



19th Annual Speedo Shark Frenzy

Hosted by the Palatine Swim Team
May 31st – June 1st, 2025



Sanctioned by USA Swimming, Inc.
Sanction Number ILL0536-25

Meet Directors

Dustin Thompson
847-202-3240
ddt1326@yahoo.com

Entry Chairperson

Dustin Thompson
PPD Swim Team
250 E. Wood St.
Palatine, IL 60067

PPDmeetentries@gmail.com
847-202-3240

Meet Referee

Talitha Klehm
tallitha@aol.com

Safety Chair/IDPH Compliance Officer

Tony Gallagher
847-202-3240
amgallagher@ymail.com

*Officials please email if you
plan to attend this meet*

Format: Open – Long Course Meters
This is a positive Check-in meet.

Saturday & Sunday A.M. Warm Ups 7:00 a.m.
Meet Starts 8:00 a.m.
Positive check-in will close at 7:20 a.m.

Saturday & Sunday P.M Warm Ups No earlier than 12:00 p.m.
Meet Starts No earlier than 1:00 p.m.
*Positive check-in will close 20 minutes after
warm ups begin.*

Location Birchwood Pool (Palatine Park District)
435 West Illinois Avenue, Palatine, IL 60067

Facility An eight lane, 50 meter outdoor pool with permanent starting blocks at both ends (depth at ends is 5 feet). The pool has non-turbulent competition lane lines and a fully automated Colorado Timing System with read-out board. A separate diving well area will be available for supervised warm downs. The competition course has been certified in accordance with 104.2.2C(4) and the copy of such certification is on file with USA swimming.

Rules and Safety All current USA Swimming and ISI Rules and Regulations apply. ISI and USA swimming safety rules 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, 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.

All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

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.

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.

Eligibility	All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadlines. A swimmer's age as of May 31, 2025 , will determine their age for the meet.
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.
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 be on deck.

- Coaches All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet.
- Entry Deadline **Email entries are preferred.** Regular and express mail entries will also be accepted. Entries must be received by the Palatine Park District, 250 E. Wood Street, Palatine, IL 60067 (847)-202-3240 **starting Monday, May 5th, 2025, at 12:00 p.m. (Noon)** Teams entering via email have 72 hours to submit hard copies, waivers, and payment or their entry is subject to non-acceptance. **The entry deadline is May 23th, 2025 at 12:00pm, Noon.** There will be upgrades of time allowed until this date. All changes must be submitted before the entry deadline. We will accommodate where possible. Please be prompt in submitting your meet entry, forms and payment to ensure successful operation of the meet. Non-compliance may result in non-admittance to the meet.
- Entries Individuals are limited to three (3) events per day, not including relays, on Saturday and Sunday. Relay swimmers must be entered in at least one individual event. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. This is a Hy-Tek software managed meet. Teams are strongly encouraged to use submit entries via e-mail. Payment for entry fees is due before the start of Session 1. A signed Summary Fee / Release form provided in this packet must accompany all entries. Checks are to be made payable to: **Palatine Swim Team.**
- Entry Fees
- | <u>Individual</u> | <u>Relays</u> | | |
|----------------------|---------------------------|-----------------------------|--|
| \$7.00 | \$12.00 | | |
| <u>ISI Surcharge</u> | <u>Facility Surcharge</u> | <u>Admissions Surcharge</u> | |
| \$2.00 | \$8.00 | \$10.00 | |
- Entry Limitations Deck entries will not be permitted. The host team reserves the right to limit the 12 & U 200 Freestyle, 400 Freestyle, and 200 Individual Medley, and all relay events. Refunds for any events limited by the host team will be granted upon request from each individual team. Affected swimmers or their coaches will be informed of limitations after the closing date and our time line is established. The host team reserves the right to swim additional heats of any PPD swimmers if time allows.
- Entry Verification If you desire verification of entries received; include a stamped, self-addressed postal card with your entries. A confirmation email of receipt will be sent to those entering via email.
- Events The Meet Referee reserves the right to impose "fly-over" starting procedures. Any additional warm-ups prior to distance events of 400 meters or longer are at the discretion of the Meet Referee.

In accordance with USA Swimming Rules; Articles 105 and 202.2.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

Positive Check-In	Check-in will be closed forty minutes prior to the start of each session. Each swimmer must highlight their event numbers to be seeded properly. Heat and lane assignments will be prominently placed. Swimmers missing check-in will only be placed where any openings may occur regardless of original seed time.
Scoring	Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for individual events. Relay events will be scored 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
Scratches	There are no penalties for scratching.
Seeding	Events will be seeded time finals, swum slowest to fastest. If a swimmer enters more events than allowed, the Entry Chairperson will enter that swimmer to a maximum number allowed in that age group and will disregard any other entries for that swimmer for that day.
Relay Events	All relay sheets must be returned to the Clerk of Course no later than 30 minutes after the start of warm-ups for that particular session. Swimmers and coaches are reminded to check the names and order for accuracy prior to the race!
Awards	Awards will be given to first through eighth place in each age group, excluding Open events, with relay awards given to first through third place, excluding Open relays.
Admissions & Heat/Psych Sheets	Admissions included in surcharge. Psych sheets will be posted on our website. Heat sheets will be posted and available free on Meet Mobile.
Concessions	Food and beverages will be available. However, pool rules do not allow food outside the concession area. No glass containers of any kind will be allowed inside the pool complex or the adjoining building. No smoking or consumption of alcoholic beverages is allowed anywhere on the grounds of Birchwood Pool. These rules will be strictly enforced. Any violation could result in the expulsion of a swimmer and/or team from the meet.
Vendor:	The Swim Team Store and other vendors will be selling swimwear and accessories for all your aquatic needs.



Palatine Swim Team
19th Annual Speedo Shark Frenzy
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USA Swimming, Inc.--
Sanction Number ILL0536-25

Complete this form and mail with your check payable to: PALATINE SWIM TEAM

Mail to: Palatine Swim Team
c/o Head Coach
Palatine Park District
250 E. Wood Street
Palatine, IL 60067

Email entries to:
PPDmeetentries@gmail.com
Office Phone:
(847) 202-3240

SUMMARY OF FEES

<u>Age Group</u>	<u># of Entries</u>	<u>Cost per entry</u>	<u>Total</u>
8 & Under	<hr/>	At \$7.00 each =	<hr/>
9 & 10	<hr/>	At \$7.00 each =	<hr/>
11 & 12	<hr/>	At \$7.00 each =	<hr/>
Open	<hr/>	At \$7.00 each =	<hr/>
Relays	<hr/>	At \$12.00 each =	<hr/>
Total # of swimmers (Surcharges)	<hr/>	At \$20.00 each =	<hr/>
TOTAL FEES	<hr/>		<hr/>

Name of Club: _____ Club Code: _____ LSC: _____
Complete Mailing Address:

Email Address: _____ Phone (entry person): _____

Coach(es) Name(s) _____ tel.# _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may occur against USA Swimming, Illinois Swimming Inc., Palatine Swim Team, Palatine Park District, their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as representatives of my club. I attest that all athletes included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature: _____ Title: _____
(Coach, Club Representative, or Parent)

Date: _____

This signed release and your check for the full and correct amount must accompany entry or entry will not be accepted. Entries must be received **NO EARLIER THAN MONDAY, MAY 5th, 2025 at 12pm Noon.**

Women's EventsMen's Events**SATURDAY MORNING MAY 31, 2025– SESSION 1*****Warm-ups begin at 7:00 a.m.******Meet starts at 8:00 a.m.***

1	8 & under 50 M Freestyle	2
3	Open 50 M Freestyle	4
5	8 & Under 50 M Butterfly	6
7	Open 50 M Butterfly	8
9	Open 50 M Backstroke	10
11	8 & Under 100 M Backstroke	12
13	Open 200 M Freestyle	14
15	Open 100 M Breaststroke	16
17	Open 200 M Backstroke	18
19	Open 200 M Butterfly	20
21	Open 200 M Medley Relay	22

SATURDAY AFTERNOON MAY 31, 2025 – SESSION 2***Warm-ups begin no earlier than 12:00 pm.***

23	11-12 50 M Butterfly	24
25	9-10 50 M Butterfly	26
27	11-12 50 M Freestyle	28
29	9-10 50 M Freestyle	30
31	11-12 100 M Breaststroke	32
33	9-10 100 M Breaststroke	34
35	11-12 100 M Backstroke	36
37	9-10 100 M Backstroke	38
39	11-12 200 M Medley Relay	40
41	9-10 200 M Medley Relay	42
43	12 & Under 200 M Freestyle	44

SUNDAY MORNING JUNE 1, 2025 – SESSION 3

Warm-ups begin at 7:00 a.m.

Meet begins at 8:00 a.m.

Women's Events

Men's Events

45	8 & Under 50 M Backstroke	46
47	Open 50 M Breaststroke	48
49	8 & Under 50 M Breaststroke	50
51	Open 100 M Backstroke	52
53	8 & Under 100 M Freestyle	54
55	Open 100 M Freestyle	56
57	Open 200 M Breaststroke	58
59	Open 200 M Individual Medley	60
61	Open 100 M Butterfly	62
63	Open 200 M Freestyle Relay	64

SUNDAY AFTERNOON JUNE 1, 2025 – SESSION 4

Warm-ups begin no earlier than 12:00 p.m.

65	11-12 50 M Backstroke	66
67	9-10 50 M Backstroke	68
69	11-12 50 M Breaststroke	70
71	9-10 50 M Breaststroke	72
73	11-12 100 M Freestyle	74
75	9-10 100 M Freestyle	76
77	11-12 100 M Butterfly	78
79	9-10 100 M Butterfly	80
81	11-12 200 M Freestyle Relay	82
83	9-10 200 M Freestyle Relay	84
85	12 & U 200 M Individual Medley	86
87	12 & U 400 M Freestyle	88

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.

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

A. 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.

1. 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.
 - a. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
 - b. 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."
 - c. 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.
 - d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

1. 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.