



Monster Mash AquaFest
Presented by
The Lake Forest Swim Club
October 30-31, 2010



The **Monster Mash AquaFest** is sanctioned by USA Swimming and Wisconsin Swimming, Sanction No. WI2010-345S. All USA Swimming and WSI rules apply including safety rules that will be strictly enforced. Age as of the first day of the meet shall determine age for the entire meet.

LOCATION	Lakeview Rec-Plex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045	847.735.5372 LFSC@sbcglobal.net www.swimlsc.org	
MEET DIRECTOR	Iain Campbell	847.735.5372	
ENTRIES	Michael Lawrence	847.735.5372	
MEET REFEREE	Elaine Gilbert		
FACILITY	The meet will be run 10-Lanes, 25 yards. 7' at the starting end and 12' at the turn end. Starting blocks are 29.5". Colorado timing system. The course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
MEET SCHEDULE	Morning session Afternoon session	Warm-ups: 7:00am Warm-ups: TBA	Meet: 8:00am Meet: TBA
	Warm-up for the afternoon session will begin immediately following the conclusion of the morning session. Events will begin 60 minutes after the start of the warm-up period. Please visit the LFSC website (www.swimlsc.org) after October 19, 2010, for the afternoon warm-up schedule and to check seeding for heat limited events.		
	Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).		
COACHES MEETING	There will be a coach's meeting 15 minutes prior to the start of each session if determined necessary by the Meet Referee.		
ELIGIBILITY	All swimmers must be current (2010) members of USA Swimming.		
EVENTS	All events will be timed final events. An event schedule for this meet is included with this meet announcement. Events will be offered in the following age categories: 8 & under, 9/10, 11/12, and Senior. Events 37, 39/40, 42, 45, 47, 86, 87/88, 89, 94 and 96 may be limited to three heats based on submitted entry times. Please review the event list to verify heat limitations. Heats will be swum fastest to slowest seeded heats. To check seeding for heat-limited events visit the LFSC website (www.swimlsc.org) after October 19, 2010.		
EVENT LIMITATIONS	Swimmers may enter and swim five (5) individual events each day.		
ENTRY FEES	\$4.50 per individual event. Deck entries will be accepted if open lanes are available, entry fee is \$6.00. A swimmer surcharge of \$3.00 per swimmer entered in individual events must be included with entry. Make checks payable to "Lake Forest Swim Club" .		
ENTRY DEADLINE	All entries must be received at the swim club office by Tuesday, October 19, 2010, 5:00pm. Please submit all entries <i>via</i> E-mail to LFSCentries@sbcglobal.net . Send forms, waiver and fees to Lake Forest Swim Club, Lake Forest College-Sports Center, 555 N. Sheridan Rd., Lake Forest, IL 60045		



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ENTRIES

Please submit short course yard entry times. All entry times must be achieved in accordance with USA Swimming rules prior to the entry deadline. All entries must be submitted on the entry forms attached or facsimiles thereof. The attached summary form, release and hold harmless statement, and all entry fees must accompany all entries. Failure to comply with any entry requirement will be sufficient cause to refuse entry.

Submit all entries in Hy Tek® file format. A printed copy of the entry, all forms, waivers, and summaries, and a check for entry fees must be received within 96 hours of receipt of entry. The host club accepts no responsibility for receipt of e-mail entries. Confirmation of receipt is the sole responsibility of the sender.

SEEDING

All swimmers are required to check-in and positively declare their intent to swim for each event. Swimmer who do not check-in will be scratched from that event. **Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).**

Coaches are encouraged to notify the meet host of scratches in advance of the meet *via* FAX (847.735.5372) and e-mail LFSCentries@sbcglobal.net.

AWARDS

All swimmers will receive awards for 1st - 10th place in individual events for 8 & under, 9/10, 11/12, age groups.

Heat winner prizes will also be awarded.

DECK ACCESS AND CREDENTIALS

Only contestants, coaches, and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck. Coach's information packets will be available at the meet.

SWIMMER SUPERVISION

Each team or coach is responsible for the supervision of his or her swimmers. Swimmers and their families are allowed access to the pool area, concession areas, and designated rest areas, subject to USA Swimming and Wisconsin Swimming rules. The locker rooms are for changing purposes only; no lockers will be available for swimmers participating in the meet. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area.

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.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

OFFICIALS

Certified officials (stroke and turn judges, starters, or referees) are asked to volunteer by contacting Elaine Gilbert, ptgilbert1@comcast.net or LFSCentries@sbcglobal.net

ADMISSION

Adults	\$6.00/day
10 & under	No charge
Heat Sheets	\$2.00/session

CONCESSIONS/VENDORS

Food concessions and swimming product vendors will be available during the meet.

MEET RESULTS

Meet results will be posted online at www.swimlsc.org

PARKING

Parking is available at the RecPlex facility.



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* This event **MAY** be limited to 3 heats. Please check the LFSC website www.swimlfsc.org after October 19, 2010 to verify heat limitations.

Saturday, October 30

Warm-up: 7:00am

Meet Starts: 8:00am

GIRL'S EVENT		BOY'S EVENT
1	8&un 50 Free	2
3	9/10 50 Free	4
5	11/12 100 Free	6
7	Sr Women 50 Free	NO EVENT
NO EVENT	Sr Men 100 Free	8
9	8&un 25 Breast	10
11	9/10 50 Breast	12
13	11/12 100 Breast	14
15	Sr Women 100 Breast	NO EVENT
NO EVENT	Sr Men 200 Breast	16
NO EVENT	Sr Men 50 Breast	18
19	8&un 25 Fly	20
21	9/10 100 Fly	22
23	11/12 50 Fly	24
25	Sr Women 100 Fly	NO EVENT
NO EVENT	Sr Men 200 Fly	26
27	Sr Women 50 Back	NO EVENT
NO EVENT	Sr Men 50 Fly	28
29	8&un 50 Back	30
31	9/10 100 Back	32
33	11/12 50 Back	34
35	Sr Women 200 Back	NO EVENT
NO EVENT	Sr Man 100 Back	36
37	8&un 100 IM *	NO EVENT
39	9/10 100 IM *	40
NO EVENT	11/12 200 IM *	42
43	Sr Women 100 IM	NO EVENT
NO EVENT	Sr Men 200 IM	44
45	11/12 500 Free *	NO EVENT
47	Sr Women 500 Free	NO EVENT

Sunday, October 31

Warm-up: 7:00am

Meet Starts: 8:00am

GIRL'S EVENT		BOY'S EVENT
49	8&un 25 Free	50
51	9/10 100 Free	52
53	11/12 50 Free	54
55	Sr Women 100 Free	NO EVENT
NO EVENT	Sr Men 50 Free	56
57	8&un 50 Breast	58
59	9/10 100 Breast	60
61	11/12 50 Breast	62
63	Sr Women 200 Breast	NO EVENT
NO EVENT	Sr Men 100 Breast	64
65	Sr Women 50 Breast	NO EVENT
67	8&un 50 Fly	68
69	9/10 50 Fly	70
71	11/12 100 Fly	72
73	Sr Women 200 Fly	NO EVENT
NO EVENT	Sr Men 100 Fly	74
75	Sr Women 50 Fly	NO EVENT
NO EVENT	Sr Men 50 Back	76
77	8&un 25 Back	78
79	9/10 50 Back	80
81	11/12 100 Back	82
83	Sr Women 100 Back	NO EVENT
NO EVENT	Sr Men 200 Back	84
NO EVENT	8&un 100 IM *	86
87	9/10 200 IM *	88
89	11/12 200 IM *	NO EVENT
91	Sr Women 200 IM	NO EVENT
NO EVENT	Sr Men 100 IM	92
NO EVENT	11/12 500 Free *	94
NO EVENT	Sr Men 500 Free	96



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SUMMARY OF ENTRIES

8 & under	_____ Women	_____ events X \$4.50 = \$ _____
	_____ Men	_____ events X \$4.50 = \$ _____
9/10	_____ Women	_____ events X \$4.50 = \$ _____
	_____ Men	_____ events X \$4.50 = \$ _____
11/12	_____ Women	_____ events X \$4.50 = \$ _____
	_____ Men	_____ events X \$4.50 = \$ _____
Senior	_____ Women	_____ events X \$4.50 = \$ _____
	_____ Men	_____ events X \$4.50 = \$ _____

TOTAL INDIVIDUAL EVENTS \$ _____

SWIMMER SURCHARGE	_____ Women	x \$3.00 =	\$ _____
	_____ Men	x \$3.00 =	\$ _____

TOTAL MEET FEES \$ _____

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Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries
 Phone Day () _____
 Eve () _____

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims which may accrue against USA Swimming, Wisconsin Swimming, the Lake Forest Swim Club, the Lakeview RecPlex, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) _____ DATE _____