



**WILDKIT SWIMMING ORGANIZATION
PENTATHLON**

Sunday, November 10, 2019

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

Sanction No. ILS1125-19

MEET DIRECTOR	Jackie Rhodes jb.rhodes3@gmail.com
MEET REFEREE	Nupun Varothai
SEND ENTRIES TO:	Kevin Auger, Athletics Evanston Township High School 1600 Dodge Avenue, Evanston, Illinois 60204 swim@wildkitaquatics.com (847) 424-7941
FORMAT	Session 1 Warm Ups 7 A.M. Meet Start 8 A.M. Positive check in will close at 7:25 A.M. Session 2 Warm Ups Not Before Noon Meet Start Not Before 1:00 PM Positive check in will close 35 minutes before start of session.
LOCATION:	Evanston Township High School, 1600 Dodge Avenue, Evanston, Illinois 60204
INVITED TEAMS:	Chicago Latin, NASA Wildcat, New Trier Swim Club, Scout Aquatics and Swift Aquatics
FACILITY	The ETHS pool is a 6-lane, 25 yard pool with non-turbulent lane markers. Depth at the starting end is 10-1/2 feet. The competition course has not been certified in accordance with 104.2.2C(4) Seating capacity is 1,200 persons. Small pool will be available for supervised warm-up/warm-down and may be cleared by the host or referee at any time.
TIMING	A fully-automated timing system with touch pads and full color display will be used. Teams will be asked to assist with timing and officiating.
RULES AND SAFETY	All current USA Swimming and ISI Rules and Regulations apply, including the Minor Athlete Abuse Prevention Policy (“MAAPP”) and safety rules which will be strictly enforced. 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. 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.
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.

SCHEDULE	See attached list for event schedule. Heat sheets will be printed. POSITIVE CHECK-IN 35 MINUTES BEFORE THE START OF THAT SESSION.
ELIGIBILITY	All 2019 U.S.A. Swimming registered swimmers are eligible. Current registration number, age, and first and last name of each contestant must be on entry sheet. Entries listed as "Registration applied for" will not be accepted. Illinois registration forms may be obtained from Illinois Swimming, Inc., 1400 E. Touhy Avenue Suite 410 Des Plaines, IL 60018 847-824-1596 (Phone) 847-824-1726 (Fax). A swimmer's age as of November 10, 2019 will determine their age for events for the meet.
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 deck. 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.
COACHES	Coaches must be currently registered with USA Swimming and must continuously display their current membership registration card at all times while on deck.
ENTRY DEADLINE	Meet information will be mailed no later than September 10, 2019. All entries must be received by October 29, 2019 by 4 pm.
ENTRIES	All entries will comply with current USA Swimming and ISI Rules and Regulations. Email your entries as a Hy-Tek or SDIF .zip file to: swim@wildkitaquatics.com Host club is not responsible for technical malfunction, oversights, etc., in the transmission. It will remain up to the sender to verify receipt of entries. Please send the enclosed summary sheet and release signed by the coach or club representative. Enter best short course yard times only. Non-conforming times will not be accepted. No deck entries allowed. Send summary sheet & release to Kevin Auger.
ENTRY FEES	The entry fee is \$5 per event per swimmer. A \$7 per swimmer surcharge (includes \$2 for ISI and \$5 admission fee) also must be included with the entry fee. Checks payable to "WSO".
EVENTS	All age groups will swim one event in each stroke plus an individual medley (50 free for 8 & unders). 13-14 year olds will swim as seniors. Each swimmer should be entered in all 5 events and should have legal strokes in each event. See attached list for order of events.
SEEDING	All events will be swum in heats with swimmers seeded from slowest to fastest.
AWARDS	Heat winner awards will be given. Ribbons will be awarded to top 12 swimmers in each event. Overall high-point medals will be given to the top 3 places in each age group. High point award will be determined by pentathlon scoring (lowest total cumulative time). 13-14's will receive awards. No awards will be given swimmers 15 & over.
ADMISSION	Included in entry fee. Heat sheets will be available for \$2.
CONCESSIONS	A concession stand offering food and beverages will be available. Suits, goggles, and other swimming paraphernalia will be offered for sale.

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SUMMARY OF ENTRY AND RELEASE

Complete this form and mail entry forms and check to:

Kevin Auger
Athletics
Evanston Township High School
1600 Dodge Avenue
Evanston, Illinois 60204
(847) 424-7941

Summary of Fees

Total Number of Entries: _____ x \$5.00 = \$ _____

Total Number of Swimmers: _____ x \$2.00 = \$ _____

Total Fee Enclosed: \$ _____

Make checks payable to: Wildkit Swimming Organization

Name of Club _____
USA Swimming Association _____ Club Initial Code for Heat Sheets _____
Names of Coaches Attending Meet _____
Person Submitting Entry _____
Complete Mailing Address _____
Home Phone _____ Town _____ Zip _____

In consideration of the acceptance of this entry, as a duly authorized representative of the Club identified above, on behalf of the Club and intending for the Club to be legally bound by my signature, I hereby consign, waive, and release any and all rights and claims for damages which may occur against U.S.A. Swimming, Inc., Illinois Swimming, Inc., Evanston Township High School, School District 202, and the Wildkit Swimming Organization and their representatives, officers, directors, employees, or successors, for any or all injuries suffered by me or by any contestant or representative of the Club in the Wildkit Swimming Organization's Icebreaker. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Signature _____
(Coach or Club Representative)

Printed Name: _____ Position with Club _____
This signed release must accompany entry, or entry will not be accepted.

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TIMERS AND OFFICIALS

We need timers and officials! All teams entering swimmers are asked to provide timers and ISI officials. Please return this sheet with your entry.

Club Name _____

Club Contact _____ Phone _____

TIMERS

_____	_____
_____	_____
_____	_____
_____	_____

OFFICIALS

_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone
_____	_____	_____
Name	Level	Telephone

WILDKIT SWIMMING ORGANIZATION

A. WARM-UP PROCEDURES

1. **General Warm-up** (first 30-45 minutes)
 - a. **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.
 - b. No sprinting or pace work allowed during this general warm-up session.
 - c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
2. **Specific Warm-up** (last 30-45 minutes)
 - a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
 - b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
 - c. **General Warm-up Lanes - NO DIVING.** Circle swim only.
 - d. 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

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 affect 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. Backstrokes 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.

ORDER OF EVENTS

Girls	Session 1		Boys
Warmups 7-7:50 am			
1	13 & Over	200 IM	2
3	11-12	100 IM	4
5	13 & Over	100 Fly	6
7	11-12	50 Fly	8
9	13 & Over	100 Back	10
11	11-12	50 Back	12
13	13 & Over	100 Breast	14
15	11-12	50 Breast	16
17	13 & Over	50 Free	18
19	11-12	50 Free	20
Girls	Session 2		Boys
Warmups 12-12:50 pm			
21	8 & Under	50 Free	22
23	9-10	100 IM	24
25	8 & Under	25 Fly	26
27	9-10	50 Fly	28
29	8 & Under	25 Back	30
31	9-10	50 Back	32
33	8 & Under	25 Breast	34
35	9-10	50 Breast	36
37	8 & Under	25 Free	38
39	9-10	50 Free	40