



2024 HSC Distance Quad Meet 1st Annual

Sunday, December 29, 2024

Entries Open: Tuesday, November 26 at 10:00 am
Entries Deadline: Tuesday, December 17 at 11:59 pm

Sanctioned by Illinois Swimming, Inc. (ISI): SANCTION # ILS1247-24

This is a CLOSED Invite Meet

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming Safety Rules will be strictly enforced.

Meet Entry Chair:	Morgan Wind P.O. Box 126 Hinsdale, IL 60522-0126	email: hscmeetentries@gmail.com
Meet Director:	Morgan Wind	email: coachmwind@gmail.com
Meet Referee:	John Jonihakis	email: Jonihchiro@aol.com
Administrative Official:	Carole Gatsch	email: carole.gatsch@exeloncorp.com
Safety Director:	Betsy Bruns	email: betsybruns@yahoo.com
IDPH Compliance Director:	Betsy Bruns	email: betsybruns@yahoo.com
HSC Head Coach:	Scott Erdman	email: headcoach@thehinsdaleswimclub.com

Location: Don Watson Aquatic Center, Hinsdale Central High School, 5500 S. Grant Street, Hinsdale, IL 60521

Facility: 10 lane, 25-yard competition pool; five additional lanes available at all times for warm up/cool down. It is equipped with non-turbulent lane lines, starting blocks with wedge, a horn start system with a strobe and automatic timing with touch pads. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. There are not backstroke wedges. Starting depth end of the pool is 12'6" and depth at the turn end is 7'0". The facility is owned and operated by the Hinsdale Township High School District 86. As necessary, staff at the facility will handle operational matters. Please note that the Host Club does not control operational decisions. The competition course has not been certified in accordance with 104.2.2C(4).





Eligibility: Only USA Swimming and FINA registered swimmers are eligible. Entries listed “Registration Applied For” will not be accepted. All swimmers must be registered prior to the entry deadline. Age for this meet shall be the swimmer’s age as of **December 29, 2024**.

Format: This is a Closed Invite Distance Meet. All events are Timed Finals. The events will be swum slowest-to-fastest, except for the 1650 Free in Session 3, which will be swum fastest-to-slowest, alternating women and men.

HSC will attempt to accommodate all swimmers in the events entered, however, some events may have to be limited to meet timeline constraints. Attending teams will be notified well in advance of any limited events. We will try to allow athletes cut from an event to enter a replacement event provided timeline constraints allow for it.

There will be NO relays at this meet.

FINA starting procedures and rules (whistle commands and no recall) will be in effect for this meet. Flyover starts will be used for all events other than backstroke events.

In accordance with USA Swimming Rules (Article 105), 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.

The Meet will have 3 Sessions as detailed below:

Session	Session Description	Warm-Up Start	Positive Check-In Closes	Meet Start
1	10&U, 11-12 – 200s Fly/Back/Breast, 500 Free	7:00 AM	7:20 AM	8:00 AM
2	11&O – 500/1000 Free, 400 IM	11:30 AM	11:50 AM	12:15 PM
3	13&O – 1650 Free	3:30 PM	3:50 PM	4:15 PM

The Warm-Up Start, Positive Check-In Deadline, and Meet Start times for Sessions 2 and 3 may have to be adjusted after entries come in. HSC will make an effort to keep the meet to these timelines and will let attending teams know well in advance to any changes to the Session 2 and 3 times.





Entry Process: Entries will open on **Tuesday, November 26 at 10:00 am and close on Tuesday, December 17 at 11:59 pm**. We will accept entries until the timeline capacity. HSC will use Hy-Tek Meet Manager 8.0 for this Meet. Email entries to the **Meet Entry Chair, Morgan Wind** at hscmeetentries@gmail.com. Only entries received by e-mail will be accepted; no hand delivers, phoned or faxed entries. Each swimmer must be entered with full name (last name first), age, and USA Swimming Registration Number on the entry. All times must be completed to the hundredth of a second.

HSC will send an e-mail confirming receipt of entry (which the sending Club should print out as evidence of delivery) that will include a listing of the team's entered swimmers and their events. HSC will attempt to send the confirmation receipt within 48 hours of entry submission.

Deck entries will not be allowed.

All entry times shall have been achieved in sanctioned/approved USA Swimming competitions or shall have been observed swims in accordance with USA Swimming rules.

Entry Limits: Swimmers may enter a **maximum of 2 individual events each day**. If the timelines permit, HSC may allow teams to enter swimmers in a 3rd individual event. Teams will be notified in advance if this is possible.

Entry Fees:

\$8.00 per individual event
\$2.00 per swimmer ISI surcharge
\$18.00 per swimmer facility charge

Please make entry fee checks payable to Hinsdale Swim Club.

Any entries that are canceled due to event or heat limitations will be refunded.

There will be no refunds for scratched events (after December 17th), declared false starts, or no shows.

Qualifying Times: There are no Qualifying Times for this Meet. **Coaches should use their discretion when entering swimmers to ensure capability to complete the event.** Entry times may be submitted in short course yards (SCY) or long course meters (LCM). No Times (NTs) **are** permitted.

Entry Updates, Modifications, or Additions: Once an entry has been submitted and accepted, all swimmers will be entered into the Meet and any deletions must be handled through the scratch process or at positive check-in. Any electronic data files submitted after the initial entry must be clearly labeled to describe the changes included. The updated Hy-Tek file will be added to the original entry file you submitted, allowing you to update information, modify swimmers' times, or add additional entries (at the discretion of the Entry Chair). As with the original entries, additions will be handled on a first come, first entered basis. No event additions, changes, or time updates are allowed after 11:59 PM on Tuesday, December 17, 2024.





All requests for entry changes of any type must be submitted by the swimmer's coach, via e-mail. Requests from parents or swimmers will not be honored, except for an unattached swimmer's parent acting in the role of coach.

Seeding: All events will be seeded in order of SCY then LCM times. Sessions 1 and 2 will be seeded slowest-to-fastest for all age groups and events. Session 3 (1650 Free) will be seeded fastest-to-slowest, alternating women and men. Modifications may be made at the time of seeding to create a more competitive atmosphere for the athletes.

Scratches: Email scratches will be accepted until 5:00 PM on Friday, December 27, 2024. Scratches submitted via email must be sent to hscmeetentries@gmail.com. It is the responsibility of the sender to ensure that this email is received by the Host Club. Scratches after the 11:59 PM on Tuesday, December 17, 2024 Entry Deadline are allowed, however, entry fees will not be refunded.

Penalties: There are no penalties for swimmers who fail to compete in an event. However, swimmers should not positively check-in if they do not intend to swim an event.

Positive Check-In: There will be positive check-in for this meet. Positive Check-In will close 20 minutes after the start of warm-up for each session.

Warm-ups: Warm-up lane assignments will be provided in the week of the meet, if necessary. The necessity for warm-up lane assignments will depend on how many athletes are entered in each session.

Timers: There will be at least one timer per lane in addition to the automatic timing system. All teams entered in the meet may be required to provide timers to work during meet sessions. If attending teams are required to provide timers, session and lane assignments for each team will be posted on the ["Hosted Meets Page"](#) and emailed.

Counters: 500/1000/1650 Freestylers must provide their own counter. HSC prefers that swimmers or coaches serve as counters to limit deck access, however, parents are allowed to count. Any parents choosing to count should check-in with a Marshal prior to entering the deck.

Officials: Any current USA Swimming Officials from your team who would be able to work at this meet should contact the Meet Referee in advance of the meet. Any assistance is greatly appreciated by HSC and ALL the swimmers attending the meet.

USA SWIMMING, INC Membership: Insurance regulations require that all swimmers, judges, starters, and referees be current members 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 this meet. Coaches must display their HSC-provided lanyard at all times while on deck. All coaches are required to sign in for every session they are on deck or if they are off deck and engaging with swimmers.





Hospitality: There will be hospitality offered for all Coaches and Officials.

Entry/Exit: All swimmers, coaches, officials and volunteers should enter and exit as shown on the map in Addendum A. Swimmers can be dropped off at the indicated drop off/pick up point on the map (parking circle on the south side of the building off 57th Street, in between Madison and Grant Streets).

Athlete Areas: All athletes will sit on deck or in pre-specified areas in the spectator viewing area (balcony).

Restrooms/Locker Rooms: There will be locker rooms and restrooms available for athletes on the deck level of the pool building. Separate restrooms will be available to adults, volunteers, and spectators.

Recording Devices and Swimmer Privacy: 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. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Drones: 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.

Spectators: Spectators will be permitted. Parents are only allowed in the balcony area and the lobby. Only swimmers, meet officials, USA Swimming member coaches, and approved volunteers will be allowed on-deck. Anyone entering other areas of the building is subject to be ejected from the meet. Parent counters are allowed on-deck, after checking in with a Marshal, for the 500/1000/1650 Free events.

Parking: Parking is available as indicated in Appendix A. There are parking lots to the east of the school building off Grant Street. Parking is also available on Grant and 57th Streets. Follow the directions in Addendum A from the parking to the pool entrance.

Admissions: No Charge (included in the swimmer facility charge).

Handicap Access: The Don Watson Aquatic Center provides handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or special needs swimmers are asked to include a short notification of such along with their entry and to notify the Meet Director and/or Meet Referee upon arrival at the meet.

Heat Sheets: Printed heat sheets will NOT be available at the meet. The meet, including heat sheets, will be available online *at no charge* through the Meet Mobile app. Heat sheets will be posted for swimmers at several places on deck and available to coaches at the Administrative Official table. Coaches are responsible for distributing their copies of the heat sheets to responsible individuals who will assist their swimmers in determining when they are swimming.

Results: Results will be emailed within a day of the meet ending and will be posted and available at <https://www.hinsdaleswimming.org/page/resultsstandards/meet-results> and the HSC “Hosted Meets Page”. The results





will also be made available utilizing the Meet Mobile app. Coaches who request results on a diskette or USB Drive must provide their own. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming time standards.

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. 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.

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.

Awards: There will be no awards for this meet.

Scoring: The meet will not be scored.

Marshalling: A minimum of two (2) marshals appointed by the Meet Referee shall attend all warm-up sessions to enforce Warm-Up procedures. At all times during the meet, marshals shall have authority to maintain order, in accordance with their role described in section 102.18 of the USA Swimming rules discretion of the above parties. Marshals will secure the deck and check the locker rooms periodically. Parent counters for the 500/1000/1650 are required to check-in with a Marshal prior to entering the pool deck.

Concessions: Hinsdale Swim Club prides itself on the quality and variety of its concessions. A delicious assortment of food and refreshments will be available for purchase at all sessions. Personal coolers will NOT be allowed in the immediate pool area or in the spectator area. We ask that parents and swimmers help to maintain the cleanliness of the facility and assist in picking up their area and disposing of any garbage before leaving.

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.

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.





Event Schedule

Girls		Boys
1	10 & Under 200 Fly	2
3	11-12 200 Fly	4
5	10 & Under 500 Free	6
7	11-12 500 Free	8
9	10 & Under 200 Back	10
11	11-12 200 Back	12
13	10 & Under 200 Breast	14
15	11-12 200 Breast	16
17	11 & Over 1000 Free	18
19	11 & Over 400 IM	20
21	13 & Over 500 Free	22
23	13 & Over 1650 Free	24





**2024 HSC Distance Quad Meet
December 29, 2024
Warm-Up Procedures (To Be Posted)**

A. WARM-UP PROCEDURES

1. General Warm-up

- a. There will be assigned warm-up lanes for this meet.
- b. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
- c. No diving shall be allowed from the blocks or the edge of the pool at any time when a lane is being used for any one swimmer to swim more than one length. At such times, 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.
- d. When a coach converts the use of a lane to a diving lane, swimmers shall swim one length from the start end and exit the pool at the turn end. No swimmer shall return to the start end or linger in swimming to the turn end to exit the pool.

B. 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 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 effect at this meet."
- d. An announcer shall be on duty each Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up. Coaches are encouraged to plan for Warm-ups in advance.
- e. Hazards 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.

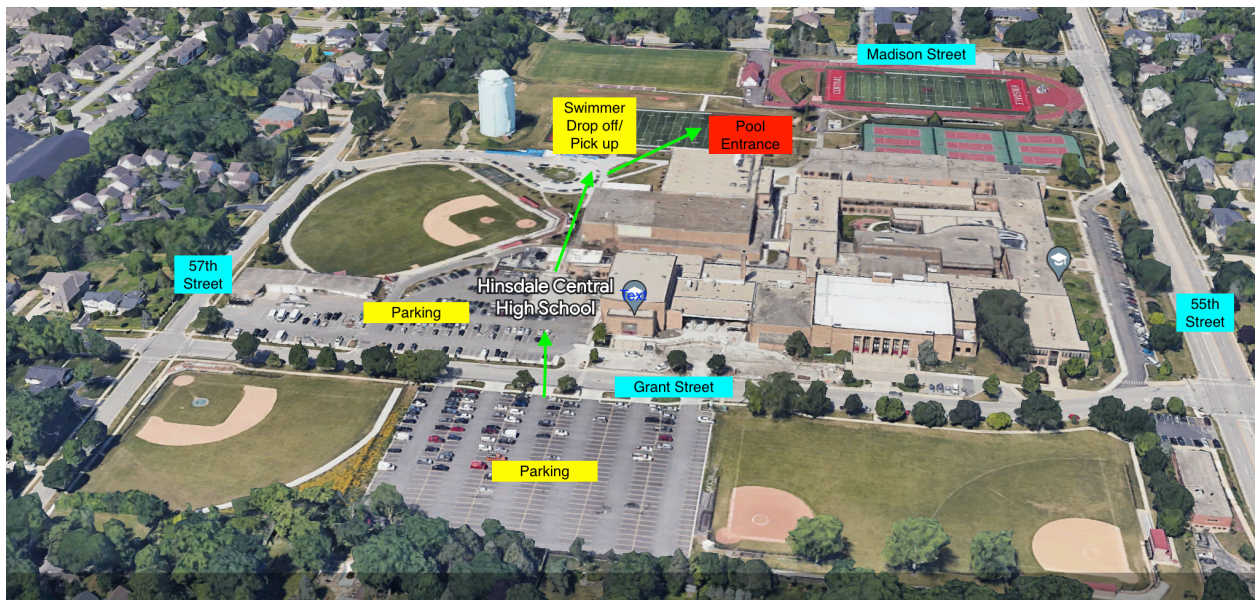
Note: The host club may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommend lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.





Addendum A

Hinsdale Central High School Don Watson Aquatic Center 5500 S. Grant Street, Hinsdale, IL 60521



Swimmers and spectators should enter on the west side of the building at the Pool Entrance. Parking is available in the lots indicated above. There is also street parking available on 57th and Grant Streets. We will have signs directing people from the parking lot to the pool (indicated by the green arrows). Parents may also have the option of dropping their swimmers at the circle on the south side of the building off 57th Street, in between Madison and Grant Streets.