



2023 NASA "B Min" Winter Blast~Off



Sponsored by TYR

Northwestern University, December 1-3, 2023

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

Sanction# ILS1244-23

"B" minimum entry standard is required for all events and age groups with the exception of 8 & U. Times are specifically listed in the Order of Events.

Meet Director Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 derosi.alessio@gmail.com (312) 296-4487 Fax: (847) 467-1405	Entry Chairperson Alessio De Rosi Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 derosi.alessio@gmail.com (312) 296-4487 Fax: (847) 467-1405	Safety Chair & COVID-19 Coordinator Jeff Frydenlund jmf_tri@yahoo.com Meet Referee Ken Musick klmusick89@gmail.com
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Format

Short course yard events in a timed finals format. Positive check-in will be required at all sessions. Fly-over starting procedures will be used. The host team reserves the right to change the format and/or combined sessions based on received entries.

Meet Schedule

Friday, December 2

Warm-ups: 4:45 - 5:40pm
Positive check-in: 4:45 - 5:05pm
Meet starts: 5:45pm

Sat & Sun AM
December 3-4

Warm-ups: 7:00 - 7:50am
Positive Check-in: 6:50-7:20am
Meet starts: 8:00am

Sat & Sun MID-AM
December 3-4

Warm-ups: not before 10:00am
Positive Check-in: will close 20 minutes after beginning of warm-ups
Meet starts: not before 11:00am

Sat & Sun PM
December 3-4

Warm-ups: not before 1:00pm
Positive Check-in: close 20 minutes after beginning of warm-ups
Meet starts: not before 2:00pm

Location

Norris Aquatic
Center Northwestern
University 2311
Campus Drive
Evanston, IL 60208

Facility

Norris Aquatics Center is home to an 8 lane, 50 meters pool with non-turbulent lane markers. Pool depth is 8 feet at the start end and 6 feet at the turn end. Limited lanes in an adjacent warm - down pool will be open during distance events Friday night, and Saturday and Sunday afternoon. The meet will be run using Colorado System 6 timing system, Hy-tek, Meet manager version 5.0, and an electronic video scoreboard. Bleacher seating is available for spectators. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 November 17 th , 2023. Entries listed, as "registration applied for" will not be accepted. A swimmers' age as of December 1 st , 2023 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	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 provide proof of current registration at all sessions of this meet.
Entry Deadline	Entries will not be accepted before 8:00am Monday, November 13 th , or after 5:00pm Friday, November 17 th , 2023. 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 (3) individual events each day. Deck entries will not be permitted. NASA reserves the right to <u>limit the 200 and longer events to the fastest 24 or fewer entries</u> <i>*The 500 Free swimmers need to provide their own timers and counters</i>
Time Standards	2013-2016 National Age Group Motivational Times will be utilized. https://www.teamunify.com/kyoms/_eventform_/495427_NationalAgeGroupTimes.pdf Minimum entry qualification of "B Min" required for all individual events but for the 8&U who will not need a qualifying time. Swimmers who are disqualified or who fail to swim qualifying times in events may be asked to either prove the qualifying time or pay a \$100.00 fine before their next event if their entry time is not in the USA Swim Database. Swimmers who fail to prove the time will be barred from their next event until proof or fine paid. Acceptable proof of time is printed results, Hy-Tek TM Proof of Time entry reports, .pdf results, reports from the USA Swimming times database. The host team will make exceptions for its swimmers. Time Standards for the Females and Males Senior are derived from the 13-14 age group and so is the 11&12 500 Free.
Entry Procedure	All entries must be received by 5:00 pm on Friday, November 17 th , 2023. Short Course yard times should be submitted for entry purposes. Entries must be submitted via email in a zipped, cl2 electronic file. The meet will be run using Hy-Tek Meet Manager version 5.0. <u>A signed Summary Fee/Release Form (provided in this packet) and a check for the payment in full must accompany all entries.</u> (For electronic entries, release form and entry check must be received within 72 hours of receipt of the email entries.) NASA will accept no responsibility for transmission errors of email entries. It will remain up to the sender to verify receipt of entries.

Entry Fees \$ 7.00 per individual event
\$ 2.00 ISI surcharge per swimmer
\$ 20.00 facility clean-up charge per swimmer

Please make checks payable to: **WILDCAT AQUATICS (do not add NASA in there – please!)**

Positive Check-in This will be a positive check-in meet. Check-in will be with the visiting coaches and it will close 20 minutes after warm-ups begin. Swimmers not checked-in on time will not be allowed to swim in that session.

Coaches Meeting A coaches' meeting will be held on the pool deck if necessary. A coaching representative from each team is requested to attend the meetings.

Awards There will be no awards at this meet.

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 Wednesday, November 29th.

Parking Parking is available free of charge (FRI after 4pm and SAT & SUN whole day) in the campus lots to the South of the Norris Aquatic Center. You may not park in the lot before 4:00pm on Friday, December 3rd.

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

Facility Rules Locker rooms and showers are NOT available. Spectators are allowed at this point but this could change.

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 entry is limited to the pool facility. No swimmers 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.

Use of Audio or visual recording devices, including a cell phone is not permitted in changing area, restrooms 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 is prohibited.”

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

Warm-Up 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 15-30 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

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.

Racing Start Cert. 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.

Miscellaneous

Backstrokers 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 swimmer.

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.
MAAPP	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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. All athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline.
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
LIABILITY WAIVER	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., NASA Wildcat Aquatics, Northwestern University, and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Order of Events

Session I – Friday PM
4:45~5:40pm Warm-up 5:45pm Meet Start

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
1	TF	3:00.69	3:26.29	11-12 200 IM	2:57.59	3:24.69	TF	2
3	TF	2:51.49	3:17.39	13&O 200 IM	2:39.99	3:05.29	TF	4
5	TF	2:41.19	3:03.49	11-12 200 Free	2:35.69	2:57.89	TF	6
7	TF	2:33.19	2:55.09	13&O 200 Free	2:22.99	2:44.09	TF	8

Session II – Saturday AM
7:00~7:50am Warm-up, 8:00am Meet Start

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
9	TF	46.99	54.89	9-10 50 Back	47.69	55.29	TF	10
11	TF	~	~	8 & U 50 Free	~	~	TF	12
13	TF	1:58.09	2:16.69	9-10 100 Breast	1:53.59	2:11.29	TF	14
15	TF	~	~	8 & U 50 Breast	~	~	TF	16
17	TF	38.89	44.09	9-10 50 Free	38.09	43.59	TF	18
19	TF	~	~	8 & U 100 IM	~	~	TF	20
21	TF	1:53.99	2:09.99	9-10 100 Fly	1:52.39	2:07.79	TF	22

Session III – Saturday MID-AM
Warm-ups: not before 10:00am – Meet Start: not before 11:00am*

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
23	TF	38.29	44.29	11-12 50 Back	38.19	44.19	TF	24
25	TF	1:34.39	1:49.49	11-12 100 Breast	1:32.49	1:46.69	TF	26
27	TF	33.79	38.49	11-12 50 Free	32.59	37.39	TF	28
29	TF	1:25.09	1:36.19	11-12 100 Fly	1:23.29	1:33.99	TF	30
31	TF	6:49.39	~	11-12 500 Free**	6:26.59	~	TF	32

* Denotes an approximation ** Swimmers need to provide their own timers and counters

Session IV – Saturday PM
Warm-ups: not before 1:00pm, Meet Starts: not before 2:00pm*

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
33	TF	32.69	37.29	Senior 50 Free	29.99	34.39	TF	34
35	TF	3:11.99	3:41.39	Senior 200 Breast	2:58.39	3:26.29	TF	36
37	TF	1:17.19	1:29.99	Senior 100 Back	1:12.09	1:24.39	TF	38
39	TF	2:50.09	3:13.29	Senior 200 Fly	2:38.29	3:02.19	TF	40
				<i>10 Minutes Break</i>				
41	TF	6:49.39	-	Senior 500 Free**	6:26.59	-	TF	42

* Denotes an approximation ** Swimmers need to provide their own timers and counters

Session V – Sunday AM
7:00~7:50am Warm-up, 8:00am Meet Start

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
43	TF	53.29	1:00.49	9-10 50 Breast	52.09	59.69	TF	44
45	TF	-	-	8 & U 100 Free	-	-	TF	46
47	TF	1:41.99	1:59.19	9-10 100 Back	1:40.19	1:55.69	TF	48
49	TF	-	-	8 & U 50 Back	-	-	TF	50
51	TF	1:29.59	1:42.39	9-10 100 Free	1:27.79	1:40.69	TF	52
53	TF	-	-	8 & U 50 Fly	-	-	TF	54
55	TF	47.39	53.59	9-10 50 Fly	45.69	51.79	TF	56

Session VI – Sunday MID-AM
Warm-ups: not before 10:00am – Meet Start: not before 11:00am*

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
57	TF	1:24.39	-	11-12 100 IM	1:20.89	-	TF	58
59	TF	43.09	48.99	11-12 50 Breast	42.89	49.29	TF	60
61	TF	1:25.19	1:38.89	11-12 100 Back	1:22.19	1:36.79	TF	62
63	TF	1:13.59	1:24.49	11-12 100 Free	1:10.99	1:21.49	TF	64
65	TF	36.69	41.29	11-12 50 Fly	37.09	41.99	TF	66

• Denotes an approximation

Session VII – Sunday PM
Warm-ups: not before 1:00pm, Meet Starts: not before 2:00pm*

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
67	TF	1:10.79	1:21.19	Senior 100 Free	1:05.59	1:15.39	TF	68
69	TF	2:47.29	3:13.19	Senior 200 Back	2:37.09	3:02.69	TF	70
71	TF	1:28.69	1:42.29	Senior 100 Breast	1:21.39	1:34.89	TF	72
73	TF	1:16.89	1:27.29	Senior 100 Fly	1:11.49	1:21.29	TF	74

* Denotes an approximation

Summary of Entries/Fees

	Total # of Entries	_____	@ \$7.00	=	_____
ISI Surcharge	Total # of Swimmers	_____	@ \$2.00	=	_____
Facility Clean-up	Total # of Swimmers	_____	@ \$20.00	=	_____
TOTAL FEES				=	_____

(Include a check payable to WILDCAT AQUATICS)

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 _____