



Reach for the Stars 2023

Libertyville Stars

February 11th, 2023

The Libertyville Stars are excited that you are attending the 3rd annual Reach for the Stars swim meet. Good luck to all the athletes competing! A few reminders for the meet:

Location:

Libertyville High School - 708 W Park Avenue, Libertyville, IL 60048

Timeline:

- Doors open at 7:30am (Please enter through door P9 which is 1 block west of the light at Dawes and 176/Park Avenue)
- Coaches meeting at 7:45am on the pool deck
- Warm-ups will begin at 8:00am
 - There are two, 8-lane pools for controlled warm-up. Warm-up assignments will be handed out to coaches at coaches check-in.
- Scratches are due at the Coaches meeting. Heats will only be adjusted if scratches can reduce a heat
- Meet start is at 9:00am
- Tentative meet end is around 12:00pm

Parking:

- Please see the attached map for instructions regarding parking.

Day of the Meet:

- Coaches should check-in at the coaches table.
- Athletes should check-in with their coaches in the West Gym.

Due to space concerns on the pool deck, only coaches, officials, deck volunteers, and athletes competing in their current event will be allowed on deck. All other athletes will be asked to remain with their team in the West Gym.

- Athletes and coaches should plan to bring extra items to stay warm between races and a comfortable camping chair or sleeping bag. Athletes should also bring deck shoes for walking between the West Gym and Pool.
- We are working to limit disposable water bottles at the meet. Please bring a water bottle and use the bottle fillers on deck, in the hallway, and in the gym. Thank you for your support as we cut down on waste.
- The West Gym is where the bullpen for events will be. Athletes will be escorted across to the pool by volunteers and then back to the gym. Volunteers will do their best to ensure athletes get all their belongings after each heat; however, there is bound to be some items lost/found. The lost/found will be at the announcer in the gym, for easy retrieval.
- There will be an announcer both in the pool area and in the West Gym to announce the current event and heat along with which events should be heading to the bullpen.
- Refreshments for athletes will be provided in the West Gym. Athletes should keep all food in the gym. There will not be concessions sold on site.
- Seating for spectators is on the second floor. There is an elevator to access the seating area.



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First Aid

- Certified lifeguards will be monitoring the deck and providing first aid to athletes needing care. If an athlete is in the West Gym, please notify the Stan Williams, the Head of Gym Flow or Pat Fix, the person in charge of the bullpen. They will radio for a lifeguard to come to the West Gym to provide assistance.

Breaks

- There is only one break built into the timeline. This break is to allow for coaches to assemble their relay teams on deck. The break will not exceed the allotted time. Relay teams should go directly to the pool deck - DO NOT GO TO THE BULLPEN.

Awards/Team Gift:

- We will have both heat winners and ribbons for event winners. Coaches should checkout prior to leaving to ensure they have collected the event winner ribbons for their team. Heat winner prizes will be handed to the athlete immediately after their heat.
- All athletes will get an event t-shirt. The t-shirts should be picked up by the Coach during check-in.

ORDER OF EVENTS

- 100y Free
- 100y Individual Medley
- 25y Free
- 100y Breaststroke
- 100y Butterfly
- 50y backstroke
- 25y Butterfly
- 25y Backstroke
- 200y Free
- 25y assisted swim
- 50y Butterfly
- 50y Free
- 25y Breaststroke
- 100y Backstroke
- 50y Breaststroke
- 400y Free
- 4x25y Free Relay/Unified Relay
- 4x25y Medley Relay/Unified Relay
- 4x50y Free Relay/Unified Relay
- 4x50 Medley Relay/Unified Relay



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Officials

- USA Swim Officials will be officiating this meet. USA Swimming and a ISI rules will apply. Coaches will be notified for any athletes that are disqualified.
- Any athlete requiring accommodations or modifications under Rule 105 of USA swimming, including a hand signal start should notify the meet director, Tina Lowry at tina.lowry@d128.org immediately so she can communicate athlete accommodations to the meet referee.
- All athlete requests for outside lanes have been provided. The outside lane lines for lanes 1 and 8 are removed to provide ease of access for entry and exit to the pool.
- Start protocol -
 - series of short whistles
 - one long whistle for fly, free, and breaststroke or two long whistles for backstroke
 - take your mark command
 - starter tone and strobe
- If a false start occurs, a recall sound will be used to call the athletes back to the starting area.
- All athletes using the starter blocks must be start certified by their coaches. Diving starts are allowed from the bulkhead.
- The 25y events will start from the bulkhead.



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If coming from the West—the entrance is off of West Park Avenue (Route 176) just about half a mile east of Butterfield Road. If you get to the stoplight at Daves, just in front of the high school, you have gone too far.

If coming from the East—the entrance is the next right just after the light at Daves. If you get to Butterfield Road, you have gone too far.

Buses may drop off athletes in the yellow lot; however, buses should park in one of the green lots. There are a limited number of ADA disability parking spots in the yellow lot.

Enter via the doors noted by the red star.