

Highland Park Aquatics Club

Fall Extravaganza

November 17, 18 & 19, 2023

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction # #####-##

LOCATION: Highland Park High School Aquatic Center, 433 Vine Ave, Highland Park, IL 60035

FACILITY: 10 lane 25-yard competition pool with non-turbulent lane markers + 5 lanes for cool down. Starting end: 14 foot depth, turn end: 7 foot depth. Kiefer Elite starting blocks with fins are located at the deep end of the pool (14 foot depth). Colorado System 6 timing system with non-slip touch pads, one backup button, and a 10 lane digital scoreboard in color will be used. Seating capacity for 650 spectators is available. The competition course has been certified in accordance with 104.2.2C(4).

MEET DIRECTOR

Jory Blauer

*12904 W. Waverly St
Beach Park, IL 60099*

847-722-8841

joryblauer@ymail.com

ENTRY CHAIRPERSON

Jory Blauer

*12904 W. Waverly St
Beach Park, IL 60099*

847-722-8841

joryblauer@ymail.com

SAFETY CHAIRPERSON

Enrico McConney

MEET REFEREE

Alex Abramovich

FORMAT: Timed finals with positive check-in. Check-in sheets handed to coaches prior to warmups and are due 20 minutes after the start of warmups. If a swimmer is not checked-in, that swimmer will be scratched from that session.

<u>Session</u>	<u>Warm-up Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Friday PM	5:00pm	5:20pm	6:00pm
Saturday AM	8:00am	8:20am	9:00am
Saturday PM*	1:30pm*	1:50pm*	2:30pm*
Sunday AM	8:00am	8:20am	9:00am
Sunday PM*	1:30pm*	1:50pm*	2:30pm*

* warm-up start & meet start times subject to change based on meet timelines

RULES AND SAFETY: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a Page 2 of 9 condition of participation in the conduct of this competition. All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. USA Swimming Rule 202.3.4 Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited . Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

COVID-19 SAFETY: We have taken enhanced health and safety measures- for your team and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens an individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ELIGIBILITY: All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the first day of competition. A swimmer’s age as of date of the first day of competition will determine their age for the 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.

USA SWIMMING, INC Insurance regulations require that all swimmers, judges,

MEMBERSHIP starters, and referees be a current member of USA Swimming. It is each family'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.

SWIMMERS WITH DISABILITIES: 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 with specific requests.

COACHES (CHECK-IN REQUIRED): All coaches must be currently registered with USA Swimming and must check-in on a check-in sheet each session.

OFFICIALS: All officials who wish to work this meet should contact Alex Abramovich alex@hpacswimclub.org

ENTRY DEADLINE: Entries will not be accepted by the Entry Chairperson before **8:00am, Friday October 20th**. Entries will be accepted by email (joryblauer@ymail.com). Entries will be accepted until the meet is filled, but **not later than midnight, Monday, October 30th**. No hand delivered entries will be accepted.

ENTRIES: Individuals are limited to 4 entry events per day

Signed Summary Fee / Release Form, provided in this packet, and check should be handed to the computer table prior to the start of warmups on a team's first day. Checks are to be made payable to: HP Aquatics Club

Please send your entry to: joryblauer@ymail.com

Meet host will accept no responsibility for transmission errors of emailed entries. It will remain up to the sender to verify receipt of entries.

ENTRY FEES: The entry fee is \$5.00 for each individual event entry. There is a surcharge of \$20 per swimmer. Make all checks out to **HP Aquatics Club**, with one check per club.

ENTRY LIMITATIONS: Deck Entries will not be permitted. **Events of 200 yards or more may be limited by entered time in order to adhere to timeline restrictions.** Every effort will be made to allow entrants to swim these events. Teams will be notified

as soon as possible if limitations are necessary. If a swimmer is scratched due to this limitation, the entry fee will be refunded, or the swimmer will be allowed to switch events provided such switch does not push timelines over the limits. The host team reserves the right to swim additional heats if time allows.

ENTRY VERIFICATION: You will receive an email response NO LATER than 48 hours after receipt of your entry file via email. Please email to: joryblauer@ymail.com

POSITIVE CHECK IN: All events will be Positive Check-in, timed finals. All swimmers must check in with their coach & a positive check-in sheet should be returned to the computer table 20 minutes after the start of warmups.

SCRATCHES: Intentional scratches after the close of positive check-in should be reported to the meet referee by the swimmer's coach.

SEEDING: All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

AWARDS: All individual events for 8&Under, 9-10 and 11-12 will receive ribbons for 1st through 8th places. High Point Awards will be given to the top 3 male and female finishers in each age group: 8&U, 9-10, 11-12, 13-14 and 15&Over

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

ADMISSIONS: Included in entry fees.

HEAT SHEETS: There will be no printed heat sheets for spectators. Heats will be published in meet mobile.

HOSPITALITY: Will be available for all coaches and meet officials throughout the meet. **FOOD & BEVERAGES ARE NOT ALLOWED ON DECK.**

CONCESSIONS: There will be food available all days of the meet. The concession stand will be located in the hallway outside of the pool. **FOOD & BEVERAGES ARE NOT ALLOWED ON DECK.** No smoking is allowed anywhere on the high school campus by state law.

CONDUCT: The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DECK CHANGE: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

MAAPP APPLICABLE ADULTS: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

FLYOVER STARTS: At the meet referee's discretion, fly-over starts may be implemented to ensure that each session is completed in a timely manner.

OFFICIALS: Please have any certified officials who would like to work contact the Meet Referee, Sonny Tran - sonnyktran@gmail.com

MEET RESULTS: Final results will be emailed to all participating clubs and posted on the HPAC website in PDF format. HPAC's website[<http://www.hpacswimclub.org>]. Any additional awards will be mailed to clubs.

Highland Park Aquatics Club
Fall Extravaganza
Friday, November 17 – Sunday, November 19, 2023
Order of Events

Session 1 / Friday PM
Warm up 5:00pm - Meet Starts 6:00pm

Female Event #	Age Group	Event Name	Male Event #
1	12&Under	200 IM	2
3	Open	400 IM	4
5	12&Under	500 Free	6
7	Open	500 Free	8

Session 2 / Saturday AM
Warm up 8:00am - Meet starts 9:00am

Female Event #	Age Group	Event Name	Male Event #
9	12&Under	200 Breast	10
11	9 – 10	100 Free	12
13	11 – 12	100 Free	14
15	9 – 10	50 Breast	16
17	11 – 12	50 Breast	18
19	9 – 10	100 Back	20
21	11 – 12	100 Back	22
23	9 – 10	50 Free	24
25	11 – 12	50 Free	26
27	9 – 10	100 Fly	28
29	11 – 12	100 Fly	30

Session 3 / Saturday PM

Warm up 1:30pm* - Meet starts 2:30pm*

*** Warm up and meet start time subject to change based on meet timelines**

Female Event #	Age Group	Event Name	Male Event #
31	Open	200 Free	32
33	8 & Under	25 Fly	34
35	Open	200 IM	36
37	8 & Under	50 Breast	38
39	Open	50 Free	40
41	8 & Under	100 Free	42
43	Open	100 Fly	44
45	8 & Under	25 Back	46
47	Open	100 Free	48
49	8 & Under	50 Free	50
51	Open	100 Back	52
53	8 & Under	100 IM	54
55	Open	100 Breast	56

Session 4 / Sunday AM
Warm up 8:00am - Meet starts 9:00am

Female Event #	Age Group	Event Name	Male Event #
57	12&Under	200 Back	58
59	9 – 10	50 Fly	60
61	11 – 12	50 Fly	62
63	9 – 10	100 Breast	64
65	11 – 12	100 Breast	66
67	9 – 10	200 Free	68
69	11 – 12	200 Free	70
71	9 – 10	50 Back	72
73	11 – 12	50 Back	74
75	12&Under	200 Fly	76
77	9 – 10	100 IM	78
79	11 – 12	100 IM	80

Session 5 / Sunday PM

Warm up 1:30pm* - Meet starts 2:30pm*

*** Warm up and meet start time subject to change based on meet timelines**

Female Event #	Age Group	Event Name	Male Event #
81	Open	200 Breast	82
83	8 & Under	25 Breast	84
85	Open	200 Back	86
87	8 & Under	50 Back	88
89	Open	100 IM	90
91	8 & Under	25 Free	92
93	Open	200 Fly	94
95	8 & Under	50 Fly	96
97	Open	1650 Free	98

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Team Summary & Release Form

Summary of Fees

Individual Swims No. of Entries _____ @ \$5 each = _____

Total # of Swimmers (surcharge) _____ @ \$20 per = _____

Total Meet Fees = _____

Name of Club _____

Club Code _____ LSC Code _____

Coaches Attending _____

Club Mailing Address _____

Contact For Entries _____

Phone _____ Email _____

This signed release must accompany entry or entry will not be accepted! In consideration of the acceptance of this entry, I, intending to be 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., Highland Park Aquatic Club, Highland Park High School their representatives, directors, officers, 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 entered in this meet are currently registered with USA Swimming.

Club Rep. Signature _____ Date _____

Highland Park Aquatics Club – Fall Extravaganza
Highland Park High School
November 17-19, 2023

Warm-Up Procedure

A. WARM-UP PROCEDURES

1. General Warm-up

All lanes will be open for warm up.

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.

c. 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 effect at this meet."

d. 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.

e. 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. Backstrokers 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.