SANCTION:
This meet is sanctioned by USA Swimming and Illinois Swimming, Sanction ILL17-0701

HOST:
Chicago Wolfpack Aquatic Club
1076 W Roosevelt Road
Chicago, IL 60608
(312) 432-8321
www.cwacswimming.com

LOCATION:
UIC Natatorium, 901 W. Roosevelt Road, Chicago, IL 60608

facility:
The UIC pool is a 50-meter, eight-lane pool with Keifer Advantage II Wave Eater non-turbulent lane lines. The starting end depth is 16 feet and turn end is 3.5 feet. Starting blocks are located at the west end. A Daktronics automatic timing system with touch pads, pushbuttons and an eight-lane display board will be used. Seating capacity is 550. No smoking is allowed on UIC grounds. Parking is available directly across Roosevelt Road from the main entrance of the building for approximately $10.00 per day. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

RULES:
Current USA Swimming and Illinois Swimming rules will govern this meet. USA Swimming Rule 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

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.

All coaches must be currently registered with USA Swimming and must provide proof of current registration at all session of this meet.
In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

- Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Flash photography is prohibited in the pool area when athletes are on the starting blocks.
- Smoking is not permitted within the facility or on the school grounds.
- Running on deck and horseplay is a safety concern and will not be tolerated.

**ELIGIBILITY:**
Swimmers must be registered with USA Swimming prior to the competition. Age, as of July 7, 2017, shall determine the swimmer’s age for the entire meet. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet.

**MEET FORMAT:**
Please that this meet will be held on Friday (7/9) & Sunday (7/11)

All events are timed finals. The 800 Free will be swum fastest to slowest alternating women and men. All 800 swimmers are required to provide one timer and one lap counter.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>AGE GROUP</th>
<th>WARM UP TIME</th>
<th>MEET START TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Friday</td>
<td>All</td>
<td>4:00 PM</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>2</td>
<td>Sunday</td>
<td>10&amp;Under, 11-12</td>
<td>7:30 AM</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>3</td>
<td>Sunday</td>
<td>Open</td>
<td>12:30 PM</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>4</td>
<td>Sunday</td>
<td>Open (800)</td>
<td>After Session 4</td>
<td>10 Minutes After Session 4</td>
</tr>
</tbody>
</table>

CWAC reserves the right to use fly-over starts for any or all events. Swimmers who miss an event will not incur penalties and a reasonable effort will be made to place the swimmer into an open lane in a different heat. Open events are for ages 9 and older.

**ENTRY LIMITS:**
Swimmers may enter a maximum of 2 individual events on Friday.
Swimmers may enter a maximum of 4 individual events on Sunday.

**ENTRY PROCESS:**
Entries will be accepted by the Meet Entry Chair beginning Friday, June 9, 2017 at 8:00 AM CST. Entries will be accepted in the order that they are received. Entries received after the meet reaches the Illinois Swimming time limits will be returned immediately. E-mail is the required method of entry. Hand delivered, phoned or faxed entries will not be accepted.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager. A completed and signed Entry Summary Sheet (provided in this packet), a hard copy of entries and payment in full must be received by the Meet Entry Chair by Friday, June 30. An authorized representative of the team must sign the enclosed waiver form. An entry is not complete until all necessary paperwork and fees are received. Final deadline to submit entries or update times is Friday, June 30 at noon. Entries received after the meet reaches the time limits will be returned.
immediately. Entries may be reviewed online at www.cwacswimming.com. Please contact the entry chairperson with any concerns.

ENTRY ACCEPTANCE AND DEADLINES:
- Review your entry for correct contact information prior to submission
- All times must be submitted in long course meters (LCM)
- Entries will be accepted starting at 8:00 AM, Friday, June 9, 2017
- Please include your team name and entry chair’s contact information in the email
- You will receive a confirmation email within 24 hours that your entry has been received
- The entry deadline will be Friday, June 30, 2017 at 12:00 PM or until the meet fills
- No team’s entry will be broken
- Teams not accepted will be notified via e-mail

After acceptance, an entry report will be emailed to your team. Be sure to check your entry report for errors. The deadline for changes is at 12:00 PM on Friday, June 30, 2017.

ENTRY FEES:
All fees must accompany entry. Please make checks payable to CWAC.
- Individual events: $5.00 per event
- $2.00 per swimmer, per meet, Illinois Swimming surcharge must accompany each entry.
- $5.00 per swimmer, per meet, UIC facility surcharge must also accompany each entry.
- Please include the Entry Summary/Release form with payment.

POSITIVE CHECK-IN:
We will run positive check-in for each session. Please e-mail all advanced scratches to the Meet Entry Chair by Noon on Friday (7/7). There will be a separate positive check-in for the 800 free and they will run fastest to slowest alternating women and men. 800 swimmers must provide their own timer and counter.

FINAL RESULTS:
Final results will be posted on the CWAC website at www.cwacswimming.com and will be e-mailed as well.

AWARDS:
- Open: No individual event awards.
- 8&Under, 9-10 and 11-12: Ribbons will be awarded for 1st – 8th place individual events.

CLERK OF COURSE / BULLPEN:
Lane & heat assignments will be posted on the pool deck. We highly encourage coaches to cover meet procedures with their new swimmers and parents. ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK. This is an insurance requirement of USA Swimming, and will be strictly enforced.

OPERATION OF A DRONE
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.
Chicago Wolfpack Aquatic Club  
2017 Summer Sizzle Invitational  
July 7 & 9, 2017

FACILITY NOTE:
We are guests of UIC. It is important that all people attending this meet, whether it be swimmers, coaches or spectators, treat the facility with the utmost care. The following rules will be strictly enforced:

- Please pick up all trash
- Do not go or let children go, in any unauthorized areas. This means any place other than the lobby, seating areas, steps to the deck. Elevators and steps going up and down stairs are off limits. Due to USA Swimming insurance requirements, only swimmers, coaches, officials and volunteers are allowed on deck. **No exceptions will be made.**
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.
- As per 202.4.9 of the USA Swimming Rules and Regulations, deck changes are prohibited.

BROADCAST STATEMENT:
Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

**ABSOLUTELY NO FLASH PHOTOGRAPHY AT THE STARTS OF RACE-HEATS!**
Doing so could possibly confuse competitors.

CWAC will have security people roaming the spectator areas, deck and locker room areas. If any spectator or swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further admittance or competition.

ADMISSION:
Admission will be $5 per person and children 8 & Under are free.

HEAT SHEETS:
Heat sheets will be available for purchase ($3). Meet results will be posted and available through Meet Mobile.

CONCESSIONS:
Natatorium concessions are available. NO SMOKING permitted anywhere in the building.

**MEET DIRECTOR:** David Stephens  
david.stephens@ignatius.org  
(312) 432-8321

**MEET REFEREE:** Jacqueline Witherspoon  
jwitherspoon75@gmail.com

**ENTRY CHAIR:** David Stephens  
david.stephens@ignatius.org
ENTRY SUMMARY / RELEASE:

This summary form must be completed and returned with all entries by Friday, June 30, 2017. Please be certain to include all of the following:

1. Individual entry sheets
2. Check for entries made payable to: Chicago Wolfpack Aquatic Club
3. This summary form completed

Mail all of the above to: David Stephens, 1076 W Roosevelt Road, Chicago, IL 60608

Club ___________________________  Club Code ___________________________

Number of swimmers entered:  Boys______ +  Girls______ =  Total_______

Illinois Swimming Surcharge:  Number of Swimmers_______  @ $2.00 = $_________
UIC Facility Surcharge:  Number of Swimmers_______  @ $5.00 = $_________
Number of Boys Entries:  _________  @ $5.00 = $_________
Number of Girls Entries:  _________  @ $5.00 = $_________

TOTAL AMOUNT ENCLOSED = $_________

Club official submitting entry:  Coaches Names:
Name____________________________
Address____________________________
City_______________________________
State/Zip_________________________
Telephone(____)______________(am) ___________________________
(____)________________(pm)_____________________________

Please indicate the latest time that we may call in the evening _________

E-mail address_________________________________________________________________

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; CWAC; UIC; 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 this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

__________________________________________________________________________

Signature (Coach, Parent, or Club Representative)

This signed release must accompany the entry or the entry will not be accepted
Chicago Wolfpack Aquatic Club  
2017 Summer Sizzle Invitational  
July 7 & 9, 2017

WARM-UP PROCEDURE GENERAL WARM-UP – FIRST 30 MINUTES:

- No diving allowed from blocks or edge of pool.
- Sit & Slide entry only!
- No sprinting or pace work allowed during general warm-up.
- All lanes will be used for general warm-up.
- The Host Team reserves the right to assign teams to lanes for warm-up.

SPECIFIC WARM-UP – LAST 20 MINUTES (if not assigned):

- Lanes 1 & 8 Push / Pace
- Lanes 3,4,5,6 General Warm Up – circle swim / no diving
- Lanes 2 & 7 One Way Dive Sprints

At conclusion of the warm-up period, all swimmers MUST clear the pool. The first event will start no sooner than 10 minutes from the conclusion of the specific warm-up.

RACING STARTS:

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

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 warm-ups and all actively supervise their swimmers throughout the entire warm-up sessions at meets.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Unattached swimmers, or attached swimmers attending the meet without coaches, must report to the safety coordinator for lane assignment
- 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms 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.
## Chicago Wolfpack Aquatic Club
### 2017 Summer Sizzle Invitational
#### July 7 & 9, 2017

<table>
<thead>
<tr>
<th>Women's Event #</th>
<th>FRI PM Events</th>
<th>Men's Event #</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Open 200 Free</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Open 200 IM</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Open 400 Free</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>Open 400 IM</td>
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<table>
<thead>
<tr>
<th>Women's Event #</th>
<th>SUN AM Events</th>
<th>Men's Event #</th>
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<tbody>
<tr>
<td>9</td>
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<td>11</td>
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<td>13</td>
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<td>19</td>
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<td>21</td>
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<tr>
<td>23</td>
<td>12&amp;Under 100 Free</td>
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<th>SUN PM Events</th>
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<td>Open 200 Fly</td>
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<tr>
<td>31</td>
<td>Open 100 Free</td>
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<tr>
<td>33</td>
<td>Open 100 Back</td>
<td>34</td>
</tr>
<tr>
<td>35</td>
<td>Open 200 Breast</td>
<td>36</td>
</tr>
<tr>
<td>37</td>
<td>Open 100 Fly</td>
<td>38</td>
</tr>
<tr>
<td>39</td>
<td>Open 50 Free</td>
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<table>
<thead>
<tr>
<th>Women's Event #</th>
<th>SUN 800</th>
<th>Men's Event #</th>
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</thead>
<tbody>
<tr>
<td>41</td>
<td>Open 800 Free</td>
<td>42</td>
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