WARM-UP BEGINS

21		10 & Under 200 Medley Relay		22
23	1:22.09	10 & Under 100 Free	1:22.09	24
25	48.19	10 & Under 50 Breaststroke	48.19	26
27	3:19.39	10 & Under 200 IM	3:19.39	28
29	42.99	10 & Under 50 Butterfly	42.99	30
31	1:33.99	10 & Under 100 Backstroke	1:33.99	32

Session IV

**Warm-up no earlier than 4:00 p.m./Meet starts no earlier than 5:00 p.m.
POSITIVE CHECK-IN CLOSES 30 MINUTES AFTER WARM-UP BEGINS**

33	2:34.89	13 & Over 200 IM	2:29.59	34
35	1:16.19	11-12 100 IM	1:17.19	36
37	28.79	13 & Over 50 Free	27.49	38
39	30.29	11-12 50 Free	30.39	40
41	2:56.59	13 & Over 200 Breaststroke	2:53.79	42
43	39.49	11-12 50 Breaststroke	40.29	44
45	1:11.49	13 & Over 100 Backstroke	1:09.19	46
47	1:15.99	11-12 100 Backstroke	1:17.79	48
49	6:06.39	13 & Over 500 Free	5:56.29	50
51		11-12 400 Medley Relay		52
53		13 & Over 400 Medley Relay		54

Sunday, January 20

Session V

**Warm-up 8:00 a.m./ Meet starts at 9:00 a.m.
POSITIVE CHECK-IN CLOSES AT 8:30 A.M.**

55		10 & Under 200 Free Relay		56
57	1:34.39	10 & Under 100 IM	1:34.39	58
59	36.19	10 & Under 50 Free	36.19	60
61	1:42.09	10 & Under 100 Butterfly	1:42.09	62
63	43.49	10 & Under 50 Backstroke	43.49	64
65	2:58.29	10 & Under 200 Free	2:58.29	66
67	1:46.69	10 & Under 100 Breaststroke	1:46.69	68

Session VI

**Warm-up no earlier than 12:00 p.m./ Meet starts no earlier than 1:00 p.m.
POSITIVE CHECK-IN CLOSES 30 MINUTES AFTER WARM-UP BEGINS**

69	6:27.39	11-12 500 Free	6:34.89	70
71	2:33.99	13 & Over 200 Backstroke	2:31.49	72
73	35.19	11-12 50 Backstroke	36.19	74
75	1:02.49	13 & Over 100 Free	59.79	76
77	1:05.99	11-12 100 Free	1:05.99	78
79	2:41.09	13 & Over 200 Butterfly	2:37.69	80
81	33.39	11-12 50 Butterfly	34.09	82
83		13 & Over 400 Free Relay		84
85		11-12 400 Free Relay		86

New Trier Swim Club
Tri-State Challenge Invitational
January 18-20, 2008
Summary of Entry and Release Form

Complete this form and mail along with hard copy of entry and check to:

Neal Ehrlich
NTSC
P.O. Box 407
Winnetka, IL 60093

Summary of Fees:

Total number of swimmers _____ x \$2.00 = \$ _____

Total number of Individual entries _____ x \$3.00 = \$ _____

Total number of Relay entries _____ x \$7.00 = \$ _____

Total Entry Fee _____ \$ _____

Please make checks payable to New Trier Swim Club

Name of Club _____

USS Association _____ Club Initials _____

Names of coaches attending the meet: _____

Person submitting entry _____ Phone _____

Complete mailing address _____

Email address _____

Release Form

In consideration of the acceptance of the entry, as a duly authorized representative of the Club identified above, on behalf of the Club to be legally bound by my signature, I hereby consign, waive, and release any and all rights and claims of damages which may occur against United States Swimming, Inc., Illinois Swimming, Inc., New Trier Township District 203, and the New Trier Swim Club and their representatives, officers, directors, employees, or successors for any or all injuries suffered by me or by any contestant or representative of the Club in the New Trier Swim Club Shark Frenzy Invitational. The New Trier Swim Club requires that all visiting teams follow rules of conduct with respect to property of New Trier High School, and safety. Any unacceptable conduct may result in ejection from the meet with no refund of admission or entry fee. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Signature: _____ (Coach or Club Representative)

Printed Name: _____ Position with Club: _____

Signed release must accompany entry. Deadline: Friday, January 4, 2007

New Trier Swim Club
Tri-State Challenge Invitational
January 18-20, 2008

Volunteer Sheet

All participating teams will be required to assist with timing and officiating. Please submit appropriate names and phone numbers on this form.

Timer Coordinator/Head Timer

Name _____ Phone _____

ISI Officials

Name	Phone	Certification Level	Sessions Available
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please return this form with your entry.

New Trier Swim Club
Tri-State Challenge Invitational
January 18-20, 2008
Warm-up Procedures

A. WARM-UP PROCEDURES (Friday only)

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.

B. WARM-UP PROCEDURES (Saturday and Sunday)

1. Teams will be assigned to a lane for warm-up during each session. Some teams may be asked to share a lane during the warm-up period. It will be up to the coaches to cooperate during the warm-up so all teams are afforded an equal warm-up opportunity.
2. Unless supervised by their coach, swimmers must enter the pool feet first, while making contact with the deck with the body and a hand from the start end of the pool.
3. Sprint and pace work will be allowed under the supervision of, and at the discretion of the coaches assigned to each lane.

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 at meets and all 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. 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."
 - c. 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.
 - d. 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.

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.