



2024 Spring Blast~Off

Sponsored by Speedo



Northwestern University, May 3-5, 2024
Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction#ILL0531-24

“B” minimum entry standard is required for all events; times are specifically listed in the Order of Events. The host team reserves the right to change the time standards.

<u>Meet Director</u> Joseph Waldorf Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 coachjoeywaldorf@gmail.com (309) 531-4880	<u>Entry Chairperson</u> Joseph Waldorf Norris Aquatic Center 2311 Campus Drive Evanston, IL 60208 coachjoeywaldorf@gmail.com (309) 531-4880	<u>Safety & Covid-19 Chairperson</u> Jeff Frydenlund jmf_tri@yahoo.com <u>Meet Referee</u> Ken Musick klmusick89@gmail.com
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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 3rd, 2024

Warm-ups: 4:45 pm
Positive check-in: 4:35 – 5:05 pm
Meet starts: 5:45 pm

**Saturday & Sunday AM (10&U)
May 4th & 5th, 2024**

Warm-ups: 7:00 am
Positive Check-in: 6:55-7:20 am
Meet starts: 8:00 am

**Saturday & Sunday MID (11-14)
May 4th & 5th, 2024**

Warm-ups: not before 10:00 am
Positive Check-in closes 20 min after start of warmups
Meet starts: not before 11:00 am

**Saturday & Sunday PM (OPEN)
May 4th & 5th, 2024**

Warm-ups: not before 1:00 pm
Positive Check-in closes 20 min after start of warmups
Meet starts: not before 2:00 pm

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 3.0, 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 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 April 23rd, 2024. A swimmer's age as of May 3rd, 2024 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., Membership: Insurance regulations require that all swimmers, judges, starters, and referees be current members 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 be on the deck.

Coaches: All coaches must be currently registered with USA Swimming and must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet

Time Standards: [2020-2024 National Age Group Motivational Times](#) (Long Course Meters) will be utilized. Please note that the host team reserves the right to loosen or tighten the time standards based on timelines.

Minimum entry qualification of "B Min" required for all individual events for the 12&U's. For the 13&O's, "B Min" times will be used for all individual events BUT the 200's of stroke, the 400 Free, and 400 IM. These events will use the "BB" standards for qualification. 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 Open are derived from the 15-16 age group.

Entry Deadline Entries will not be accepted before 8:00am Monday, April 15th or after 5:00 pm Tuesday, April 23rd 2024. 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. Deck entries will not be permitted. WILD reserves the right to limit any/all events based on the timeline.

*The 400 Free and IM will be swum alternating women & men, fastest to slowest and all swimmers participating in these events need to provide their own timer and counter.

WILD reserves the right to swim additional heats if time allows.

Entry Procedure	All entries must be received by 5:00 pm on Friday, April 26th, 2024. Long Course meter times should be submitted for entry purposes. <u>Non-conforming seed times and "NT" entries will not be accepted.</u> Swimmers qualifying for this meet in short course yards (with a "NT" Long Course time) should be entered at an estimated equivalent long course meters time which best represents their abilities. 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. <u>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.)</u> WILD 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	\$ 7.00 per individual event \$ 2.00 Swimmer Surcharge (ISI surcharge) \$ 20.00 facility clean-up charge per swimmer \$ 10.00 per relay (<u>ONLY A & B RELAYS!</u>) Please make checks payable to: <u>Wildcat Aquatics</u> and remit to the above address
Positive Check-in	This will be a positive check-in meet. Check-in will close 20 minutes after warm-ups begin. Swimmers failing to check-in on time will not be allowed to swim that session. Check-in will be with the coaches and visiting teams will be given their check-in sheet upon arrival.
Coaches Meeting	A coaches' meeting will be held on the pool deck 10 minutes before scheduled warm-ups on Friday night (4:35pm) and Saturday morning (6:50am) if needed. A coaching representative from each team is requested to attend the meetings.
Awards	Ribbons will be awarded for places 1-8 for 10 & under and 11-12
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. <u>All teams may be required to provide timers for one to two lanes at each session (2 – 4 volunteers),</u> 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 Tuesday, April 25th.
Spectators	To be announced closer to meet.
Parking	Parking is available free of charge in the parking structure to the west of the Norris Aquatic Center <u>after 4pm on Friday. Permits are required before 4pm.</u>
Concessions	A full concession stand will be available at all sessions throughout the weekend.

Facility Rules

Locker rooms 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 unsportsman-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.

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 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.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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 is prohibited.

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

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 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.

Drone 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.

Safe Sport 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

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., Wildcat Aquatics, Lifetime, 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.

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Invitational Meet
May 3-5th, 2024
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Session I- Friday Evening

Warm-up starts at 4:45pm – Session starts at 5:45pm

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
1	TF	2:49.79	3:15.79	13-14 200 IM	2:39.99	3:04.59	TF	2
3	TF	2:46.79	3:11.89	Open 200 IM	2:31.69	2:56.59	TF	4
5	TF	2:36.89	2:59.19	13-14 200 Fly	2:26.89	2:47.99	TF	6
7	TF	2:33.49	2:53.99	Open 200 Fly	2:20.49	2:39.99	TF	8
9	TF	32.59	37.09	13-14 50 Free	29.89	34.39	TF	10
11	TF	31.79	36.39	Open 50 Free	28.39	32.59	TF	12
				10 minute break				
13	TF	~	5:32.89	Open 400 Free*	~	5:09.89	TF	14

**Swimmers need to provide their own timer*

Session II- Saturday AM (10&U)

Warm-up starts at 7:00am – Session starts at 8:00am

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
15	TF	1:29.59	1:41.99	10&U 100 Free	1:28.49	1:40.59	TF	16
17	TF	47.39	53.39	10&U 50 Fly	46.69	51.79	TF	18
19	TF	1:58.09	2:14.79	10&U 100 Breast	1:53.69	2:09.39	TF	20
21	TF	46.99	54.89	10&U 50 Back	48.59	55.29	TF	22
23	TF	3:38.49	4:09.39	10&U 200 IM	3:38.89	4:06.19	TF	24
25	TF	~	~	10&U 200 Med Relay	~	~	TF	26

Session III- Saturday MID (11&12 & 13&14)

Warm-up starts immediately after AM session but not before 10am – Session starts not before 11am

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
27	TF	1:13.59	1:24.09	11-12 100 Free	1:10.99	1:21.29	TF	28
29	TF	2:32.09	2:54.29	13-14 200 Free	2:22.99	2:44.09	TF	30
31	TF	36.49	41.29	11-12 50 Fly	37.09	41.89	TF	32
33	TF	1:16.69	1:29.99	13-14 100 Back	1:11.49	1:23.89	TF	34
35	TF	1:34.09	1:48.89	11-12 100 Breast	1:31.39	1:46.59	TF	36
37	TF	2:57.29	3:23.99	13-14 200 Breast	2:43.99	3:10.79	TF	38
39	TF	38.09	43.99	11-12 50 Back	37.89	43.69	TF	40
41	TF	5:37.59	6:25.89	13-14 400 IM	5:17.09	6:04.69	TF	42
43	TF	3:00.19	3:26.09	11-12 200 IM	2:57.29	3:23.79	TF	44
45	TF	~	~	13-14 200 Med Relay	~	~	TF	46
47	TF	~	~	11-12 200 Med Relay	~	~	TF	48

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Session IV-V Saturday PM (13&O)

Warm-up starts not before noon – Session starts not before 1:15pm

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
49	TF	2:29.39	2:38.69	Open 200 Free	2:06.79	2:26.09	TF	50
51	TF	1:14.69	1:28.69	Open 100 Back	1:08.09	1:21.29	TF	52
53	TF	2:52.79	3:20.79	Open 200 Breast	2:36.19	3:02.49	TF	54
55	TF	~	~	Open 200 Med Relay	~	~	TF	56
				10 minute break				
57	TF	5:30.49	6:18.79	Open 400 IM*	5:03.69	5:47.29	TF	58

**Swimmers need to provide their own timer*

Session VI- Sunday AM (10&U)

Warm-up starts at 7:00am – Session starts at 8:00am

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
59	TF	3:18.99	3:45.79	10&U 200 Free	3:06.69	3:33.49	TF	60
61	TF	53.19	1:00.49	10&U 50 Breast	52.09	59.69	TF	62
63	TF	1:53.99	2:09.99	10&U 100 Fly	1:51.39	2:07.09	TF	64
65	TF	38.89	44.09	10&U 50 Free	38.09	43.59	TF	66
67	TF	1:41.99	1:59.19	10&U 100 Back	1:39.79	1:55.09	TF	68
69	TF	~	~	10&U 200 Free Relay	~	~	TF	70

Session VII- Saturday MID (11&12, 13&14)

Warm-up starts immediately after AM session but not before 10am – Session starts not before 11am

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
71	TF	2:40.39	3:02.29	11-12 200 Free	2:34.59	2:57.49	TF	72
73	TF	1:10.59	1:20.49	13-14 100 Free	1:05.59	1:15.29	TF	74
75	TF	42.99	48.99	11-12 50 Breast	42.89	48.99	TF	76
77	TF	1:27.99	1:42.09	13-14 100 Breast	1:21.29	1:34.89	TF	78
79	TF	1:24.39	1:36.19	11-12 100 Fly	1:22.89	1:33.99	TF	80
81	TF	1:16.39	1:26.59	13-14 100 Fly	1:11.19	1:21.29	TF	82
83	TF	33.59	38.39	11-12 50 Free	32.59	37.29	TF	84
85	TF	2:34.89	2:58.69	13-14 200 Back	2:25.09	2:49.09	TF	86
87	TF	1:24.79	1:38.69	11-12 100 Back	1:22.19	1:35.49	TF	88
89	TF	~	~	13-14 200 Free Relay	~	~	TF	90
91	TF	~	~	11-12 200 Free Relay	~	~	TF	92

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Session VIII Sunday PM

Warm-up starts not before noon – Session starts not before 1:15pm

FEMALE					MALE			
No.	Format	SCY	LCM	Event Description	SCY	LCM	Format	No.
93	TF	1:14.69	1:25.39	Open 100 Fly	1:07.49	1:17.39	TF	94
95	TF	2:31.39	2:54.99	Open 200 Back	2:17.49	2:41.39	TF	96
97	TF	1:25.89	1:39.49	Open 100 Breast	1:16.49	1:29.89	TF	98
99	TF	1:08.89	1:19.19	Open 100 Free	1:02.39	1:11.99	TF	100
101	TF	~	~	Open 200 Free Relay	~	~	TF	102

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Summary of Entries/Fees

	Total # of Entries_____	@ \$7.00 = _____
	Total # of Relays_____	@ \$10.00 = _____
ISI Surcharge	Total # of Swimmers_____	@ \$2.00 = _____
Facility Clean-up	Total # of Swimmers_____	@ \$15.00 = _____
		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., Wildcat Aquatics Swim Club, 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 _____