

TYR NASA Spring Blast-Off
 Invitational Meet
 May 14-16, 2010
 Sanction #



TYR NASA Spring Blast-Off

Northwestern University, May 14-16, 2010
 Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction#

Teams

- NASA
- Cats Aquatic Team
- Lake Forest Swim Club
- Glenbrook Aquatics
- New Trier Swim Club
- Patriot Aquatic Club
- Scout Aquatics
- Team Foxjet
- Wildcat Aquatics
- Wildkit Swimming Organization

<p><u>Meet Director</u> Andy Grevers Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 agrevers@gmail.com (847) 467-6272 Fax: (847) 467-1405</p>	<p><u>Entry Chairperson</u> Andy Grevers Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 agrevers@gmail.com (847) 467-6272 Fax: (847) 467-1405</p>	<p><u>Safety Chairperson</u> Jennifer Mc Nerney</p> <p><u>Meet Referee</u> Carolyn Yoch</p>
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Format Long course meter events in a timed finals format. Positive check-in will be required at all sessions. Fly-over starting procedures will be used.

Meet Schedule
Friday, May 15

- Warm-ups: 4:30 pm
- Positive check-in: 4:15– 5:00 pm
- Meet starts: 5:30 pm

Saturday & Sunday AM
May 16 & 17

- Warm-ups: 7:00 am
- Positive Check-in: 6:45-7:30 am
- Meet starts: 8:15 am

Saturday & Sunday PM
May 16 & 17

- Warm-ups: Not before 12:00 noon
- Positive Check-in: 11:45 am-12:30 pm
- Meet starts: 1:15 pm

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Location	Norris Aquatic Center Northwestern University 2311 Campus Drive Evanston, IL 60208
Facility	Norris Aquatics Center is home to an eight lane, 50-meter pool with non-turbulent lane markers. Pool depth is 15 feet at the start end and 4 feet at the turn end. The meet will be run using Colorado System 6 timing system, Hy-Tek Meet Manager version 2.0, and an electronic video scoreboard. Bleacher seating is available for spectators.
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 registered prior to the entry deadline of April 30th, 2010. Entries listed, as “registration applied for” will not be accepted. Registration forms can be obtained from Illinois Swimming online at www.ilswim.org or through the Illinois Swimming office, 3166 S. River Road, Des Plaines, IL 60018, phone 847-824-1596; fax 847-824-1726. A swimmers’ age as of May 14, 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 on the 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	<u>Entries will not be accepted before 8:00am Monday, April 26th or after 5:00 pm Friday, April 30th, 2010.</u> Entries will be accepted in the order in which they are received. Entries received after the meet has filled will be returned.
Entry Limits	Swimmers may enter up to three individual events each day. Deck entries will not be permitted. NASA reserves the right to <u>limit the following events to the fastest 24 or fewer entries if the four-hour rule is affected:</u> Friday Evening: 800 Freestyle* Saturday Morning: 200 I.M. Saturday Afternoon: 400 I.M. Sunday Morning: 200 Freestyle Sunday Afternoon: 400 Freestyle

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*The 800 will be swum alternating women & men, fastest to slowest.

A listing of eligible swimmers will be posted on our website nasawild.org after Monday, May 10th, 2010. NASA reserves the right to swim additional heats if time allows.

- Entry Procedure** **All entries must be received by 5:00 pm on Friday, April 30th, 2010.** Long Course meter times should be submitted for entry purposes.
- Entries must be submitted via e-mail in a zipped, cl2 electronic file** generated using Hy-Tek Team Manager. The meet will be run using Hy-Tek Meet Manager version 3.0.
- A signed Summary Fee / Release Form (provided in this packet) and a check for the payment in full must accompany all entries. (For electronic entries, release form and entry check must be received within 72 hours of receipt of the e-mail entries.)
- NASA will accept no responsibility for transmission errors of e-mailed entries. It will remain up to the sender to verify receipt of entries.
- Entry Fees** \$ 3.00 per individual event
 \$ 2.00 ISI surcharge per swimmer
 \$ 1.00 facility clean-up charge* per swimmer
- No relay events will be swum.
Please make checks payable to: **Northwestern Aquatic Swim Association (NASA)** and remit to the above address
- Positive Check-in** This will be a positive check-in meet. Check-in will close 30 minutes after warm-ups begin. Swimmers failing to check-in on time will not be allowed to swim that session.
- Coaches Meeting** A coaches' meeting will be held on the pool deck 10 minutes before scheduled warm-ups on Friday night (4:20 pm) and Saturday morning (6:50 am). A coaching representative from each team is requested to attend the meetings.
- Awards** Ribbons will be awarded for places 1-8 for 10 & under, 11-12 and 13-14 age groups. No ribbons will be awarded to the senior age group.
- Officials & Timers** We will need help from all clubs with officiating. Please ask your volunteer officials to plan to work all sessions they are attending.
- All teams are required to provide timers for one to two lanes at each session (2 – 4 volunteers)**, depending on the number of entries from each team. Please provide the name of a timer coordinator with your entry. Timer coordinators and coaches will be notified of lane assignments by e-mail on or before Monday, May 10th.
- Admissions** A \$5.00 admission fee including heat sheets will be charged to spectators over 14 years of age.

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Parking Parking is available free of charge in the campus lots to the West and South of the Norris Aquatic Center.

Concessions A full concession stand will be available at all sessions throughout the weekend.

Facility Rules Locker rooms and showers are available, however, **NO LOCKER SPACE IS AVAILABLE.** Lockers are reserved for members of the facility only. All belongings are to be kept on the pool deck.

Facility staff and officials will monitor the locker rooms during the meet. Any swimmers damaging property, violating facility rules, or engaging in un-sportsman-like behavior will be asked to leave the facility and be barred from further competition at the meet.

Participant and spectator entry is limited to the pool facility. No swimmers or spectators are to enter any other section of the sports pavilion. Violation of facility rules and restrictions may result in disqualification of the swimmer(s) from the meet.

Coaches are asked to inform their swimmers of these rules and consequences before the meet.

Lost & Found Items found during the meet should be taken to the admissions table. Items not claimed by the end of the meet will be turned over to the Norris Aquatic Center lost and found.

Warm-Up Procedure **General Warm-up** (first 30-45 minutes)

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.

No sprinting or pace work allowed during this general warm-up session.

Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

Specific Warm-up (last 30-45 minutes)

Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**

Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)

General Warm-up Lanes - **NO DIVING.** Circle swim only.

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

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Safety Guidelines Coaches Responsibilities

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

Host Team Responsibilities

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.

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. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."

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.

Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Miscellaneous

Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.

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 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.

Warm-up procedures shall be enforced for any breaks scheduled during the competition.

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.

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Session I- Friday Evening

WOMEN		MEN
1	13-14 200 IM	2
3	Open 200 IM	4
5	13-14 200 Fly	6
7	Open 200 Fly	8
9	13-14 50 Free	10
11	Open 50 Free	12
13	Open 800 Free	14

Session II- Saturday AM

WOMEN		MEN
15	10 & U 100 Freestyle	16
17	11-12 100 Freestyle	18
19	10 & U 50 Fly	20
21	11-12 50 Fly	22
23	10 & U 100 Breast	24
25	11-12 100 Breast	26
27	10 & U 50 Back	28
29	11 & 12 50 Back	30
31	10 & U 200 IM	32
33	11-12 200 IM	34

Session III- Saturday PM

WOMEN		MEN
35	13-14 200 Free	36
37	Open 200 Free	38
39	13-14 100 Back	40
41	Open 100 Back	42
43	13-14 200 Breast	44
45	Open 200 Breast	46
47	13-14 400 IM	48
49	Open 400 IM	50

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Session IV- Sunday AM

WOMEN		MEN
51	10 & U 200 Freestyle	52
53	11-12 200 Freestyle	54
55	10 & U 50 Breast	56
57	11-12 50 Breast	58
59	10 & U 100 Fly	60
61	11-12 100 Fly	62
63	10 & U 50 Free	64
65	11-12 50 Free	66
67	10 & U 100 Back	68
69	11-12 100 Back	70

Session V- Sunday PM

WOMEN		MEN
71	13-14 100 Fly	72
73	Open 100 Fly	74
75	13-14 200 Back	76
77	Open 200 Back	78
79	13-14 100 Breast	80
81	Open 100 Breast	82
83	13-14 100 Free	84
85	Open 100 Free	86
87	13-14 400 Free	88
89	Open 400 Free	90

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Summary of Entries/Fees

	Total # of Entries _____	@ \$3.00 = _____
ISI Surcharge	Total # of Swimmers _____	@ \$2.00 = _____
Facility Clean-up	Total # of Swimmers _____	@ \$1.00 = _____
		TOTAL FEES = _____

(Include a check payable to Northwestern Aquatic Swim Association)

Club Name: _____

Coaches attending meet: _____

Club mailing address: _____

Contact for entry questions: _____

Phone: _____ **Email:** _____

Timer Coordinator Contact: _____

Phone: _____ Email: _____

Team Waiver

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Illinois Swimming, Inc., Northwestern Aquatic Swim Association, and Northwestern University, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I attest that our athletes entered in this sanctioned event are duly and currently registered with USA Swimming.

Signature _____
Coach, Club Representative, or Parent

Date _____

Print Name _____