



2016 Speedo Invitational

Hosted by the Academy Bullets Swim Club
January 8-10, 2016
USA Swimming Sanction: ILS0132-16



Co - Meet Director	Meet Referees		Entry Chair
Joanna Michaels academymeetdirector@gmail.com	<u>Vaughan Center</u> Tony Cook (260) 249-7295 anthony.cook@navistar.com	<u>Marmion Academy</u> Tim Krull (630) 418-1540 tkrull@comcast.net	Todd Capen PO Box 2165 Naperville, IL 60567 (847) 571-7644 t.capen@academybullets.com
Jenny Pyle mi4pyle@mchsi.com			
Safety Director	Host Coaches		Email Entries
Mike Laurich m.laurich@academybullets.com	Todd Capen, Mike Laurich, Brian Brown, Jeremy Meserole www.academybullets.com		t.capen@academybullets.com

TWO POOL FORMAT - We will be conducting the Speedo Invitational at two facilities again this year. We have adjusted some of our sessions and events to create a better flowing meet. The increased numbers will improve the level of competition for all swimmers in the meet. 12&U swimmers will compete at Marmion Academy while 13-14 & Senior age groups compete at the Vaughan Athletic Center.

Location: Marmion Academy - 1000 Butterfield Rd., Aurora, IL 60504 Vaughan Athletic Center - 2121 W New Indian Trail, Aurora, IL 60506

Facility: **Marmion Academy:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25 yard, eight lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is eight feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all eight lanes.

Vaughan Athletic Center: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25 yard, eight lane (9' wide lanes) pool with non-turbulent lane lines. The pool is twelve feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all eight lanes.

Meet Schedule:	<u>FRIDAY SESSION:</u>	<u>SATURDAY & SUNDAY AM</u>	<u>SATURDAY & SUNDAY PM</u>	<u>SATURDAY 1650 SESSION:</u>
	Warm ups: 4:30 PM Meet Starts: 5:30 PM Positive check-in closes at 4:50 PM	Warm ups: 7:00 AM Meet Starts: 8:00 AM Positive check-in closes at 8:20 AM	Warm ups: 12:00 PM Meet Starts: 1:00 PM Positive check-in closes 20 min. after the start of warm-ups	<u>Vaughan Center:</u> 30 Minute Warm-up immediately after the Saturday Afternoon session. Positive check-in closes at 3:30 PM

Eligibility: In accordance with the current USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Seeding: All entries should be submitted in Short Course Yards (SCY) to ensure proper seeding. All events will be timed finals swum slowest to fastest, with the exception of the 1650 free, which will be swum fastest to slowest, alternating girls and boys.

Entry Forms: We will use Hytek Meet Manager 4.0 for Windows for this meet. Entries must be submitted via email attachment using a Commlink or SDIF file. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. Entries must be accompanied by a signed release and check in full payment of the entry fees. Email entries to the Entry Chair Todd Capen at t.capen@academybullets.com. Questions regarding entries should be directed to the Entry Chair.

Entry Limits: All swimmers are limited to **four (4) individual events per day**. The Friday PM events may have the additional limitation that only the four (4) fastest heats based on times submitted for entry will swim. The host team reserves the right to swim additional heats, if time allows. The host team reserves the right to swim all of their swimmers on Friday night not in the top 4 heats. A copy of Friday Evening's Session will be available at www.academybullets.com on the Monday prior. The 1650 Freestyle (Saturday) may be limited to the Top 24 entries. All swimmers competing in the 1650 event need to provide their own timer and counter. The hosting team will NOT provide timers or counters for these events.



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- Entry Fees:** \$4.00 per individual event. A surcharge of \$2.00 per swimmer has been instituted by Illinois Swimming, Inc. There will also be a facility charge of \$6.00 per swimmer. Make checks payable to **Academy Bullets Swim Club**.
- Entry Deadline:** Entries will not be accepted before **8:00am on Friday, December 11, 2015**. We will accept entries until the timeline capacity. Only entries received by e-mail will be accepted; no hand deliveries. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email.
- Entry Verification:** We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.
- Check-in:** **THIS IS A POSITIVE CHECK-IN MEET.** We will close check-in for **all sessions 20 minutes** after the start of warm-ups.
- Awards:** Individual swimmers in the 10 & under and 11-12 age groups will receive awards for 1st - 16th place. No awards will be given for 13-14 and Open events.
- Admission:** Admission will be charged each day of the meet. Admission for non-swimming children under 12 years of age will be free for all sessions. Heat sheets will be available for purchase.
- Coaches:** Team packets containing psych sheets will be available Friday evening. See the Academy Bullets coaches for your packet. Coaches must be current USA Swimming member coaches to be allowed on deck and must continuously display their current USA swimming membership card at all times while on deck.
- Results:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- Concessions:** Food and beverages will be available for sale. A hospitality table will be provided for officials and coaches. Food will not be allowed in any area of the building other than the concession area and the Coaches / Officials Hospitality Area. Concessions at the Vaughan Pool are being sold by the Vaughan Athletic Center staff and not the Academy Bullets Swim Club.
- Officials:** There will be a need for Officials at this event. Officials who would like to work the meet should contact the Meet Referees Tim Krull (tkrull@comcast.net) or Tony Cook (anthony.cook@navistar.com) to be assigned positions.
- Timers:** Any team with more than five swimmers in a session may have an assigned lane to time for that session. Timers will receive free admission for that session. Coaches will be notified of lane assignments prior to the meet.
- Audio Visual:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck Changing** Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or designated areas is not appropriate and is prohibited.

Event Order for 2016 Speedo Invitational

January 8-10, 2016

Schedule for Marmion Academy

Session 1M - FRIDAY			
WOMEN	W-up 4:30 PM	Start 5:30 PM	MEN
1	12 & Under 200 IM		2
3	10&U 200 Free		4
5	12&U 500 Free		6

Session 2M - SATURDAY			
WOMEN	W-up 7:00 AM	Start 8:00 AM	MEN
7	10&U 100 Breast		8
9	10&U 50 Free		10
11	10&U 100 Fly		12
13	10&U 50 Back		14
15	10&U Girls 100 IM		

Session 3M - SATURDAY			
WOMEN	W-up 12:00 PM	Start 1:00 PM	MEN
17	11-12 100 Free		18
19	11-12 50 Breast		20
21	11-12 100 Back		22
23	11-12 50 Fly		24
25	11-12 100 IM		26

Session 4M - SUNDAY			
WOMEN	W-up 7:00 AM	Start 8:00 AM	MEN
	10&U Boys 100 IM		28
29	10&U 100 Free		30
31	10&U 50 Fly		32
33	10&U 100 Back		34
35	10&U 50 Breast		36

Session 5M - SUNDAY			
WOMEN	W-up 12:00 PM	Start 1:00 PM	MEN
37	11-12 200 Free		38
39	11-12 50 Back		40
41	11-12 100 Fly		42
43	11-12 50 Free		44
45	11-12 100 Breast		46

Schedule for Vaughan Athletic Center

Session 1V - FRIDAY			
WOMEN	W-up 4:30 PM	Start 5:30 PM	MEN
101	Open 400 IM		102
103	Open 200 Fly		104
105	Open 500 Free		106

Session 2V - SATURDAY			
WOMEN	W-up 7:00 AM	Start 8:00 AM	MEN
107	13-14 Girls 200 Back		
	Open Boys 200 Back		108
109	13-14 Girls 200 IM		
	Open Boys 200 IM		110
111	13-14 Girls 100 Free		
	Open Boys 100 Free		112
113	13-14 Girls 100 Breast		
	Open Boys 100 Breast		114

Session 3V - SATURDAY			
WOMEN	W-up 12:00 PM	Start 1:00 PM	MEN**
115	Open Girls 200 Back		
116	Open Girls 200 IM		
117	Open Girls 100 Free		
118	Open Girls 100 Breast		

Session 4V - SATURDAY			
WOMEN	30 Minutes After Session 3V		MEN
119	Open 1650 Free***		120

Session 5V - SUNDAY			
WOMEN	W-up 7:00 AM	Start 8:00 AM	MEN
121	13-14 200 Breast		
	Open Boys 200 Breast		122
123	13-14 100 Fly		
	Open Boys 100 Fly		124
125	13-14 50 Free		
	Open Boys 50 Free		126
127	13-14 100 Back		
	Open Boys 100 Back		128
129	13-14 200 Free		
	Open Boys 200 Free		130

Session 6V - SUNDAY			
WOMEN	W-up 12:00 PM	Start 1:00 PM	MEN**
131	Open Girls 200 Breast		
132	Open Girls 100 Fly		
133	Open Girls 50 Free		
134	Open Girls 100 Back		
135	Open Girls 200 Free		

****Please note that the AM Sessions at Vaughan are 13/14 Girls and Open Boys this season.
The 13/14 Boys will compete in the AM Session with the Open Boys.****

*****The 1650 events will be swum fastest to slowest, alternating Girls then Boys.*****

WARM-UP PROCEDURE

GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3 point entry.
- No sprinting or pace work allowed during this general warm-up.
- All lanes will be used for general warm-up.

SPECIFIC WARM-UP (LAST 15 MINUTES)

Push/pace lanes: <ul style="list-style-type: none"> • Push off one or two lengths from the starting end. • Circle swim only. • NO DIVING. 	Diving lanes: <ul style="list-style-type: none"> • Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. • ONE WAY SWIMMING ONLY. 	General warm -up lanes <ul style="list-style-type: none"> • CIRCLE SWIM ONLY. • NO DIVING.
Push/pace Lanes are 1 and 8	Diving/sprint Lanes are 2,3,6,7	General warm-up Lanes are 4 and 5

At conclusion of the 15 minute specific warm-up period, all swimmers **MUST** clear the pool.

The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

COACHES RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.	Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.	Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.
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HOST TEAM RESPONSIBILITIES

Marshaling:

- 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, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- The Host Team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
- Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

MISCELLANEOUS

- 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 backstroke waiting to start.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 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.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.



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Complete this form and email/mail with all entry forms to:

Entry Chair: Todd Capen
Address – PO Box 2165, Naperville, IL 60567
Email - t.capen@academybullets.com
Phone - (847) 571-7644

Summary of Fees:

Individual Entries	Girls	Number of Entries _____	x \$4.00 each =	_____
	Boys	Number of Entries _____	x \$4.00 each =	_____
Total Number of Swimmers for Illinois Swimming Surcharge		_____	x \$2.00 each =	_____
Total Number of Swimmers for Facility Surcharge		_____	x \$6.00 each =	_____
Total:				_____

****Please make checks payable to Academy Bullets Swim Club****

Name of Club _____ Club Code _____

Complete Mailing Address: _____

Phone _____ Email _____

Coaches Attending: _____
All coaches must be USA Swimming registered member coaches

In consideration of the acceptance of this entry, I, intending to legally bound on behalf of myself, my club and all participants in the meet from my club, hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club, Marmion Academy, Vaughan Athletic Center, Fox valley Park District; or 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 that all athletes included in this entry and participating in the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: _____

Date: _____