



# Illinois Open Water Prep Meet

Powered by The Forge Lemont Quarries

Hosted by Illinois Swimming Inc.

June 21<sup>st</sup>, 2022

Sanction #: OW123-IL



Entry period begins: Tuesday May 24, 2022 at 12:00p CDT, Ends Tuesday June 14, 2022 at 11:59a CDT

The qualification period for this meet is June 1, 2020 through the entry deadline (Tuesday, June 14, 2022)

<p>Girls Open 3K Race Start Time: 8:00a Maximum Number of Entries Accepted: 60</p>	<p>Men's Open 3K Race Start Time: 9:00a Maximum Number of Entries Accepted: 60</p>
<p>Girls 13 - 14 3K Race Start Time: 10:00a Maximum Number of Entries Accepted: 50</p>	<p>Boys 13-14 3K Race Start Time: 11:00a Maximum Number of Entries Accepted: 50</p>
<p>Girls 11 - 12 2K Race Start Time: 12:00p Maximum Number of Entries Accepted: 40</p>	<p>Boys 11 - 12 2K Race Start Time: 1:00p Maximum Number of Entries Accepted: 40</p>
<p>Girls 10 &amp; Under 1K Race Start Time: 1:30p Maximum Number of Entries Accepted: 25</p>	<p>Boys 10 &amp; Under 1K Race Start Time: 2:00p Maximum Number of Entries Accepted: 25</p>
<p>Entries will be accepted as a 1<sup>st</sup> come, 1<sup>st</sup> serve. Once entry numbers have reached limit, entry past that will be turned away.</p>	

*Race start times are approximate and subject to change. Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.*

**The Forge Quarries, Lemont, IL | Hosted by Illinois Swimming Inc.**

# Illinois Open Water Prep Meet 2022

Sanctioned by: Illinois Swimming Inc. & USA Swimming

Date of Meet: Tuesday June 21<sup>st</sup>, 2022

Hosted by: Illinois Swimming Inc.

Entry deadline: TBA

Presented by: The Forge Lemont Quarries

Sanction Number: OW123-IL

---

## VENUE

The Forge: Lemont Quarries, 1001 Main St., Lemont, IL 60439

### **From downtown Chicago via I-55 (Stevenson Expressway)**

Get on I-90 E / I-94 E and head south toward I-55, Take I-55 S to Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn right onto East Illinois Street, loop around and Turn right Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From downtown Chicago via I-290 West**

Get on I-290 W and head West toward I-294, Take the I-294 Tollway South / Indiana exit, Follow I-294 S and merge onto I-55 South / Stevenson Expressway, Take I-55 South to Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn right onto East Illinois Street, loop around and Turn right Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From the northern suburbs**

Get on I-94 E and head toward I-294, Follow I-294 S and merge onto I-55 S / Stevenson Expressway, Take I-55 South to Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn right onto East Illinois Street, loop around and Turn right Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From the northwest suburbs**

Head East on I-90 toward I-290 / Chicago-West suburbs, Merge onto I-290 and follow signs to merge onto I-355 S, Take I-355 South to Exit 12B, to merge onto I-55 N toward Chicago, Take Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn left onto East Illinois Street, Turn left onto Stephen Street, Turn right onto Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From the western suburbs and Aurora**

Head East on I-88 toward I-355 toward Joliet, Take I-355 South to Exit 12B, to merge onto I-55 N toward Chicago, Take Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn right onto East Illinois Street, loop around and Turn right Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From the southwestern suburbs**

Take I-55 N toward Chicago, Take Exit 271A, Lemont Road, in Darien, Head South on Lemont Road for 3.1 miles, Turn right onto East Illinois Street, loop around and Turn right Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

### **From the southeast suburbs and Indiana**

Take I-94 / I-294 toward I-80, follow signs for Iowa, Take Exit 140 and merge onto I-355 N toward the Western suburbs, Take I-355 North to Exit 8, to merge onto 127th Street by making a right turn, Follow 127th Street to State Street, Turn left onto State Street, Turn right onto East Illinois Street, Turn left onto Stephen Street, Turn right onto Main Street, Turn left onto Talcott Avenue, crossing the train tracks, Pass the first gravel road on the right and head towards the gated entrance, Turn right onto the gravel road and follow signs to The Forge: Lemont Quarries Adventure Park, Continue approximately 1/2 a mile down the access road and park in the lot closest to the quarry.

# Illinois Open Water Prep Meet 2022

## 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 COVID-19 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, PATRIOT AQUATIC CLUB, AND ADLAI STEVENSON HIGH SCHOOL 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 COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## WARM-UP

Designated areas in the Lake will be available for warm up prior to races.

## MEET REFEREE

The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to **Mike Repko, [repko@yahoo.com](mailto:repko@yahoo.com)**.

## RULES

Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on deck must complete the CDC or NFHS Concussion course. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form (see 2021 SCS Swim Guide). Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **June 21<sup>st</sup>, 2022**.

## DISABILITY SWIMMERS

Please contact the Meet Referee regarding any special need. The swimmer/coach shall provide any assistant(s) and/or equipment required. See current SCS Swim Guide.

## RECORDING DEVICES &

The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to the meet host and news outlets publishing the recorded media.

## DRONES

Operation of a drone or any flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, open ceiling locker rooms, lake, race course, and other race related features) any time athletes, coaches, officials and/or spectators are present.

## ELIGIBILITY

The Illinois Open Water Prep Meet is open to all Illinois Swimming / USA Swimming registered athletes and clubs. Athlete must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

## SWIMWEAR

No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

## ENTRY PROCEDURE

Submit team entry file to [tom.rieman@hwsadolphins.org](mailto:tom.rieman@hwsadolphins.org) beginning **Tuesday May 24, 2022 at 12:00pm CDT through Tuesday June 14, 2022 at 11:59am CDT**. There will be no race-day registration.

# Illinois Open Water Prep Meet 2022

**ENTRY FEES** All individual entries are \$30.00 to compete.

Entry fees must be paid by mailing checks in advance to the address below. Checks made payable to **Illinois Swimming, Inc.** All checks must be received by the Illinois Swimming office by Friday June 17, 2022 by 5:00pm CDT in order for entry to be accepted.

Mail to: Illinois Swimming Inc.  
1400 E. Touhy Ave.  
Suite 410  
Des Plaines, IL 60018

**AWARDS** 1<sup>st</sup> – 8<sup>th</sup> place finishers, male and female, will be awarded medals for each event.

Final results will be posted on the course and upload to Illinois Swimming Open Water webpage

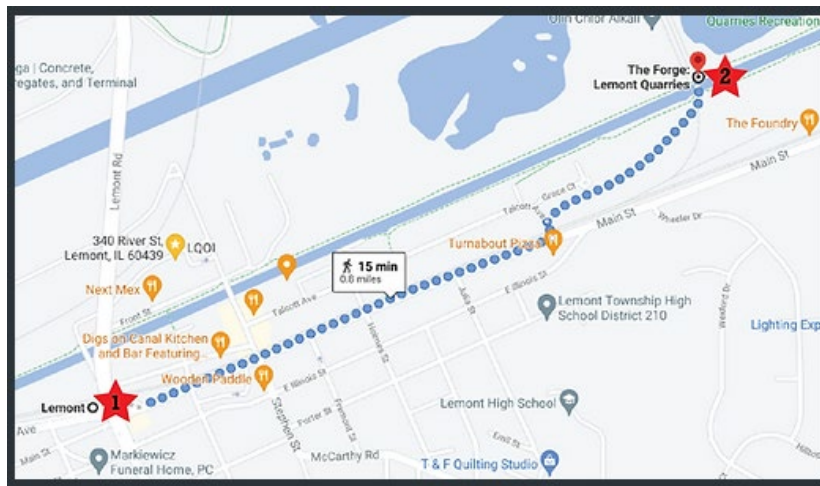
**TECHNICAL MEETINGS** All swimmers and coaches must attend the technical meeting prior to race day. Each coach and swimmer are responsible for all information distributed at this meeting. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the event.

**PRE-RACE BRIEFINGS** In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 15 minutes prior to the scheduled race start. **Positive check-in is required.**

**PRACTICE AVAILABILITY** Only during the available warm-up time before each race.

**WEATHER CONTINGENCY** The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor, Meet Director, and the Head Race Referee will make this decision. The following rescheduling priorities will be used:  
Priority 1 – Later during the race day  
Priority 2 – On the following day, Wednesday June 22<sup>nd</sup>.

**PARKING INFO** Designated parking lot near the The Forge, Lemont Quarries. For overflow parking, please park in the Lemont Metra Parking Lot (Star 1 on map) just south of Gorski Bus. Please follow the walking trail from Downtown Lemont to access the park.



**RACE DAY SCHEDULES** **RACE START TIMES ARE SUBJECT TO CHANGE.** Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

**Race day check-in:** Check-in will begin 1 hour prior to the start of each race. Official check-in time and estimates will be announced the week of the race.

**MANDATORY Pre-Race Briefing:** Briefings will take place in designated meeting area 15 minutes prior to race start.

# Illinois Open Water Prep Meet 2022

## QUALIFYING STANDARDS & AGE DIVISION BREAKDOWN

The following Time Standards will be used for this meet, B Minimum.

The qualification period for this meet is June 1, 2020 through the entry deadline (Tuesday June 14, 2022).

Girls			Boys	
LCM	SCY	10 & Unders	SCY	LCM
3:45.79	3:18.99	200 Free	3:06.69	3:33.49
7:36.79	8:25.39	400/500 Free	8:16.69	7:29.39
11-12				
3:02.29	2:40.39	200 Free	2:34.59	2:57.49
6:23.89	7:08.79	400/500 Free	6:57.29	6:15.49
13:24.09	14:48.09	800/1000 Free	14:32.59	13:11.69
25:45.79	24:53.99	1500/1650 Free	24:21.89	25:13.59
13-14				
6:06.79	6:47.79	400/500 Free	6:26.59	5:49.09
12:35.99	14:01.99	800/1000 Free	13:21.19	12:05.89
24:06.39	23:23.49	1500/1650 Free	22:18.89	23:06.49
Open				
5:58.49	6:40.59	400/500 Free	6:10.59	5:33.69
12:21.29	13:49.19	800/1000 Free	12:52.99	11:40.09
23:43.89	23:05.19	1500/1650 Free	21:35.39	22:08.99

**COURSE INFO** Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Only black markers for numbering will be used for these races. Webscorer will be used to calculate the order of finishes.

Anticipated conditions:

- Water temperature will range between 65-75°F
- Air temperature will range between 65-80°F
- Current: None (closed water way)
- Marine life: None

Athletes are limited to finishing their race within 30 minutes of the first finisher.

**TIMING SYSTEM** NK Stopwatches with Hy-Tek interface along with Webscorer will be used.

# Illinois Open Water Prep Meet 2022

## RACE SAFETY AND EMERGENCY INFORMATION

**Independent Safety Monitor:** Dave Fako ([dfako@theforgeparks.com](mailto:dfako@theforgeparks.com)).

### Supervision

Races will be supervised by certified lifeguards, provided by The Forge – Lemont Quarries. 3 motorized water safety crafts will be on the course during races, following the athletes. In addition to the motorized crafts, 6-8 lifeguards in kayaks will be spread-out along the course approximately every 150m.

### Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race.

### Communication

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

### Evacuation

In the case of an emergency, athletes will exit the course along the north/east side of the quarry. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts. Athletes will be able to walk back to the race briefing area after exiting the water where a head count will be conducted. If an athlete is unable to evacuate on their own, kayakers will stabilize the athlete until a motorized water craft can assist the athlete to shore. The start/finish area will be the primary evacuation point.

### EMTs & Hospital

A BLS Ambulance will be on site for the event. In the event of medical professionals are required, the Independent Safety Monitor will call 911. The person will be transported to:

**Silver Cross Hospital**  
1900 Silver Cross Blvd  
New Lenox, IL 60451  
(815) 300-1100

or

**Northwestern Medicine Palos Hospital**  
12251 S. 80<sup>th</sup> Ave  
Palos Heights, IL 60463  
(708) 923-4000

### Medical Equipment

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

### Thermal Safety

Tents for shade will be setup in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

**The event will be in compliance with USA Swimming Rules. See Section 7 (Open Water Swimming) of the USA Swimming Rulebook for more information or topics not addressed in this meet form.**

# Illinois Open Water Prep Meet 2022

**Officials:** We welcome all certified Officials to work this event. An online sign up for the event will be posted at the Meet Landing Page on the IL Swimming website. Officials are required to attend the technical planning meeting and an official's briefing at 0700 on the day of the race. An optional Official's training clinic will be scheduled to correspond with the event and made available to any certified official wanting to learn more about open water. The official's uniform will be white polo shirt and navy shorts or slacks. Navy swim trunks may be worn along with footwear appropriate for water submersion.

Questions maybe sent to the Meet Referee Mike Repko at [repko@yahoo.com](mailto:repko@yahoo.com).

**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. 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.

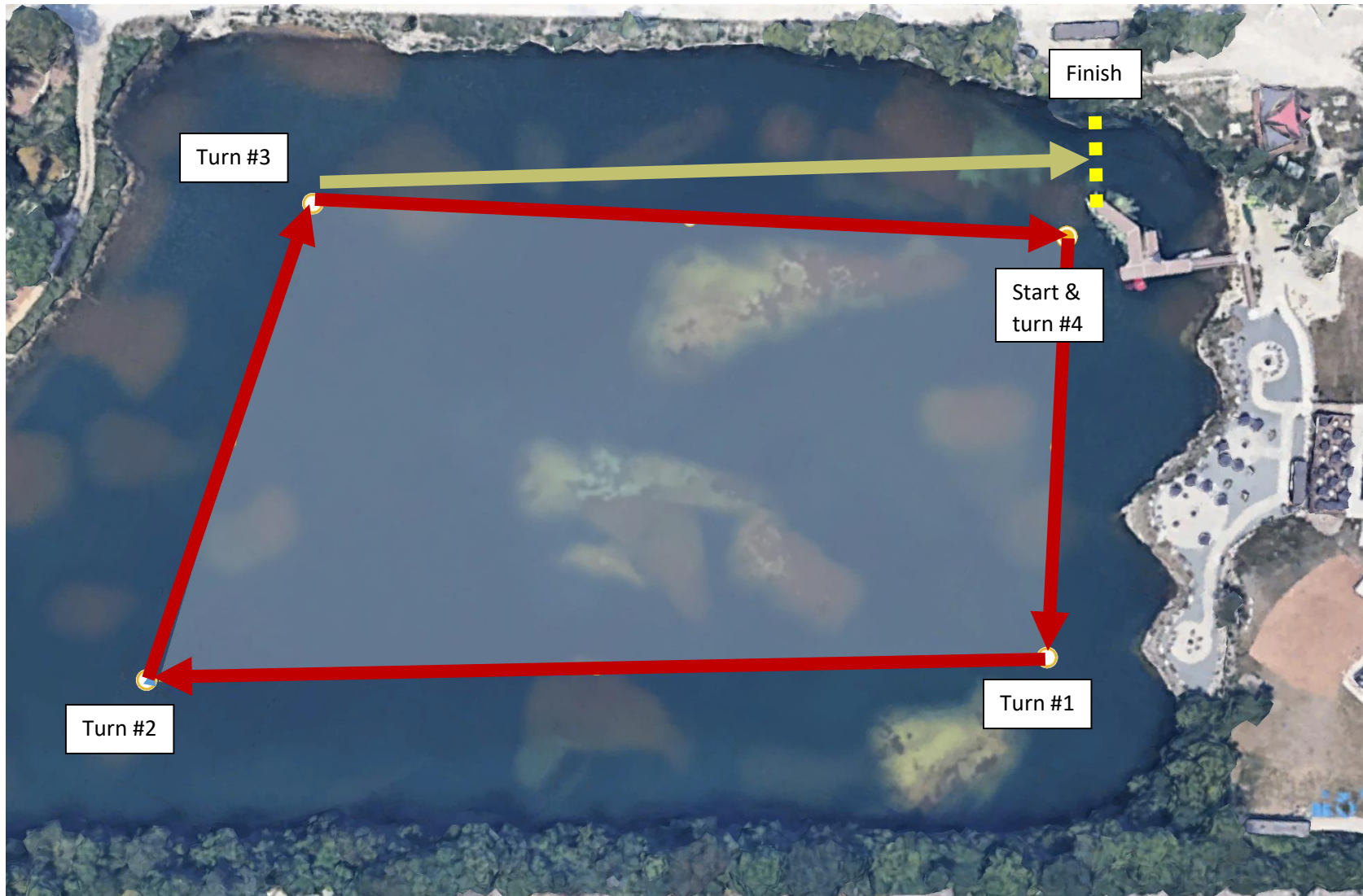
**Liability:** In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., The Lemont Forge Quarries, and their representatives, employees, 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.

**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.

**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.

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., The Lemont Forge Quarries, 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.

## Lemont Prep Open Water Meet – 0.5km course direction



- In water start by dock
- Open & 13-14 events – 6 laps
- 11-12 events – 4 laps
- 10 & Under events – 2 laps
- Red line/arrows is the direction of course
- Gold line is finish direction after turn #3
- Yellow dotted line is in water finish line



**View from on top of a shipping container for parent to view race from with tables and chairs**



# Illinois Open Water Prep Meet - Lemont

## Map for Parking

- A:** Official parking lot only
- B:** Participants & Coaches parking lot #1
- C:** Participants & Coaches parking lot #2
- D:** Overflow parking lot if needed
- E:** Crossing bridge to walk over to event
- F:** Gravel road to parking lots entrance
- G:** Event Check-In
- H:** Open Water Course

