



RISING STAR CHALLENGE

Presented by
The Lake Forest Swim Club
February 19, 2012



The **Rising Star Challenge** is sanctioned by USA Swimming and Illinois Swimming, Sanction No. **ILS0246-11**. All USA Swimming and ISI rules apply including safety rules that will be strictly enforced.

LOCATION	Lake Forest College, Sheridan and Maplewood Rds, Lake Forest, IL 60045		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045	847 375 5372 LFSC@sbcglobal.net www.swimlfsc.org	
CO-MEET DIRECTORS and ENTRIES	Laurel Liberty and Dave Holecsek Laurel Liberty (Entries)	847 735 5372	
MEET REFEREE	Bob Edwards	LFSC@sbcglobal.net	
FACILITY	6-lane 25 meter course with permanently affixed starting blocks (4 foot minimum depth throughout the course), Colorado timing system. The competition course has been certified in accordance with 104.2.2C(4). Copy of such certification is on file with USA Swimming.		
MEET SCHEDULE	Morning session	Warm-ups: 9:00am	Meet: 9:45am
ELIGIBILITY	All swimmers must be current (2012) members of USA Swimming. "Applied For" registration will not be accepted; registration forms may be obtained from Illinois Swimming (847 824 1596). Age as of the first day of the meet shall determine age for the entire meet.		
RACING STARTS	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.		
EVENTS and LIMITATIONS	All events will be timed final events. An event schedule for this meet is included with this meet announcement. Swimmers may enter and swim five (5) individual events each day.		
ENTRY FEES	\$15.00 per swimmer facility and awards fee. No individual event fee or ISI surcharge.		
ENTRIES	All entries must be received at the swim club office by Tuesday, February 14, 2012. Swimmers may select their events and submit their entry using the form posted on the club website www.swimlfsc.org or a paper form available in practice. Coaches will select events for swimmers who do not submit an entry form.		
SEEDING	All swimmers are required to check-in and positively declare their intent to swim for each event. Swimmers who do not check-in will be scratched from that event. All submitted entry times will be converted to Short Course Meters for seeding purposes. Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).		
AWARDS	All swimmers will receive a participation award.		
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	All swimmers must behave.		



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OFFICIALS

Certified officials (stroke and turn judges, starters, or referees) are asked to volunteer; please contact a coach if you can assist with officiating the meet.

TIMERS

Timers will be needed at the meet. Please be prepared to take a turn behind the blocks.

ADMISSION and HEAT SHEETS

Heat sheets will be available at the meet. There is no charge for admissions or heat sheets.

MEET RESULTS

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

PARKING

Parking available in school lots.

WOMEN	LIMITS	EVENT	MEN
1		Open 100 Free	2
3		8-U 25 Free	4
5		12-U 100 IM	6
7		Open 100 Back	8
9		8-U 25 Breast	10
11		12-U 50 Breast	12
13		Open 50 Free	14
15		12-U 50 Free	16
17		Open Mixed 200 IM	
18		Open 100 Fly	19
20		8-U 25 Back	21
22		12-U 50 Back	23
24		Open Mixed 200 Free	
25		Open 100 Breast	26
27		8-U 25 Fly	28
29		12-U 50 Fly	30
31		Open Mixed 200 Back	
32		Open Mixed 200 Fly	
33		Open Mixed 200 Breast	
34		Open Mixed 400 IM	
Event 35 will be swum as a combined event (400/800/1500 free)			
35a		Open Mixed 400 Free	
35b		Open Mixed 800 Free	
35c		Open Mixed 1500 Free	