



# 2022 Speedo Spring Fling



Hosted by the ACADEMY BULLETS SWIM CLUB

April 30-May 1, 2022

USA Swimming Sanction - ILS0426-22

|   |   |   |   |
|---|---|---|---|
| <b>MEET DIRECTOR</b><br>Jeff Skeels<br><a href="mailto:j.skeels@academybullets.com">j.skeels@academybullets.com</a><br>217-331-6698 | <b>ENTRY CHAIR</b><br>Jeff Skeels<br><a href="mailto:j.skeels@academybullets.com">j.skeels@academybullets.com</a><br>217-331-6698 | <b>MEET REFEREE</b><br>Melissa Best<br><a href="mailto:melissa@melissabestgraphics.com">melissa@melissabestgraphics.com</a> | <b>SAFETY/IDPH CONTACT</b><br>Jeff Skeels<br><a href="mailto:j.skeels@academybullets.com">j.skeels@academybullets.com</a><br>217-622-4427 |
|---|---|---|---|

**Location:** Eisenhower Pool – 2351 E. Cornell, Springfield, IL 62703

**Facility:** **Eisenhower Pool:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25-yard, six lane pool with non-turbulent lane lines. The pool is five feet deep at the start end and five feet deep at the turn end of the pool. A Colorado timing system with touch pads at both ends and button backups at the starting end of the pool will be used. There will be an electronic readout board showing all six lanes.

|                       |   |  |  |
|-----------------------|---|--|--|
| <b>Meet Schedule:</b> | Saturday AM Session 2 (11-12, 13&Over)<br>Saturday PM Session 3 (8&U, 9-10) | Warm-ups: 7:00am<br>Warm-ups: Approximately 15 minutes after finish of morning session | Meet Start: 8:00am<br>Meet Start: One hour after warmups begin |
|                       | Sunday AM Session 4 (11-12, 13&Over)<br>Sunday PM Session 5 (8&U, 9-10)     | Warm-ups: 7:00am<br>Warm-ups: Approximately 15 minutes after finish of morning session | Meet Start: 8:00am<br>Meet Start: One hour after warmups begin |

**Eligibility:** In accordance with the current USA Swimming Rules and Regulations, a swimmer's age on the first day of the meet will constitute the swimmer's age for the entire meet. 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.

**Seeding:** All entries should be submitted in Short Course Yards (SCY) to ensure proper seeding. All events will be swum slowest to fastest.

**Entry Forms:** We will use Hytek Meet Manager 8.0 for Windows for this meet. Entries must be submitted via email attachment using a Commlink or SDIF file. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. Entries must be accompanied by a signed release and check in full payment of the entry fees. Email entries to the Entry Chair Jeff Skeels at [j.skeels@academybullets.com](mailto:j.skeels@academybullets.com). Questions regarding entries should be directed to the Entry Chair.

**Entry Limits:** All swimmers are limited to **four (4) individual events per day/session**. All Friday PM events may be limited to the Top 24 entries. We will swim additional heats of these events should time allow.

**Entry Fees:** **\$6.00** per individual event. A surcharge of **\$2.00** per swimmer has been instituted by Illinois Swimming, Inc. There will also be a facility charge of **\$12.00** per swimmer in lieu of any daily admission fees. Make checks payable to **Academy Bullets - Springfield**

**Entry Deadline:** Entries will not be accepted before **12:00 pm on Friday, March 25, 2022**. We will accept entries until the timeline capacity. Only entries received by e-mail will be accepted, no hand deliveries. Entries will be on a first received, first entered basis. Entries received before the due date will be returned. Complete entries include: entry fees, signed release, and entry form. All payments and hard copies of entries are due within 48 hours of email. Entries times may be updated no later than Friday, April 15, 2022.

**Entry Verification:** We will notify the person who completed the entry to verify whether your entry was received within 24 hours of receipt of the entry.

**Check-in:** **THIS IS A POSITIVE CHECK-IN MEET.** We will close check-in for **all sessions 20 minutes** after the start of warm-ups.



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- Awards:** Individual swimmers in the 8 & Under, 10 & under and 11-12 age groups will receive ribbons for 1st - 16th place. No awards will be given for 13&Over events.
- Admission:** There will be a \$16 facility surcharge per swimmer in lieu of daily admission fees, as stated in the Entry Fees section. Programs and heat sheets will be available for purchase.
- Deck Access:** Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet.
- Results:** Meet results will be provided to each club competing in the meet as per Illinois Swimming, Inc rules.
- Concessions:** Covid guidelines allowing, food and beverages will be available for sale at the concession table. A hospitality table will be provided for officials and coaches.
- Officials:** There will be a need for Officials at this event. Officials who would like to work the meet should contact the Meet Referee Rong Qu at [gurong\\_ustb@hotmail.com](mailto:gurong_ustb@hotmail.com) to be assigned positions.
- Timers:** Any team with more than five swimmers in a session may have an assigned lane to time for that session. Coaches will be notified of lane assignments prior to the meet.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. 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. Use of audio or visual recording devices, including cell phones, is not permitted in the 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. 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. Cell phones and recording devices will not be allowed behind the blocks or at the turn end of the pool.
- MAAPP:** 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.
- DISCLAIMER:** We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, THE ACADEMY BULLETS SWIM CLUB, ACADEMY BULLETS-SPRINGFIELD AND THE SPRINGFIELD PARK DISTRICT AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID19 RELATED TO PARTICIPATION IN THIS COMPETITION.



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**DPH COMPLIANCE:** Due to Covid-19, the use of the facility is subject to Illinois Department of Health Protocols and Regulations, also to Springfield Park District rules and policies.

**IMAGE AUTHORIZATION:** 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.

**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., (Academy Bullets), (Nelson Center, Springfield Park District), 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.



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## Event Order for 2022 Speedo Spring Fling April 30-May 1, 2022

### Saturday AM – Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

|    |                    |    |
|----|--------------------|----|
| 1  | 11-12 50 Fly       | 2  |
| 3  | 13&Over 200 Fly    | 4  |
| 5  | 11-12 100 Free     | 6  |
| 7  | 13&Over 100 Free   | 8  |
| 9  | 11-12 100 Breast   | 10 |
| 11 | 13&Over 100 Breast | 12 |
| 13 | 11-12 100 Back     | 14 |
| 15 | 13&Over 100 Back   | 16 |
| 17 | 11-12 200 IM       | 18 |
| 19 | 13&Over 200 IM     | 20 |
| 21 | 12&Under 500       | 22 |
| 23 | 13& Over 500 Free  | 24 |

### Sunday AM – Warm-up @ 7:00 AM; Meet Start @ 8:00 AM

|    |                    |    |
|----|--------------------|----|
| 45 | 11-12 50 Back      | 46 |
| 47 | 13&Over 200 Back   | 48 |
| 49 | 11-12 50 Free      | 50 |
| 51 | 13&Over 50 Free    | 52 |
| 53 | 11-12 50 Breast    | 54 |
| 55 | 13&Over 200 Breast | 56 |
| 57 | 11-12 100 Fly      | 58 |
| 59 | 13&Over 100 Fly    | 60 |
| 61 | 11-12 200 Free     | 62 |
| 63 | 13&Over 200 Free   | 64 |
| 65 | Open 400 IM        | 66 |

### Saturday PM – Warm-up 10 minutes after end of AM session; Meet Start 75 minutes after start of warmups

|    |                |    |
|----|----------------|----|
| 25 | 8&U 25 Free    | 26 |
| 27 | 10-U 100 Free  | 28 |
| 29 | 8&U 50 Breast  | 30 |
| 31 | 10-U 50 Breast | 32 |
| 33 | 8&U 25 Back    | 34 |
| 35 | 10-U 100 Back  | 36 |
| 37 | 8&U 50 Fly     | 38 |
| 39 | 9-10 50 Fly    | 40 |
| 41 | 8&U 100 IM     | 42 |
| 43 | 10-U 200 IM    | 44 |

### Sunday PM – Warm-up 10 minutes after end of AM session; Meet Start 75 minutes after start of warmups

|    |                 |    |
|----|-----------------|----|
| 67 | 10-U 100 IM     | 68 |
| 69 | 8&U 50 Free     | 70 |
| 71 | 10-U 50 Free    | 72 |
| 73 | 8&U 25 Breast   | 74 |
| 75 | 10-U 100 Breast | 76 |
| 77 | 8&U 50 Back     | 78 |
| 79 | 10-U 50 Back    | 80 |
| 81 | 8&U 25 Fly      | 82 |
| 83 | 10-U 100 Fly    | 84 |
| 85 | 8&U 100 Free    | 86 |
| 87 | 10-U 200 Free   | 88 |



# 2022 Speedo Spring Fling



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## WARM-UP PROCEDURE

### GENERAL WARM-UP (PRIOR TO THE LAST 15 MINUTES)

- No diving allowed from blocks or edge of pool.
- Swimmers must enter the pool feet first in a cautious manner – 3-point entry.
- No sprinting or pace work allowed during this general warm-up. □ All lanes will be used for general warm-up.

### SPECIFIC WARM-UP (LAST 15 MINUTES)

|   |  |  |
|---|--|--|
| Push/pace lanes: <ul style="list-style-type: none"> <li>• Push off one or two lengths from the starting end.</li> <li>• Circle swim only. □ NO DIVING.</li> </ul> | Diving lanes: <ul style="list-style-type: none"> <li>• Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times.</li> <li>• ONE WAY SWIMMING ONLY.</li> </ul> | General warm -up lanes <ul style="list-style-type: none"> <li>• CIRCLE SWIM ONLY.</li> <li>• NO DIVING.</li> </ul> |
| Push/pace Lanes are 1 and 8   | Diving/sprint Lanes are 2,3,6,7  | General warm-up Lanes are 4 and 5  |

At conclusion of the 15-minute specific warm-up period, all swimmers **MUST** clear the pool.

The first event will start no sooner than 15 minutes from the conclusion of the specific warm-up.

### COACHES RESPONSIBILITIES

|  |  |  |
|--|--|--|
| Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice. | Coaches shall be on the deck during the warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices. | Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up. |
|--|--|--|

### HOST TEAM RESPONSIBILITIES

#### Marshaling:

- A minimum of four marshals who report to and receive instructions from the Meet Referee and or the Meet Director shall be on deck during the entire warm-up session.
- One Marshall, who should be an ISI official, shall act as Safety Coordinator.
- Marshals shall be current members of United States Swimming.
- Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warmup procedures.
- Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- The Host Team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
- Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- An announcer shall be on duty for the entire warm-up session to announce lane and time changes and to assist with the conduct of the warm-up.
- Hazards in the locker rooms, on the pool deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

### MISCELLANEOUS

- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- Swimmers are required to exit the pool upon the 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. □ Warm-up procedures shall be enforced for any breaks scheduled during the competition.



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Complete this form and email/mail with all entry forms to:

Entry Chair: Jeff Skeels

Email- [j.skeels@academybullets.com](mailto:j.skeels@academybullets.com)

Telephone - 217-331-6698

### Summary of Fees:

|                    |  |                         |                        |
|--------------------|--|-------------------------|------------------------|
| Individual Entries | Girls  | Number of Entries _____ | x \$6.00 each = _____  |
|                    | Boys   | Number of Entries _____ | x \$6.00 each = _____  |
|                    | Total Number of Swimmers for Illinois Swimming Surcharge | _____                   | x \$2.00 each = _____  |
|                    | Total Number of Swimmers for Facility Surcharge          | _____                   | x \$12.00 each = _____ |
|                    |  |                         | <b>Total:</b> _____    |

**\*\*Please make checks payable to Academy Bullets – Springfield\*\***

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

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

Complete Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Coaches Attending: \_\_\_\_\_

*\*All coaches must be USA Swimming registered member coaches\**

In consideration of the acceptance of this entry, I, intending to 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 USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club, Springfield Park District; or 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.

I attest that all athletes included in this entry and participating in the sanctioned/approved event are duly registered as current athlete members of USA Swimming.

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

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