



2014 Speedo Invitational

Hosted by the Academy Bullets Swim Club
January 10-12, 2014
USA Swimming Sanction: XXXXXX



| | | | | |
|---|---|---|--|---|
| Meet Director | Meet Referees | Entry Chair | | |
| Joanna Michaels academymeetdirector@gmail.com | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><u>Vaughan Center</u> Tony Cook (260) 249-7295 anthony.cook@navistar.com</td> <td style="width: 50%; text-align: center;"><u>Marmion Academy</u> Bob Welch (630) 661-3255 rijwelch@sbcglobal.net</td> </tr> </table> | <u>Vaughan Center</u> Tony Cook (260) 249-7295 anthony.cook@navistar.com | <u>Marmion Academy</u> Bob Welch (630) 661-3255 rijwelch@sbcglobal.net | Todd Capen 2421 Sunrise Cir. Aurora, IL 60504 (847) 571-7644 t.capen@academybullets.com |
| <u>Vaughan Center</u> Tony Cook (260) 249-7295 anthony.cook@navistar.com | <u>Marmion Academy</u> Bob Welch (630) 661-3255 rijwelch@sbcglobal.net | | | |
| 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 while 13/14 & Senior age groups compete at Vaughan.

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

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

Eligibility: In accordance with the 2014 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 2014 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. Depending on the number of entries and the fact that the lanes at Vaughan are 9' wide, we are reserve the right to swim 2 swimmers per lane for the 1650 Free events, with a staggered start. All swimmers competing in the 1650 event need to provide their own timers (2) and counters (1). The hosting team will NOT provide timers or counters for these events. Coaches need to inform their swimmers entered in these events of this possible provision. Details on whether or not we will be running 2 swimmers per lane will be emailed out to coaches once all entries have been received.



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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 \$5.00 per swimmer. Make checks payable to **Academy Bullets Swim Club**.
- Entry Deadline:** Entries will not be accepted before **8:00am on Friday, December 13, 2013**. 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 Bob Welch (rjwelch@sbcglobal.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 2014 Speedo Invitational

January 10-12, 2014

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 | 50 Free | 8 |
| 9 | 10&U | 100 Fly | 10 |
| 11 | 10&U | 50 Back | 12 |
| 13 | 10&U | 100 Breast | 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. We reserve the right to swim 2 swimmers per lane in this event depending on the number of entries. Details will be emailed out to coaches once all entries have been received.

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

| | | |
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| 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. |
|--|--|--|

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 - 2421 Sunrise Circle, Aurora, IL 60503
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 \$5.00 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: _____