

# Northwest District and Junior District YMCA Swimming Championships

## MEET ANNOUNCEMENT

### **About the Championship**

Date: March 3-5, 2023

Location: Kishwaukee Family YMCA, Sycamore, IL

Entry Deadline: Monday, February 27, 2023

Hosted by: DCST Big Dogs & YRRV Rays

Meet Director: Kayleigh Kozlowski

Web Site: <https://www.dcst.org>



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 3-5, 2023

## ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the [ISI] of USA Swimming.

YMCA Sanction number: CAQ-2023-IL01313046

USA-S/[IL] Approval number: ILS0326-23A

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet.

### WARM-UP SCHEDULE

<u>DAY</u>	<u>12 and under</u>	<u>21 and under</u>
<b>Friday</b>	Warm-ups will start at 5:00 p.m. and end at 5:45 p.m. The 1st heat will start at 6:00 p.m.	Warm-ups will start at 5:00 p.m. and end at 5:45 p.m. The 1st heat will start at 6:00 p.m.
<b>Saturday</b>	Warm-ups will start at 6:00 a.m. There will be four 20 minute warm-up sessions. Parade will start at 7:40 a.m. and the meet will start at 8:00 a.m.	Warm-ups TBD but not before 11:45 a.m. there will be three 25 minute warm-up sessions and the meet will not start before 1:30 p.m.
<b>Sunday</b>	Warm-ups will start at 6:00 a.m. There will be four 20 minute warm-up sessions. The meet will start at 7:45 a.m.	Warm-ups TBD but not before 11:15 a.m. there will be three 25 minute warm-up sessions and the meet will not start before 1:15 p.m.



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## **LOCATION AND FACILITY**

Location: Kishwaukee Family YMCA, 2500 Bethany Rd, Sycamore, Illinois 60178

The Kishwaukee YMCA has an 8 lane 25 yard competition pool with starting blocks in 7 feet of water at both ends. There will be some 25-yard lanes available in an additional pool for warm-up and warm-down during the meet. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager.

The YMCA Rec Pool will be used as a warm up pool with 2 lanes that are 25 yards in length. No diving will be allowed in this pool. This pool will be used as a warm up or warm down pool before or after meet events.

Spectator seating is at pool deck level and has a seating capacity of 700. Swimmers WILL NOT be allowed in the spectator area during the meet. Spectator chairs WILL NOT be allowed in the pool area. Spectators WILL NOT be allowed to save seats and should vacate the spectator area when their swimmer is done so others can come in to watch their swimmer. Spectators will not be allowed to stand in the doorways and will not be allowed in the locker rooms during the meet.

## **WEB SITE**

Meet Information can be found at: [www.dcst.org](http://www.dcst.org) under the DCST Hosted Meets tab

Online Meet Results: Meet Mobile will be used for results

## **CONTACT INFORMATION**

Meet Director: Kayleigh Kozlowski [kkozlowski@kishymca.org](mailto:kkozlowski@kishymca.org) 815-375-5399

Entry Chairperson: Paula Hastings [pauladcst13@gmail.com](mailto:pauladcst13@gmail.com) 815-375-5399

Meet Referee: Paula Hastings

Administrative Official: Stephanie Walters

Officials Coordinator: Paula Hastings

Safety Director: Jennie Wojda



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## MEET TIMELINE:

DAY	DATE	EVENT	TIME	
<b>PRE-MEET IMPORTANT DATES AND TIMES</b>				
Wed.	2/1/2023	Entries open	Noon	
Mon.	2/27/2023	Entries due	Noon	
Tue.	2/28/2023	Psych Sheet posted	8:00 p.m.	
Wed.	3/1/2023	Scratch Deadline	12:00 p.m.	
Thur.	3/2/2023	Warm-up and Timing Assignments posted	6:00 p.m.	
Thur.	3/2/2023	Heat sheet posted	6:00 p.m.	
<b>MEET DAY ONE</b>				
Fri.	3/3/2023	Warm-ups for the 1650 and 500 free	5:00 - 5:45 p.m.	<b>F</b>
Fri.	3/3/2023	Officials meeting	5:30 p.m.	<b>R</b>
Fri.	3/3/2023	Timers meeting	5:45 p.m.	<b>I</b>
Fri.	3/3/2023	Session 1 starts	6:00 p.m.	<b>D</b>
Fri.	3/3/2023	Session 1 ends (approx.)	7:20 p.m.	<b>A</b>
Fri.	3/3/2023	NW Districts Coaches meeting (Conference Rm.)	7:30 p.m.	<b>Y</b>
<b>MEET DAY TWO – SESSION 2</b>				
Sat.	3/4/2023	Warm-ups AM session 2	6:00 - 7:20 a.m.	<b>S</b>
Sat.	3/4/2023	Additional scratches and relay sheets are due	7:00 a.m.	<b>A</b>
Sat.	3/4/2023	Officials meeting	7:00 a.m.	<b>T</b>
Sat.	3/4/2023	Coaches meeting	7:15 a.m.	
Sat.	3/4/2023	Timers meeting	7:30 a.m.	



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Sat.	3/4/2023	Parade of Athletes	7:40 - 7:55 a.m.	A
Sat.	3/4/2023	National Anthem	7:55 a.m.	M
Sat.	3/4/2023	Session 2 starts	8:00 a.m.	
Sat.	3/4/2023	Session 2 ends (approx.)	11:45 a.m.	
<b>MEET DAY TWO – SESSION 3</b>				
Sat.	3/4/2023	Warm-ups PM session 3	11:45 a.m. – 1:20 p.m.	S
Sat.	3/4/2023	Additional scratches and relay sheets are due	12:15 p.m.	A
Sat.	3/4/2023	Officials meeting	12:30 p.m.	T
Sat.	3/4/2023	Timers meeting	1:00 p.m.	
Sat.	3/4/2023	Pledge	1:30 p.m.	P
Sat.	3/4/2023	Session 3 starts	1:40 p.m.	M
Sat.	3/4/2023	Session 3 ends (approx.)	6:00 p.m.	
<b>MEET DAY THREE – SESSION 4</b>				
Sun.	3/5/2023	Warm-ups AM session 4	6:00 - 7:20 a.m.	
Sun.	3/5/2023	8 and under dives	7:25 - 7:35 a.m.	S
Sun.	3/5/2023	Additional scratches and relay sheets are due	7:00 a.m.	U
Sun.	3/5/2023	Officials meeting	7:00 a.m.	N
Sun.	3/5/2023	Timers meeting	7:30 a.m.	
Sun.	3/5/2023	National Anthem	7:40 a.m.	A
Sun.	3/5/2023	Session 4 starts	7:45 a.m.	M
Sun.	3/5/2023	Session 4 ends (approx.)	11:00 a.m.	
Sun.	3/5/2023	Awards presentations	11:15 a.m.	



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MEET DAY THREE – SESSION 5				
Sun.	3/5/2023	Warm-ups PM session 5	11:15 a.m. – 12:50 p.m.	
Sun.	3/5/2023	Additional scratches and relay sheets are due	11:45 a.m.	S
Sun.	3/5/2023	Officials meeting	12:00 p.m.	U
Sun.	3/5/2023	Timers meeting	12:30 p.m.	N
Sun.	3/5/2023	Senior Recognition	12:55 p.m.	
Sun.	3/5/2023	Pledge	1:15 p.m.	P
Sun.	3/5/2023	Session 5 starts	1:20 p.m.	M
Sun.	3/5/2023	Session 5 ends (approx.)	6:10 p.m.	
Sun.	3/5/2023	Awards presentations	6:25 p.m.	

## ELIGIBILITY

### ATHLETE

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

**Amateur Status:** An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

**Unattached Athletes:** There is no unattached status in YMCA Swimming.

**Age:** An athlete must be at least five (5) years of age and may not be older than twenty-one (21) years of age on the first day of the meet. A swimmer's age on March 3, 2023 will determine their age for the rest of the meet.



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**YMCA Meet Participation:** In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season. The only exception will be for high school aged swimmers who competed for their inter-scholastic team. These athletes must have competed in at least 2 closed YMCA inter-association meets in the time allotted.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2022 and the entry deadline.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

## COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), Principles of YMCA Competitive Swimming and Diving, and Athletic Protection Training. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

## TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.



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**Insurance:** Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

## ENTRY INFORMATION

### ENTRY LIMITS:

**Entry limits by age:** 10 and under – 5 individual events for the meet

11 to 21 - 3 individual events per day (6 total)

**QUALIFICATION PERIOD:** The qualification period is from March 1, 2022 through the entry deadline of Monday, February 27, 2023 by 12:00 p.m.

**USA-S IDs :** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

**TIMES:.** No Times (NT) are not allowed in any District event, NT entry is allowed in Junior Districts only. Submit entry times in SCY. Entered times should be the swimmer's BEST time achieved during the qualifying period. Swimmers, ages 12 and younger, entering an individual event with no time standard (14 and over events) must have achieved the 12 and under qualifying time in the longest distance of that stroke offered in the meet in order to be allowed to enter this event.

**ENTRY FEES:** \$4.50 per individual event, \$18 per relay entry, and a swimmer surcharge of \$12 (Max surcharge of \$24 per family).

**OTHER:** Each team will fill out the sheet that will list their graduating seniors who will be recognized on Sunday, March 5<sup>th</sup> before Session 5 starts.

**ENTRY DEADLINE:** ALL entries will be due by 12:00 p.m. on Monday, February 27 to the Entry Chairperson. ALL scratches will be due by Wednesday, March 1<sup>st</sup> by 12:00 p.m. to the Entry Chairperson.

**ENTRY PROCEDURE:** ALL entries are to be submitted on the meet event file, that will be sent to each team's Head Coach, from the meet host. These should be sent to [pauladcst13@gmail.com](mailto:pauladcst13@gmail.com).

E-mail or mail the following by Thursday, March 2: Team summary, release form, entry fees, and the USA membership roster from the team portal for those teams



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who have swimmers registered with US Swimming.

- ENTRY CHECKLIST:**
1. Files e-mailed to entry chair by Monday, February 27 at noon
  2. Meet Declaration Form to entry chair by Sunday, February 12<sup>th</sup>.
  3. Team Summary, Release Form, and USS paperwork.
  4. Entry fees and swimmer surcharge payments.

**PAYMENT:** Payment will be accepted by check, from the YMCA sending the check, or by credit card (from a YMCA corporate account) for the full amount. Checks should be made out to DeKalb County Swim Team. Send to Kishwaukee Family YMCA attention: Kayleigh Kozlowski, 2500 Bethany Rd., Sycamore, IL 60178.

**OVER-SUBSCRIPTION:** If an athlete is entered in too many events, and the coach does not scratch them, by the scratch deadline, they will be scratched from their last event(s) until the correct number is reached.

The psych sheet will be posted (and sent) by 8:00 p.m. on Tuesday, February 28, 2023 on the host website. Scratches will be due by 12:00 p.m. on Wednesday, March 1, 2023. Scratches must be e-mailed to the entry chair and must include the following information:

1. Swim Team information: Team name, team code, Coach
2. Swimmer info: Full name (last,first, MI), event #, name and time.
3. Name and club position of person submitting the scratches.

## VOLUNTEERS/OFFICIALS/TIMERS

**OFFICIALS AND TIMERS:** There will be a need for both YMCA Level I and Level II all three (3) days of the meet. All officials are strongly encouraged to sign up for the meet.

Questions about officiating at the meet should be directed to Paula Hastings.

**SIGN-UP PROCEDURE:** Officials wishing to work the meet should contact Paula Hastings.

All other volunteers and timers should report to their positions as indicated. This is handled by each team once they find out their responsibilities.

**BACKGROUND CHECK POLICY:** Only individuals with the proper "meet credentials" will be allowed access to the deck.

**ATTIRE:** This will be communicated to all officials, by the Meet Referee, at a later date.



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## CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Teams will be directed to their team area in the YMCA facility. All officials will be directed to the pool area as will the coaches. The host Head Coach will provide each Head Coach a team packet that will contain heat sheets, check-in sheets, etc.

**EVENT CHECK-IN:** Since the meet has a Wednesday scratch deadline and will then be seeded there is no event check-in. Athletes will show up to their assigned heat and lane. The only exception will be the 8 and under Session 2 and Session 4 swimmers who will report to the bullpen where they will be escorted to their lanes.

**COACHES MEETING/SCRATCH MEETING:** There will be a Coaches meeting on Saturday morning, March 4, 2023 at 7:15 a.m. This will occur before the event starts. This will be the only Coaches meeting unless something comes up warranting another meeting. If this occurs, teams will be contacted personally.

**OFFICIALS AND TIMERS MEETING:** There will be an Officials meeting at least 30 minutes prior to the start of every session. There will be a timers meeting at least 15 minutes prior to the start of every session.

## CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, and 3 coaches chosen at the Coaches meeting.

**RULES:** The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

**MEET FORMAT:** The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of the first day of the meet, March 3, 2023.

**EVENT SEEDING:** Events will be seeded Slowest to Fastest, except for the following events: the 21 and under 1650 freestyle which will be swum fastest to slowest starting with the girls fastest heat and alternating genders to the conclusion. The Meet Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total



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number of events for the meet.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**NO SHOW:** An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

Teams are only allowed to warm up during the times designated for their team and in the lanes assigned to that team.

**READY BENCH:** No ready bench will be used as this is a Timed Final event. There will be a ‘bull-pen’ for the 8 and under Session 2 and Session 4 swimmers ONLY.

**STARTS:** ‘Fly-over’ starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**SWIM-OFFS:** There will be no swim-offs as this is a Timed Final event. In case of a tie the points will be split between the two teams that are affected.

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, in designated areas throughout the Y, and the final results will be sent to each Head Coach, along with a backup, within 24 hours after the conclusion of the meet.

**PROTEST PROCEDURE:** Protests may only be initiated by a coach or YMCA

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supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the 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. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass and food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- Only coaches, officials, and workers with the proper credentials will be allowed on the pool deck. All swimmers are to be in their designated team area unless they are talking to their coach after the conclusion of their race or are getting ready for the race that is being competed.
- ALL YMCA offices and the Fitness Center are off limits to everyone except for YMCA employees and DCST meet workers.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand



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that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

## AWARDS AND RECOGNITION

**SCORING:** The 16 place scoring system will be used for both individual and relay events.

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Junior District events will not be scored.**

### AWARDS:

**District Awards (1<sup>st</sup>-8<sup>th</sup>).** The top 8 in ALL events will be presented on the awards podium. **District Awards (9<sup>th</sup>-16<sup>th</sup>) and Junior District Awards (1<sup>st</sup>-16<sup>th</sup>)** these awards will be placed in a team container and picked up by the team coach or representative at the conclusion of the meet. NO unclaimed awards will be mailed out by the host team.

**Team awards** will be given to the top 3 teams combined, the top 3 girl's teams, the top 3 boy's teams, and the top 3 teams in each of the individual age categories. These will be handed out at the conclusion of the Sunday sessions.

**RECOGNITIONS:** Senior recognition will be on Sunday, March 5, 2023 between the conclusion of warm ups and the start of session 5.

## TIME TRIALS

There will be NO Time Trials at this meet.

## SPECTATORS

**ADMISSION FEE:** None. Covered in the swimmer surcharge

**CONCESSION STAND:** A concession stand will be open from 6:00 a.m. to 5:00 p.m. on Saturday and Sunday of the meet.

**ATHLETE APPAREL:** There will be a vendor present. They will be located in the sports court.



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**SEAT SAVING POLICY:** There will be a **NO** seat saving policy in force. Spectators refusing to honor this will be invited to leave.

**HANDICAP SEATING:** There are designated locations in the spectator area where chairs can be placed.

**LOST AND FOUND:** Located in at the Front desk.

**CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area. Stadium seats and wheelchairs are the exception.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck, unless working and wearing the proper credentials.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- ALL YMCA offices and the Fitness Center will be off-limits, except to YMCA employees and DCST meet workers.
- Small coolers may be brought into a teams designated team area ONLY.

## LIABILITY, SAFETY AND EMERGENCY PROCEDURES

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

**LIABILITY LIMITS:**

- In granting of the USA-S/[IL] approval, it is understood and agreed that USA Swimming and Illinois Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- There will be a facility waiver sent to each team ahead of time. This form must be filled out entirely and presented to the Safety Coordinator before teams will be allowed to compete.



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**EMERGENCIES:** the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**DRONES:** 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.

**EVACUATION PROCEDURE:** At the direction of the lifeguards and safety staff present at the meet.



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## **DIRECTIONS**

From the South, East or West Exit I – 88 at the Peace Road Exit. Take Peace Road North to Bethany Road West (or left). The YMCA is located about a mile and a half down on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756-9577.

From the North Take 23 South to Bethany Road West (or right). The YMCA is located on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577.

## **PARKING**

Parking is available in the YMCA parking lot. Do not park in the parking lots of other businesses adjacent to the YMCA. Individuals parking in lots not designated for the swim meet will be towed. Please direct your families to park in the back parking lot near the back door during Saturday and Sunday sessions. It will be open and this will allow non-swim team YMCA members to use the front parking.

## **LODGING**

### **Country Inn & Suites**

1450 S. Peace Road  
Sycamore, IL 60178  
815 – 895 – 8686  
[www.countryinns.com](http://www.countryinns.com)

### **Quality Inn**

1475 S. Peace Road  
Sycamore, IL 60178  
815 – 895 – 4979  
[www.choicehotels.com](http://www.choicehotels.com)

### **Baymont Inn & Suites**

1314 W. Lincoln Hwy  
DeKalb, IL 60115  
815 – 748 – 7100  
[www.baymontinns.com](http://www.baymontinns.com)

### **Best Western Sycamore Inn**

1935 DeKalb Ave.  
Sycamore, IL 60178  
815 – 748 – 7400  
[www.bestwestern.com](http://www.bestwestern.com)

### **Home2 Suites by Hilton**

575 S. Annie Glidden Rd.  
DeKalb, IL 60115  
815-375-5465  
[www.hilton.com](http://www.hilton.com)

### **Hampton Inn**

663 S. Annie Glidden Road  
DeKalb, IL 60115  
815 – 748 - 4323  
[www.hampton.com](http://www.hampton.com)



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 3-5, 2023

## APPENDIX 1: ORDER OF EVENTS

Friday, March 3, 2023 - Session 1			
<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
101	District	21 and under 1650 freestyle	102
103	District	12 and under 500 freestyle	104

Saturday, March 4, 2023 - Session 2			
<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
201	Jr. District	12 and under 200 yard IM	202
203	District	12 and under 200 yard IM	204
205	Jr. District	10 and under 200 yard freestyle	206
207	District	10 and under 200 yard freestyle	208
209	Jr. District	6 and under 25 yard backstroke	210
211	Jr. District	8 and under 25 yard backstroke	212
213	District	8 and under 25 yard backstroke	214
215	Jr. District	12 and under 50 yard backstroke	216
217	District	12 and under 50 yard backstroke	218
219	Jr. District	10 and under 50 yard backstroke	220
221	District	10 and under 50 yard backstroke	222
223	Jr. District	8 and under 100 yard IM	224
225	District	8 and under 100 yard IM	226
227	Jr. District	12 and under 100 yard freestyle	228
229	District	12 and under 100 yard freestyle	230
231	Jr. District	10 and under 100 yard IM	232
233	District	10 and under 100 yard IM	234
235	Jr. District	6 and under 25 yard freestyle	236
237	Jr. District	8 and under 25 yard freestyle	238
239	District	8 and under 25 yard freestyle	240
241	Jr. District	12 and under 50 yard butterfly	242
243	District	12 and under 50 yard butterfly	244
245	Jr. District	10 and under 50 yard freestyle	246
247	District	10 and under 50 yard freestyle	248
249	District	8 and under 100 yard Medley Relay	250
251	District	12 and under 200 yard Medley Relay	252
253	District	10 and under 200 yard Medley Relay	254
255	District	12 and under 100 breaststroke	256



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 3-5, 2023

## Saturday, March 4, 2023 - Session 3

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
301	District	21 and under 400 yard Freestyle Relay	302
303	District	21 and under 400 yard IM	304
305	District	14 and under 100 yard freestyle	306
307	District	21 and under 100 yard freestyle	308
309	District	21 and under 200 yard backstroke	310
311	District	14 and under 100 yard breaststroke	312
313	District	21 and under 100 yard breaststroke	314
315	District	14 and under 100 Medley Relay	316
317	District	21 and under 100 Medley Relay	318
319	District	14 and under 100 yard butterfly	320
321	District	21 and under 100 yard butterfly	322
323	District	14 and under 200 yard freestyle	324
325	District	21 and under 200 yard freestyle	326

## Sunday, March 5, 2023 – Session 4

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
401	Jr. District	12 and under 200 yard freestyle	402
403	District	12 and under 200 yard freestyle	404
405	Jr. District	10 and under 200 yard IM	406
407	District	10 and under 200 yard IM	408
409	Jr. District	6 and under 50 yard freestyle	410
411	Jr. District	8 and under 50 yard freestyle	412
413	District	8 and under 50 yard freestyle	414
415	Jr. District	12 and under 50 yard freestyle	416
417	District	12 and under 50 yard freestyle	418
419	Jr. District	10 and under 100 yard freestyle	420
421	District	10 and under 100 yard freestyle	422
423	Jr. District	6 and under 25 yard butterfly	424
425	Jr. District	8 and under 25 yard butterfly	426
427	District	8 and under 25 yard butterfly	428
429	District	12 and under 100 yard butterfly	430
431	Jr. District	10 and under 50 yard butterfly	432
433	District	10 and under 50 yard butterfly	434
435	Jr. District	6 and under 25 yard breaststroke	436
437	Jr. District	8 and under 25 yard breaststroke	438
439	District	8 and under 25 yard breaststroke	440
441	Jr. District	12 and under 50 yard breaststroke	442



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

**March 3-5, 2023**

443	District	12 and under 50 yard breaststroke	444
445	Jr. District	10 and under 50 yard breaststroke	446
447	District	10 and under 50 yard breaststroke	448
449	District	8 and under 100 yard Freestyle Relay	450
451	District	12 and under 200 yard Freestyle Relay	452
453	District	10 and under 200 yard Freestyle Relay	454
455	District	12 and under 100 backstroke	456

**Sunday, March 5, 2023 – Session 5**

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
501	District	21 and under 400 yard Medley Relay	502
503	District	21 and under 100 yard backstroke	504
505	District	14 and under 100 yard backstroke	506
507	District	21 and under 200 yard butterfly	508
509	District	14 and under 50 yard freestyle	510
511	District	21 and under 50 yard freestyle	512
513	District	21 and under 200 yard Freestyle Relay	514
515	District	14 and under 200 Freestyle Relay	516
517	District	21 and under 200 yard breaststroke	518
519	District	14 and under 200 yard IM	520
521	District	21 and under 200 yard IM	522
523	District	14 and under 500 yard freestyle	524
525	District	21 and under 500 yard freestyle	526



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

## March 3-5, 2023

### APPENDIX 2: YMCA Time Standards

2023 ILLINOIS YMCA STATE SWIMMING CHAMPIONSHIP						
SCY	GIRLS SCM	LCM	8 & Under	SCY	BOYS SCM	LCM
00:19.89	00:22.20		25 Free	00:20.89	00:23.31	
00:44.99	00:50.21	00:51.13	50 Free	00:46.19	00:51.55	00:53.09
00:23.49	00:26.22		25 Back	00:24.29	00:27.11	
00:27.99	00:31.24		25 Breast	00:28.79	00:32.13	
00:24.09	00:26.89		25 Fly	00:25.39	00:28.34	
01:58.49	02:12.24		100 IM	01:56.09	02:09.56	
01:32.19	01:43.00		100 Free Relay	01:42.89	01:54.61	
01:46.09	01:58.40		100 Medley Relay	02:00.69	02:14.70	
SCY	SCM	LCM	10 & Under	SCY	SCM	LCM
00:36.49	00:38.49	00:39.19	50 Free	00:34.89	00:39.05	00:40.32
01:17.89	01:28.71	01:28.28	100 Free	01:18.79	01:27.84	01:30.56
03:06.49	03:25.90	03:28.46	200 Free	03:08.89	03:30.93	03:34.76
00:40.09	00:44.74	00:45.56	50 Back	00:41.79	00:45.08	00:47.46
00:46.99	00:52.44	00:53.20	50 Breast	00:48.89	00:54.56	00:56.20
00:40.59	00:45.30	00:46.13	50 Fly	00:43.59	00:48.65	00:50.10
01:29.39	01:39.77		100 IM	01:32.39	01:43.11	
03:29.89	03:54.25	03:58.51	200 IM	03:41.59	04:07.31	04:16.17
02:38.29	02:56.66	02:59.87	200 Free Relay	02:54.69	03:14.97	03:20.79
02:58.59	03:19.32	03:22.71	200 Medley Relay	03:13.29	03:35.73	03:41.41
SCY	SCM	LCM	12 & Under	SCY	SCM	LCM
00:29.59	00:33.02	00:33.63	50 Free	00:30.19	00:33.66	00:34.70
01:06.09	01:13.76	01:15.10	100 Free	01:07.69	01:15.55	01:17.60
02:22.19	02:44.92	02:46.32	200 Free	02:23.89	02:50.75	02:54.65
06:56.19	06:04.12	06:11.60	500/400 Free	07:05.12	06:11.89	06:24.79
00:35.19	00:39.22	00:39.99	50 Back	00:36.79	00:41.06	00:42.29
01:17.09	01:26.04	01:27.11	100 Back	01:20.59	01:29.94	01:31.63
00:40.59	00:45.30	00:46.13	50 Breast	00:41.19	00:45.97	00:47.34
01:29.49	01:39.88	01:42.86	100 Breast	01:31.69	01:42.33	01:46.00
00:33.79	00:37.71	00:38.40	50 Fly	00:35.59	00:39.72	00:40.91
01:22.29	01:31.84	01:32.46	100 Fly	01:26.49	01:36.53	01:37.73
02:47.09	03:06.48	03:09.88	200 IM	02:53.29	03:13.40	03:20.34
02:15.59	02:31.33	02:34.06	200 Free Relay	02:27.79	02:44.94	02:49.87
02:35.69	02:53.76	02:56.72	200 Medley Relay	02:46.09	03:05.37	03:10.25
SCY	SCM	LCM	14 & Under	SCY	SCM	LCM
00:27.99	00:31.24	00:31.61	50 Free	00:28.49	00:29.56	00:30.45
01:00.69	01:07.73	01:08.97	100 Free	00:56.69	01:03.27	01:05.16
02:19.79	02:31.55	02:33.44	200 Free	02:11.89	02:20.70	02:24.73
06:19.69	05:04.94	05:33.63	500/400 Free	06:14.89	05:09.30	05:26.44
01:11.39	01:19.68	01:20.67	100 Back	01:09.19	01:17.22	01:19.53
01:22.49	01:32.06	01:34.82	100 Breast	01:19.79	01:29.05	01:32.24
01:12.59	01:21.02	01:21.56	100 Fly	01:09.89	01:18.00	01:18.97
02:34.79	02:52.76	02:55.90	200 IM	02:30.09	02:47.51	02:53.51
02:08.09	02:22.96	02:25.56	200 Free Relay	02:08.29	02:23.18	02:27.46
02:27.39	02:44.50	02:47.30	200 Medley Relay	02:28.29	02:45.50	02:49.86
SCY	SCM	LCM	11 & Under	SCY	SCM	LCM
00:26.59	00:29.68	00:30.22	50 Free	00:23.49	00:26.22	00:27.00
00:57.79	01:04.50	01:05.67	100 Free	00:51.29	00:57.24	00:58.92
02:07.19	02:22.18	02:23.54	200 Free	01:55.39	02:08.78	02:14.67
06:51.89	05:07.89	05:14.01	500/400 Free	05:50.02	04:48.08	04:56.74
22:00.99	21:09.03	21:23.14	1650/1500 Free	21:30.79	21:26.93	22:03.89
01:06.79	01:14.94	01:15.47	100 Back	00:59.79	01:06.73	01:08.72
02:25.99	02:42.94	02:44.96	200 Back	02:15.29	02:30.99	02:35.51
01:17.89	01:26.93	01:29.53	100 Breast	01:08.79	01:16.22	01:18.95
02:46.89	03:06.26	03:09.65	200 Breast	02:34.49	02:52.42	02:58.60
01:06.89	01:14.65	01:15.16	100 Fly	00:58.19	01:04.94	01:05.75
02:37.49	02:55.77	02:56.96	200 Fly	02:29.19	02:46.51	02:49.53
02:27.69	02:44.83	02:47.83	200 IM	02:10.89	02:26.08	02:31.32
05:19.89	05:07.02	05:01.46	400 IM	05:06.49	05:02.06	05:02.29
01:59.09	02:12.91	02:15.33	200 Free Relay	01:53.79	02:07.00	02:10.79
04:38.49	05:10.81	05:16.47	400 Free Relay	04:13.59	04:43.02	04:51.48
02:20.59	02:36.91	02:39.58	200 Medley Relay	02:07.99	02:22.85	02:26.61
05:14.59	05:51.10	05:57.08	400 Medley Relay	05:00.19	05:33.03	05:43.86

QUALIFYING PERIOD IS MARCH 1, 2022 THROUGH THE ENTRY DEADLINE



# NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 3-5, 2023

## APPENDIX 3: YMCA Sanctioned Meet Declaration Form

(**Note:** Return signed Declaration form to the meet director by *Sunday, February 12*)

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** 2023 Northwest District and Junior District YMCA Swimming  
Championships.

**Meet Date(s):** March 3-5, 2023

**Meet Host:** Kishwaukee Family YMCA

**Meet Location:** 2500 Bethany Road, Sycamore, IL 60178

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training, Principles of YMCA Competitive Swimming and Diving, and Athletic Protection Training.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2019 Northwest District and Junior District YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2023 Northwest District and Junior District YMCA Swimming Championships.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the Kishwaukee Family YMCA their agents, representatives or assigns, and for any and all injuries which may be suffered by participants at the 2023 Northwest District and Junior District YMCA Swimming Championships Furthermore, we understand that the Kishwaukee Family YMCA is not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*