

## Important Dates and Information for Coaches

**Note: Results of the meet will be approved by the USA Swimming and posted to the USA Swim database.**

### **Wednesday, July 14<sup>th</sup>**

Deadline to enter is Wednesday, July 14<sup>th</sup>. Email entries to [Joe.Brasile@woodstockdolphins.com](mailto:Joe.Brasile@woodstockdolphins.com)

### **Thursday, July 15<sup>th</sup>**

1. Check your teams entry list at [www.woodstockdolphins.com](http://www.woodstockdolphins.com) available by 6PM.
2. Each teams warm-ups and timing assignments will be posted at [www.woodstockdolphins.com](http://www.woodstockdolphins.com)

### **Saturday, July 17<sup>th</sup>**

Items due at the coaches meeting at 7:35AM

1. Scratches
2. Relay swimmers names
3. Signed release form
4. Payment for all entries
  - \$2.00 per individual swim and \$6.00 per relay

## North Central Illinois Swim Conference

2010 'A' Championship Meet

Hosted by Woodstock Dolphins Swim Team @ WNHS

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

Approval Number: IL-0730-10A

### MEET DIRECTOR

Brian Ferguson  
(815) 529-5660  
bbferguso@gmail.com

### SAFETY CHAIRPERSON

Dave Devinger  
(815) 403-3936  
[ddevinger@gmail.com](mailto:ddevinger@gmail.com)

### Entry Chairperson

Joe Brasile  
(815) 482-9191  
joe.brasile@woodstockdolphins.com

### Meet Referee

Robert Curran

**Location** Woodstock North High School, 3000 Raffel Road, Woodstock, IL 60098 (NOTE: None of the online mapping or GPS companies have updated their maps which will take you too far north on Raffel Road – the school is located SOUTH of Charles Road!!)

### Teams attending the 'A' conference Championship Meet:

Cary, DCST, Geneva, McHenry I, Oswego, YMCA of RRV Stingrays, and Woodstock

### Format

Swimmers are responsible for checking in with their coaches. Coach's deadline to turn in scratches will be at the 7:35 AM coaches meeting. Scratch sheets will be provided in the coach's packet and available at the score table first thing in the morning. Coaches need to draw a line through the name and events of each scratched swimmer. Also within the coaches packet will be a sheet to fill in for the relay events to turn in at the coaches meeting.

### Saturday, July 17<sup>th</sup>

<b>6:30AM</b>	<b>Building Opens</b>
<b>6:55 – 8:15AM</b>	<b>Warm-Ups</b>
<b>7:35AM</b>	<b>Coaches Meeting</b>
<b>8:10AM</b>	<b>Timers meeting</b>
<b>8:20AM</b>	<b>Last call for event #1</b>
<b>8:25AM</b>	<b>National Anthem</b>
<b>8:30AM</b>	<b>Meet Begins – First Event</b>

### Facility

Woodstock North High School has an 8 lane 25 yard competition pool with starting blocks in the diving well and is 4-1/2' deep at the turn end of the pool. There is not a warm-up /warm-down pool. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager 3.0.

The seating capacity is for 250 spectators. The grounds near NE side of the school will be available for teams and spectators to set up tents for the day. There is not capacity in the pool area for spectators to spend the day inside the pool area. In case of inclement weather, the gym will be open, but only if the weather does not permit us to set up outside.

Spectator seating is on the second level of the school. For anyone needing the assistance of an elevator, the main entrance on the south side of the school is the closest entrance to access the elevator. There will be signs directing you to the nearest elevator.

## Warm-up and Timing Schedule

The warm-up and timing schedule for each team will be determined after all of the entries have been accepted. These schedules will be posted on the website, [www.woodstockdolphins.com](http://www.woodstockdolphins.com) by 6PM on Thursday July 15<sup>th</sup>.

**Rules /Safety** All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

**Eligibility** To qualify for the Conference Championship meet, an individual is required to swim in at least three conference dual meets and/or invitational meets. These meets may be the meets on the conference dual meet schedule, or they can be additional meets scheduled between two NCISC teams. Time trials may count for a swimmer's time, but it does not count towards a swimmer's three required meets.

**Scoring** Individual Events 16-13-12-11-10-9-7-5-4-3-2-1  
Relay Events 32-26-24-22-20-18-14-10-8-6-4-2

**Awards** Individual awards will be given to the top eighteen finishers (1-6 with medals, 7-12 with overlay ribbons, and 13-18 with ribbons) in each event. Relay awards will be given to the top six finishers (1-6 medals). Team trophies will be awarded for the top three places in combined team scoring. The 6 & under 25 yard backstroke and open 200 free are scored in the overall team scoring, but they do not count towards the age group high point trophies.

**Meet Results** One copy of printed meet results will be sent to each team. Results will be available on the web at [www.woodstockdolphins.com](http://www.woodstockdolphins.com) one hour after the conclusion of the meet.

**First Aid** First Aid kits will be available on the pool deck. If medical attention is needed, you can contact the safety marshall on the pool deck. The nearest hospital is Centegra hospital on 3701 Doty Road, Woodstock, IL. Phone number (815) 334-3116.

**Entries** Individuals are limited to a maximum of 4 events with no more than 3 of these events being individual events and no more than 2 of these events being relay events. Entries must be submitted by a Hy-Tek created report via email. The email address for sending entries is [joe.brasile@woodstockdolphins.com](mailto:joe.brasile@woodstockdolphins.com).

A signed release form and is due along with meet fees at the 7:35AM coach's meeting. Checks can be made payable to Woodstock Dolphins.

A copy of the meet entries will be made available on the web at [www.woodstockdolphins.com](http://www.woodstockdolphins.com) by 6PM on July 15<sup>th</sup>. It is each team's responsibility to check the accuracy of its entries as so posted.

**Relay Forms** On the day of the meet, each team will be asked to submit the names of relay swimmers to the computer operator by the end of the coaches meeting.

## Entry Deadline

Entries are due by Noon, Wednesday, July 14<sup>th</sup>

**Fees** Individual events: \$2.00 per event  
Relay events: \$6.00 per relay

**Admissions** Adults - \$2.00 Children (under 12 years) – Free

**Meet Format** The meet will be seeded after the coaches meeting. All swimmers must promptly proceed to the bullpen when so advised by the announcer. Swimmers failing to report to the bullpen risk being scratched.

- Team Area's** Team areas will be set upon the NE side of the High School in the grassy areas. In case of inclement weather, the gym will be available.
- Bull Pen** There will be a bull pen for all age groups. There will be a board outside indicating the event numbers in the bull pen. It will be important that swimmers are always aware of when they are to report to the bull pen to avoid being disqualified.
- Concessions** A concession area will be available all day with a wide variety of foods and drinks. Food is being provided by "Nat's on Maple".
- Hospitality** A Hospitality area will be set up for breakfast, lunch and snacks for coaches and officials. Water and snacks will be provided for on-duty timers only.
- Souvenirs** A commemorative meet T-shirt will be on sale for the 2010 NCISC Championship meet

**Rules of conduct**

For the safety and enjoyment of swimmers and spectators, the following rules must be observed. Marshals will be clearly designated to assure that safety is maintained.

1. Blankets, chairs, coolers, will not be allowed in the spectator seating area. Seating is limited, so it will be important that you come in and out so everyone can see the swimmers and races that they want to see. The exception to the chair rule will be for handicap persons used within the designated handicap seating.
2. Flash photography will not be allowed in the pool area. Persons taking flash pictures will be warned only once. Subsequent violations will result in expulsion from the meet.
3. Use of tobacco products is not allowed on school grounds.
4. No shaving is allowed. Shaving from the premises will result in automatic disqualification from the entire meet.

**Parking** Ample Parking is available at the WNHS parking lot.

**Lockers** Lockers are available to store items. Swimmers should bring their own locks. The Woodstock Dolphin swim team is not responsible for lost or stolen items, nor is WNHS.

**Accommodation Suggestions:**

<b>Holiday Inn Express</b>	<b>Super 8 Woodstock</b>
1785 S. Eastwood Drive (Rt 47)	Routes 47 and 14 on Davis Rd
Woodstock, IL 60098	Woodstock, IL 60098
1-815-334-9600	1-815-337-8808
woodstockexpresshotel@yahoo.com	GeneralManager03999@wynhg.com
<a href="http://www.hiexpress.com/h/d/ex/1/en/hotel/WDSIL/welcome?start=1">http://www.hiexpress.com/h/d/ex/1/en/hotel/WDSIL/welcome?start=1</a>	<a href="http://www.super8.com">http://www.super8.com</a>

## North Central Illinois Swim Conference Order of Events

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	Open 200 yard Freestyle	2
3	8 & Under 100 Yard Medley Relay	4
5	9-10 200 yard Medley Relay	6
7	11-12 200 Yard Medley Relay	8
9	13-14 200 Yard Medley Relay	10
11	15 & up 200 yard Individual Medley	12
13	9-10 100 Yard Individual Medley	14
15	11-12 100 Yard Individual Medley	16
17	13-14 200 Yard Individual Medley	18
19	15 & up 200 Yard Individual Medley	20
21	6 & under 25 Yard Freestyle	22
23	8 & under 25 Yard Freestyle	24
25	9-10 50 Yard Freestyle	26
27	11-12 50 Yard Freestyle	28
29	13-14 50 Yard Freestyle	30
31	15 & up 50 Yard Freestyle	32
33	8 & under 25 Yard Butterfly	34
35	9-10 50 Yard Butterfly	36
37	11-12 50 Yard Butterfly	38
39	13-14 100 Yard Butterfly	40
41	15 & up 100 Yard Butterfly	42
43	8 & under 50 Yard Freestyle	44
45	9-10 100 Yard Freestyle	46
47	11-12 100 Yard Freestyle	48
49	13-14 100 Yard Freestyle	50
51	15 & Up 100 Yard Freestyle	52
53	6 & Under 25 Yard Backstroke	54
55	8 & Under 25 Yard Backstroke	56
57	9-10 50 Yard Backstroke	58
59	11-12 50 Yard Backstroke	60
61	13-14 100 Yard Backstroke	62
63	15 & up 100 Yard Backstroke	64
65	8 & under 25 Yard Breaststroke	66
67	9-10 50 Yard Breaststroke	68
69	11-12 50 Yard Breaststroke	70
71	13-14 100 Yard Breaststroke	72
73	15 & up 100 Yard Breaststroke	74
75	8 & under 100 Yard Freestyle Relay	76
77	9-10 200 Yard Freestyle Relay	78
79	11-12 200 Yard Freestyle Relay	80
81	13 -14 200 Yard Freestyle Relay	82
83	15 & up 200 Yard Freestyle Relay	84

**Woodstock Dolphins Swim Team**  
NCISC "A" Conference Championships, Saturday July 17<sup>th</sup>, 2010

**Coaches**

This completed and signed release form must be turned in at the coaches meeting at 7:35AM.

Name of Club: \_\_\_\_\_

Club Code: \_\_\_\_\_

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against the Woodstock Dolphins Swim Team, Woodstock North High School or their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

(coach's signature)