



UPDATED TIMES: You may submit a Hy-Tek file of updated times only (no new entries) to the entry chair by **5:00PM MONDAY, FEBRUARY 1, 2010.**

ENTRY PROCEDURE & DEADLINE:

Please submit short course "YARD" times only. Please submit short course "YARD" times only. Please submit Hy-Tek zipped entry files to [nancy@teamcoho.org](mailto:nancy@teamcoho.org). A printed copy of the entry, all forms, waivers, summaries, and a check for entry fees must be received within 48 hours of receipt of the e-mail entry. Please include a printed copy of the entry, team waiver, and a signed check. The host club accepts no responsibility for receipt of e-mail entries. Confirmation is the sole responsibility of the sender. Please make sure your entry is completed in full and is LEGIBLE. The attached entry, summary sheet and release, signed by the coach, parent or club representative must also accompany all entries. Please mail your entry, signed waiver, and check for full amount of fees to the entry chair. Entries will not be accepted before **10:00AM WEDNESDAY, JANUARY 13, 2010.** Only entries received via e-mail or delivered by the U.S. Postal Service or a nationally recognized courier service will be accepted. **NO FAX OR HAND DELIVERED ENTRIES WILL BE ACCEPTED!** Entries will be accepted until the meet has filled, but entries must be received by **5:00PM FRIDAY, JANUARY 29, 2010.** If you desire verification of entries received and accepted, please include a self-addressed, stamped envelope or post card. Failure to comply with any of these entry requirements is sufficient cause to refuse all entries.

POSITIVE CHECK-IN:

This meet will be a positive check-in meet. All swimmers MUST check-in prior to each session they are entered in. Swimmers failing to check-in will be scratched from that session.

SCORING:

	1st	2nd	3rd	4th	5th	6th
Individual Events	7	5	4	3	2	1

AWARDS:

Ribbons will be awarded from 1st to 12th place for 8&U, 9 -10, 11-12, and 13&O individual events.

MEET RESULTS:

One copy of the final meet results will be mailed to all represented clubs entering 5 or more swimmers.

CONCESSIONS:

Food and beverages will be available throughout the meet. Also, a complete line of swimming apparel and accessories from Swimmer's Edge will be for sale.

ADMISSION:

All spectators will be charged an admission fee, and psyche sheets will be available for purchase. Ample parking is free.

ENTRY FEES:

Individuals will be charged \$2.00 for entering the meet to satisfy the I.S.I. surcharge. Individual events are \$3.00 each. Please make checks payable to **COHO SWIM CLUB.**

COACHES INFORMATION:

All coaches must be current USA member coaches to be allowed on deck and must display their current USA coaching membership cards continuously while on deck. Coaches' information packets will be issued to all clubs represented by at least 5 swimmers, available in the hospitality room. All teams are expected to furnish a monitor to supervise their team in the pool and gymnasium areas. Coaches shall instruct their swimmers regarding safety and warm-up procedures as they apply to conduct at the meet. Coaches shall be on deck during the warm-ups and shall actively supervise their swimmers throughout all warm-up sessions.

WARM-UP PROCEDURES:

1. General Warm-up (first 30 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 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

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. Backstrokers 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.

COHO WINTER CLASSIC – ORDER OF EVENTS  
 AGE GROUP OPEN SWIM MEET  
 SUNDAY, FEBRUARY 14, 2010  
 USA SWIMMING SANCTION #ILS10-0212

SUNDAY AM SESSION #1

GIRLS		BOYS
1	10 & U 200Y Free	2
3	8 & U 25Y Back	4
5	10 & U 50Y Breast	6
7	10 & U 100Y Fly	8
9	8 & U 25Y Free	10
11	10 & U 50Y Back	12
13	10 & U 100Y Breast	14
15	8 & U 100Y I.M.	16
17	9 & 10 100Y I.M.	18
19	8 & U 25Y Breast	20
21	9 & 10 50Y Free	22
23	10 & U 100Y Back	24
25	8 & U 25Y Fly	26
27	10 & U 50Y Fly	28
29	10 & U 100Y Free	30
31	8 & U 50Y Free	32
33	10 & U 200Y I.M.	34

SUNDAY PM SESSION #2

GIRLS		BOYS
<b>35</b>	<b>Mixed-Open 500Y Free</b>	<b>35</b>
36	11-12 50Y Fly	37
38	Open 100Y Back	39
<b>40</b>	<b>Mixed-Open 200Y Breast</b>	<b>40</b>
41	11-12 100Y Free	42
43	Open 100Y Fly	44
45	13 & O 200Y Free	46
47	11-12 50Y Breast	48
<b>49</b>	<b>Mixed-Open 400Y I.M.</b>	<b>49</b>
50	13 & O 100Y Free	51
52	11-12 50Y Back	53
54	Open 100Y Breast	55
<b>56</b>	<b>Mixed-Open 200Y Fly</b>	<b>56</b>
57	11-12 50Y Free	58
59	13 & O 50Y Free	60
<b>61</b>	<b>Mixed-Open 200Y Back</b>	<b>61</b>
62	11-12 100Y I.M.	63
64	Open 200Y I.M.	65
66	11-12 200Y Free	67

SUNDAY PM SESSION #3

<b>68</b>	<b>Mixed Open 1650Y Free</b>	<b>68</b>
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COHO WINTER CLASSIC  
AGE GROUP OPEN SWIM MEET  
SUNDAY, FEBRUARY 14, 2010  
USA SWIMMING SANCTION #ILS10-0212

COMPLETE THIS FORM, MAIL WITH ENTRY FORMS AND CHECK PAYABLE TO: **COHO SWIM CLUB**

MAIL TO: NANCY REESE  
COHO SWIM CLUB  
455 LAKE COOK ROAD  
DEERFIELD, IL 60015  
[nancy@teamcoho.org](mailto:nancy@teamcoho.org)

SUMMARY OF FEES:

8 & UNDER # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_  
9 & 10'S # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_  
11 & 12'S # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_  
13 & OVER # OF ENTRIES \_\_\_\_\_ AT \$3.00 EACH = \$ \_\_\_\_\_  
ISI SURCHARGE:  
TOTAL NUMBER OF SWIMMERS \_\_\_\_\_ AT \$2.00 EACH = \$ \_\_\_\_\_  
TOTAL FEES = \$ \_\_\_\_\_

NAME OF CLUB OR UNATTACHED: \_\_\_\_\_

CLUB CODE FOR HEAT SHEET \_\_\_\_\_ USA AFFILIATION \_\_\_\_\_ (USUALLY ISI)

COMPLETE MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_ TOWN: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME(S) OF USA SWIMMING COACHES ATTENDING MEET: \_\_\_\_\_

In consideration of acceptance of this entry, I, intending to be legally bound; hereby consign, waive, and release all fights and claims for damages which may accrue against United States Swimming Inc., Illinois swimming, Inc., the Coho Swim Club, the Deerfield High School, School District 113, and the Deerfield Park District, 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 coach. I attest that all athletes are duly and currently registered.

SIGNATURE (USA SWIMMING COACH, CLUB REPRESENTATIVE, OR PARENT)

NAME \_\_\_\_\_ TITLE \_\_\_\_\_

E-MAIL \_\_\_\_\_ DATE \_\_\_\_\_

This signed release and your check for the full and correct amount must accompany your entry, or the entry will not be accepted. Entries will not be accepted before **10:00AM WEDNESDAY, JANUARY 13, 2010**. Entries must be received NO LATER THAN **5:00PM FRIDAY, JANUARY 29, 2010**.

ATTENTION ALL CLUBS, PARENTS, AND COACHES:

WE NEED PEOPLE TO HELP TIME AND OFFICIATE TO MAKE THIS MEET RUN SMOOTHLY AND QUICKLY. PLEASE LIST BELOW THE NAMES AND PHONE NUMBERS OF PEOPLE THAT CAN HELP TO MAKE THIS MEET A TOTAL SUCCESS. THANK YOU FOR YOUR HELP AND SUPPORT!

THE FOLLOWING PEOPLE CAN BE CONTACTED FOR TIMING:

NAME:	PHONE NUMBER:	SESSION AVAILABLE:
1.		
2.		
3.		
4.		
5.		
6.		

THE FOLLOWING PEOPLE ARE CERTIFIED OFFICIALS WHO MAY BE AVAILABLE:

NAME:	PH. NUMBER:	CERT.LEVEL:	SESSION AVAILABLE:
1.			
2.			
3.			
4.			
5.			
6.			