

Wheaton Swim Club

Summer Blastoff Long Course Meet

June 6-8, 2025



Entries Accepted Beginning:

Thursday, May 8, 2025(8:00 a.m.)

Entry Accepted Until:

Thursday, May 29, 2025(or Meet Fills)

Email Entries To:

wheatonmeetdirector@gmail.com

Acceptance Procedure: Entries will be accepted on a first come first serve basis as outlined in the meet packet.

Wheaton Swim Club
Summer Blastoff Long Course Meet
June 6-8, 2025

SANCTIONS: Sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction # ILL0626-25

MEET DIRECTOR: Chris Del Galdo **ENTRY CHAIR:** Amy Janowiak
chris@wheatonswimming.com wheatonmeetdirector@gmail.com

MEET REFEREE: Chuck Frankowiak **SAFETY CHAIR:** Chris Del Galdo
cfranckow@aol.com (630) 965-6166

Admin Official: Brandon Janowiak **Covid-19 Protocols Contact -** Chris Del Galdo

LOCATION: FMC Natatorium, 275 Plaza Dr., Westmont IL 60559

FACILITY: Nine (9) lane, 50 meter competition pool will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" Competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. There is a separate area of the pool that will be designated for warm up/cool down. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2.C.

FORMAT: This is a timed-final meet. Coaches positive check-in will be used for all sessions. Bull-pen will be used for 10 & Under only.

Friday, Session 1	Warm-up	4:30 p.m.
	Check-in closes	4:50 p.m.
	Meet Starts	5:30 pm
Saturday, Session 2	Warm-up	7:00 a.m.
	Check-in closes	7:20 a.m.
	Session Starts	8:00 a.m.
Saturday, Session 3	Warm-up	Not before 12:00p.m.
	Check-in closes	Not before 12:20 p.m.
	Session Starts	Not before 1:00 p.m..
Sunday, Session 4	Warm-up	7:00 a.m.
	Positive check-in closes	7:20 a.m.
	Session Starts	8:00 a.m.
Sunday, Session 5	Warm-up	Not before 12:00p.m.
	Positive check-in closes	Not before 12:20 p.m.
	Session Starts	Not before 1:00 p.m..

AWARDS: Heat winners will be given to 112 and under swimmers in each heat.

RULES & SAFETY: This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

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.

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.

STARTS CERTIFICATION: 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.

ELIGIBILITY: Only USA Swimming registered swimmers are eligible. Entries listed "registration applied for" will NOT be accepted. Age for this meet shall be the swimmer's age as of June 6, 2025.

USA SWIMMING, INC. MEMBERSHIP: Insurance regulations require that all swimmers, officials, and coaches are current members of USA Swimming. It is the responsibility of each club to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate or be on deck.

MAAP: 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.

COACHES: Coaches must be current USA Swimming coaching members to be allowed on deck and must show proof of current registration to access the deck at each session.. This rule will be strictly enforced.

ENTRY DEADLINE: Entries will not be accepted by the entry chairman before 8:00 a.m. [CST] on Thursday, May 8, 2025. Entries will be accepted until the meet is full. Time updates will be accepted until May 29th. Email is the only method of entry for this meet.

ENTRIES. All entries will comply with current USA Swimming and ISI rules and Regulations. Current registration number, age, first name, middle initial and last name must appear on all entry blanks. Swimmers are limited to three (3) events per day on Saturday and Sunday, swimmers are limited to one (1) entry on Friday. Changes in entries may be made until positive check in closes each day at the discretion of the meet referee (coaches ONLY should see the computer table about making changes). WHTN will be using Hytek Meet Manager Pro for Windows. Entries may be generated using Hytek Team Manager, Swim Manager, or Team Unify. Such entries must comply with USA Swimming and Illinois Swimming, Inc. rules. **A Meet Manager Setup File will be made available on the host team's website at wheatonswimming.com and at ilswim.org.**

The enclosed Summary of Fees statement must be completed and the Release Form signed for all entries. To save paper, please do NOT mail a hardcopy of your entries. The summary must be returned together with your check made payable to the Wheaton Swim Club. Failure to do so shall be sufficient grounds for refusal of the entry.

E-mail entries will be accepted conditionally in the order in which they are received, and will be considered official upon receipt of signed check release form within 48 hours of the receipt of your entry.

ENTRY FEES:

- \$7.00 per individual event entry
 - \$2.00 per swimmer ISI surcharge
 - \$23.00 per swimmer, swimmer surcharge
- Please make checks payable to Wheaton Swim Club.

ENTRY LIMITATIONS: Deck entries may be permitted at the discretion of the meet referee. Distance events of 200 yards or more may be limited to the top three (3) heats per event. Every effort will be made to allow all entrants the opportunity to swim these events. Teams will be notified as soon as possible if limitations are necessary. If a swimmer is scratched from an event due to the limitation, the swimmer will be allowed to switch events if space and time allows. Such changes may be made until positive check in closes each session. **The host team reserves the right to swim additional heats of its own swimmers in limited events if time allows.**

ENTRY VERIFICATION: All teams will be notified of their acceptance via email with 24 hours of receipt.

EVENTS: In accordance with USA Swimming Rules (articles 105 and 202.1.13) 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: This meet is a coaches positive check-in meet. Coaches will be asked to complete positive check in before each session. Positive check-in closes 35 minutes before the first event of each session.

SEEDING: All events will be timed finals, swum from slowest to fastest. **Please submit Long Course Meters times for entry purposes.** All SCY and SCM times will be considered non-conforming and seeded in the slowest heats.

Please eliminate all “no time” entries from your entry file by making your best guess for swimmers without times. This will help us accurately determine the timeline.

RESULTS: Results will be posted as the meet progresses. Results will be posted in downloadable format on the host's website within 24 hours of the conclusion of the meet. Results will also be emailed to participating teams.

TIMERS: Teams with 10 or more swimmers may be asked to provide timers for at least 1 lane for all sessions of the meet. Team timer assignments will be posted on the host website at <http://www.wheatonswimming.com>.

SWIMMER SUPERVISION and CERTIFICATION: Each team or coach is responsible for the club's swimmers. Swimmers are allowed access to the pool, locker rooms, concession areas, and designated rest areas **ONLY**. The meet and facility hosts reserve the right to remove any swimmer from the meet for entering an unauthorized area.

SECURITY: No one will be allowed on deck except USA member coaches, officials, and swimmers; equipment custodians; and volunteer timers. **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 the locker rooms or other designated areas is prohibited. The area behind the starting blocks is designated as a no photo zone. For more information please visit usaswimming.org/protect

CONCESSIONS & HOSPITALITY: Food and beverages will be for sale Saturday and Sunday. A hospitality room will be provided for coaches and officials throughout the meet.

ADMISSIONS: No admission fees, heat sheets will be available online and posted around the building.

MEET PROGRAM: Most information will be posted online on the host's website. Meet program includes psyche sheet, time standards, team information, warm-up assignments, and volunteer timer assignments. Heat and lane assignments will also be posted at the meet.

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., Wheaton Swim Club, FMC Natatorium, 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.

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. Swimmers changing in non-designated areas will be removed from the remainder of the meet.

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Girls Event #	Friday Session #1 Warm up 4:30 pm Frist Splash 5:30 pm	Boys Event #
1	11-12 200 Individual Medley	2
3	13 and Over 400 Individual Medley	4
5	10-Under 200 Freestyle	6
7	11-12 400 Freestyle	8
9	13 and Over 400 Freestyle	10
Girls Event #	Saturday Morning Session #2 Warm-Up 7:00 am First Splash 8 am	Boys Event #
11	11-12 100 Freestyle	12
13	10 and Under 100 Freestyle	14
15	11-12 50 Breaststroke	16
17	10 and Under 50 Breaststroke	18
19	11-12 100 Butterfly	20
21	10 and Under 100 Butterfly	22
23	11-12 50 Backstroke	24
25	10 and Under 50 Backstroke	26
27	11-12 200 Freestyle	28
Girls Event #	Saturday Afternoon Session #3 Warmup Not Before 12:00 pm First Splash Not Before 1:00pm	Boys Event #
29	13-14 100 Freestyle	30
31	Open 100 Free	32
33	13-14 200 Breaststroke	34
35	Open 200 Breaststroke	36
37	13-14 100 Butterfly	38
39	Open 100 Butterfly	40
41	13-14 100 Backstroke	42
43	Open 100 Backstroke	44
45	13-14 200 Individual Medley	46
47	Open 200 Individual Medley	48
Girls Event #	Sunday Morning Session #4 Warm-Up 7:00 am First Splash 8 am	Boys Event #
49	10 and Under 100 Breaststroke	50
51	11-12 100 Breaststroke	52
53	10 and Under 100 Backstroke	54
55	11-12 100 Backstroke	56
57	10 and Under 50 Butterfly	58
59	11-12 50 Butterfly	60
61	10 and Under 50 Freestyle	62
63	11-12 50 Freestyle	64

Girls Event #	Sunday Afternoon Session #5 Warmup Not Before 12:00 pm First Splash Not Before 1:00pm	Boys Event #
65	13-14 200 Freestyle	66
67	Open 200 Freestyle	68
69	13-14 100 Breaststroke	70

71	Open 100 Breaststroke	72
73	13-14 200 Butterfly	74
75	Open 200 Butterfly	76
77	13-14 200 Backstroke	78
79	Open 200 Backstroke	80
81	13-14 50 Freestyle	82
83	Open 50 Freestyle	84

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

NOTE: Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area. Effective: November 3, 2004

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.

LANE USE	<u>POOL</u>	<u>PUSH/PACE</u>	<u>DIVING</u>	<u>GENERAL WARM-UP</u>
	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

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**
 - i. A minimum of two (2) marshalls, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
 - ii. Marshals shall be current members of USA Swimming.
 - iii. 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 warmup.
 - 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.

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Club Name: _____ Code: _____ LSC: _____

Head Coach:

Name: _____

Address: _____

City: _____

State / Zip: _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Club Official(s):

Name: _____

Address: _____

City: _____

State / Zip: _____

Home phone: _____

Fax #: _____

Office phone: _____

E-mail: _____

Please use space below for additional officials

Entry summary:

Total # of event entries: _____ x \$7.00 per i.e. = \$ _____

Total # of swimmers: _____ x \$25.00 per swimmer = \$ _____

Make checks payable to Wheaton Swim Club

Total enclosed: \$ _____

I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming. In consideration of the acceptance of this entry, I, intending to be 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 Wheaton Swim Club, Inc., USA Swimming, Inc., Illinois Swimming Inc., FMC Natatorium their representatives, directors, officers, 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

Club Official Signature: _____ Date: _____

Mail to: Chris Del Galdo 208 Syril Dr, Geneva IL 60134

To save paper, please do NOT mail a hardcopy or disk of your entries. All entries will be confirmed via email. You should ONLY mail a check with this form

