

**CHAMPAIGN COUNTY YMCA HEAT  
2010 MID-WINTER CLASSIC  
A-B MEET  
JANUARY 22-24, 2010**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
SANCTION # ILS10-0117**

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**MEET DIRECTOR**

Melanie Michael/Carolyn Gile  
c/o Champaign County YMCA HEAT  
500 W. Church  
Champaign, IL 61820  
Phone: 217-355-4917  
Email: melaniem@volomail.net

**MEET REFEREE**

Susan Vimr

**SAFETY CHAIRPERSON**

Estela Canga

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**LOCATION:** Urbana Indoor Aquatic Center, Urbana School District #116, 102 E. Michigan Ave., Urbana, Illinois (Pool is located on the corner of Vine St. & Michigan Ave). DIRECTIONS ARE IN THIS PACKET

**FACILITY:** 8-lane, 25 yard pool with Competitor non-turbulent lane markers, Colorado Timing equipment, custom designed starting blocks, continuous warm-up/down pool available. Pool depth is at least 6.5 ft at start end, 4 ft at turn end. Spectator seating for 300 in bleacher section.

**FORMAT:** Friday, January 22 (see Entry Limitations)

Warm-ups: 5:30 PM

Meet Starts: 6:30 PM

Saturday & Sunday, January 23-24

**Morning Sessions (10 & Under):**

Warm-ups: 7:00 AM

Meet Starts: 8:15 AM

**Afternoon Sessions (11 & Over)\*\*:**

Warm-ups: not before noon

Meet Starts: not before 1:15 PM

**Saturday Evening Session (1650 Free; see Entry Limitations):**

Warm-ups: 15 minutes after conclusion of Session 3; Meet Starts: 30 minutes after warm-ups begin.

**RULES & 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 2010 registered athletes with USA Swimming prior to the entry deadline. Registration numbers must accompany entries. Entries listed as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 3166 S River Rd Suite 30, Des Plaines, IL 60018 phone 847-824-1596, Fax 847-824-1726. A swimmer's age as of January 22, 2010 will determine their age for the meet.

**USA SWIMMING, INC  
MEMBERSHIP**

Insurance regulations require that all swimmers, judges, starters, and referees 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 must continuously display their 2010 USA Coach Member registration card at all times while on deck.

**QUALIFYING TIMES:** There are no qualifying times for this meet.

**ENTRY DEADLINE:** Entries will not be accepted before 8:00 AM, December 18, 2009. **Entry deadline is January 8, 2010.** Teams will be entered on a first come, first served basis until sessions are filled to the 4-hour rule for each session. Hand, phone, or fax entries will not be accepted. No team entries will be broken. A hard copy with payment **MUST** be received within 48 hours of email date.

**ENTRIES:** This meet will be run with the Hytek Meet Manager v. 3.0 program. Email entries are encouraged for individual swimmers and required for teams with three or more swimmers (entries prepared using the Hytek Commlink or Team Manager programs will be accepted -- remember to "age up" swimmers). Individual swimmers are encouraged to use Team Manager 5.0 Lite (<http://www.hy-tektd.com/downloads.html>) to prepare their electronic entries. A printed copy **MUST** be received within 48 hours of email date. The printed copy is the final word in entry disputes.

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. Age determined on January 22, 2010. All times must be completed to the hundredth of a second and submitted in yards times. Deck entries: (a) will be allowed if the timeline permits; (b) can only be from a team already entered by the deadline (unattached swimmers must also be entered by the deadline); (c) must be to the Clerk of Course by the time positive check-in closes; and (d) must be paid in full at the time of deck entry. A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: **Champaign County YMCA**

Each swimmer may enter a maximum of five (5) individual events and 1 relay each day.

**ENTRY LIMITATIONS:** Due to time restrictions, the Champaign County YMCA HEAT reserves the right to **limit the number of heats in all individual events during Friday's session as well as for the 1650 Freestyle session on Saturday night.** Teams will be notified by January 13 if any swimmers are not entered in an event. Swimmers participating in the 1650 freestyle events **must** provide their own timer and lap counter. **Fly-over starts may be used for all events except the 8 & Under 25's.** There will be a bullpen for 10 & Under events only. All other age groups must report to their correct heat and lane based on the heat sheets printed following the close of positive check-in.

**\*\*SPECIAL NOTICE ON SATURDAY & SUNDAY PM SESSIONS:**

*If the AM Session is expected to be completed before 11:30 AM, the PM Session Warm-up and Start Times may be moved up (this includes the 1650 Free session). Teams will be notified by Wednesday, January 13, if either session's times are changed.*

**ENTRY FEES:** \$3.00 per individual event. \$7.00 per relay. \$2.00 per swimmer ISI surcharge.

**TIME TRIALS:** May be available at the end of each session if time permits. Forward requests to Meet Referee on meet day.

**MAIL ENTRIES:** Mail entries, fees, USA Swimming Numbers, and Waiver Form to:  
Mid-Winter Classic Entry Chair  
c/o Champaign County YMCA HEAT  
Attn: Will Barker/Hrabri Rajic 217-239-2806  
500 W. Church Street hrabri@sbcglobal.net  
Champaign, IL 61820

**POSITIVE CHECK-IN:** **ALL events require Positive Check-in**, meaning, "I am here and I intend to swim this event." Positive Check-in will be enforced and will close 45 minutes prior to the start of each session. If a swimmer fails to check-in by the deadline, they could either be excluded from swimming those events or may be allowed to swim if there are open lanes in slower heats.

**RELAYS:** Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table 30 minutes prior to the start of each session.

**SCORING:** No team scores will be kept.

**AWARDS:** 8 & under events - top 8 places will be awarded 10" double ribbons.  
All other events (2009-10 Illinois Time Standards will be used): Medals will be given for 1<sup>st</sup> through 3<sup>rd</sup> place in individual events for "A" times for 10 & under and 11-12 yr old events. 10" double ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> in individual events for "A" times; 10" single ribbons will be awarded for the top 8 places with "B" times and for the top 3 places in relays. No awards will be given for Open events.

**FINAL RESULTS:** One complimentary copy will be sent to every club with four or more swimmers. Additional copies may be ordered at the meet for \$10.00. Final results will also be posted on the HEAT web-site at <http://www.cymcaheat.org/>

**ADMISSION FEE:** \$3.00 for each adult per session; \$2.00 for each child.

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***The Champaign County YMCA HEAT would appreciate any help your club's USA Swimming certified and registered officials may be willing to give us on deck. If anyone on your team is interested in helping, please let the Meet Directors know (see contact info above).***

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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.

## ORDER OF EVENTS

**Session 1: Friday, January 22**  
**Warm-ups 5:30 PM; Starts 6:30 PM**

Girls	Age Group	Event	Boys
1	10 & Under	200 IM	2
3	11-12	200 IM	4
5	Open	400 IM	6
7	10 & Under	200 Free	8
9	11-12	200 Free	10
11	Open	500 Free	12

### SPECIAL NOTICE:

**IF THE AM SESSIONS ARE EXPECTED TO BE COMPLETED BEFORE 11:30 AM, THE PM SESSION WARM-UP/START TIME MAY BE MOVED UP. ALL TEAMS WILL BE NOTIFIED BY WEDNESDAY, JANUARY 13!**

**Session 2: Saturday AM, January 23**  
**Warm-ups 7:00 AM; Starts 8:15 AM**

Girls	Age Group	Event	Boys
13	8 & Under	100 Med Relay	14
15	10 & Under	200 Med Relay	16
17	8 & Under	100 IM	18
19	10 & Under	100 IM	20
21	8 & Under	25 Free	22
23	10 & Under	50 Free	24
25	8 & Under	50 Breast	26
27	10 & Under	50 Breast	28
29	8 & Under	25 Back	30
31	10 & Under	100 Back	32
33	8 & Under	50 Fly	34
35	10 & Under	50 Fly	36

**Session 3: Saturday PM-a, January 23**  
**W-ups not before 12:00; Starts not before 1:15 PM**

Girls	Age Group	Event	Boys
37	Open	200 Med Relay	38
39	11-12	200 Med Relay	40
41	Open	50 Free	42
43	11-12	50 Free	44
45	Open	200 Breast	46
47	11-12	50 Breast	48
49	Open	100 Back	50
51	11-12	100 Back	52
53	Open	200 Fly	54
55	11-12	50 Fly	56
57	Open	200 Free	58

**Session 4: Saturday PM-b, January 23** *(Swimmers participating in the 1650 Free must provide their own timer and lap counter.)*  
**Warm-ups 15 minutes after conclusion of Session 3;**  
**Starts 30 minutes after warm-ups begin**

Girls	Age Group	Event	Boys
59	Open	1650 Free	60

**Session 5: Sunday AM, January 24**  
**Warm-ups 7:00 AM; Starts 8:15 AM**

Girls	Age Group	Event	Boys
61	8 & Under	100 Free Relay	62
63	10 & Under	200 Free Relay	64
65	8 & Under	100 Free	66
67	10 & Under	100 Free	68
69	8 & Under	25 Fly	70
71	10 & Under	100 Fly	72
73	8 & Under	50 Back	74
75	10 & Under	50 Back	76
77	8 & Under	25 Breast	78
79	10 & Under	100 Breast	80
81	8 & Under	50 Free	82

**Session 6: Sunday PM, January 24**  
**W-ups not before 12:00; Starts not before 1:15 PM**

Girls	Age Group	Event	Boys
83	11-12	200 Free Relay	84
85	Open	200 Free Relay	86
87	11-12	100 IM	88
89	Open	200 IM	90
91	11-12	100 Fly	92
93	Open	100 Fly	94
95	11-12	50 Back	96
97	Open	200 Back	98
99	11-12	100 Breast	100
101	Open	100 Breast	102
103	11-12	100 Free	104
105	Open	100 Free	106

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## CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

### A. WARM-UP PROCEDURES

#### 1. Warm-up Lane Assignments and Times

- a. Each warm-up session will be divided into 3 segments of 20 minutes each. Teams will be assigned to the first 2 segments as evenly as possible for their general warm-ups. The last segment will be used for the specific warm-up (see below).
- b. Coaches will receive lane assignments and warm-up times for their team's warm-ups in their coaches' packets. Lanes will be assigned to provide each team with the same relative amount of space per lane.

#### 2. 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.

#### 3. 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.

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

### 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. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
  - 1) 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."
  - 2) 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.
  - 3) 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.

**CHAMPAIGN COUNTY YMCA HEAT 2010 MID-WINTER CLASSIC**  
**JANUARY 22-24, 2010 Sanction # ILS10-0117**

**COMPLETE THIS FORM AND MAIL ALONG WITH ENTRIES & CHECK TO:**

**Mid-Winter Classic Entry Chair**  
**c/o Champaign County YMCA HEAT**  
**Attn: Will Barker/Hrabri Rajic**  
**500 W. Church St.**  
**Champaign, IL 61820**  
**Make checks payable to: Champaign County YMCA**

**NO ENTRIES ACCEPTED BEFORE 8:00 AM DEC. 18; MUST BE RECEIVED BY JAN. 8**

	<u># of Female</u> <u>Individual Entries</u>		<u># of Male</u> <u>Individual Entries</u>		
	_____	+	_____	@ 3.00=	_____
All Relays	_____	+	_____	@ 7.00=	_____
Total # Females	_____	+	Total # Males	@ 2.00= (ISI Fee)	_____
				<b>TOTAL:</b>	_____

NAME OF CLUB: \_\_\_\_\_

CLUB CODE: \_\_\_\_\_

NAME & MAILING ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

NAME, PHONE, EMAIL OF ENTRY PERSON: \_\_\_\_\_  
 \_\_\_\_\_

In consideration of the acceptance of this entry, I, intend to be legally bound, hereby co-sign, waive, and release any and all rights and claims which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the Champaign County YMCA HEAT, the Champaign YMCA, Urbana Park District, Urbana School District #116, their representatives, 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 to the fact that all athletes included in this entry and participating in this sanctioned event competing under the name of the above USA Swimming chartered club or under any attached status are duly registered as current athlete members of USA Swimming.

Signature: \_\_\_\_\_ Position: \_\_\_\_\_

Date: \_\_\_\_\_

**DRIVING DIRECTIONS TO POOL**  
**Urbana Indoor Aquatic Center, 102 E. Michigan Ave.**  
**(Corner of Vine & Michigan, Urbana)**

COMING FROM THE EAST OR WEST:

Take I-74 to the Cunningham Avenue Exit. As you come off the exit, go South on Cunningham. As you travel South, Cunningham turns into Vine Street. You'll go through several stoplights, past Lincoln Square Mall on your right, and about 5 blocks past Lincoln Square, the Urbana Middle School is on your right. The street right after the middle school is Michigan Avenue. Turn RIGHT on Michigan, and 1/2 block on your right is the parking lot and entrance to the pool. The pool sits behind the Middle School.

COMING FROM THE NORTH OR SOUTH:

Take I-57 to I-74 East and follow I-74 East to the Cunningham Exit. Then follow directions listed ABOVE.