KISHWAUKEE FAMILY YMCA | DEKALB COUNTY SWIM TEAM

RED vs. BLACK

INAUGURAL HALLOWEEN INTRASQUAD MEET

TEAM DONNY (RED) vs. TEAM MICHELLE (BLACK)

Saturday, October 17, 2026 | Bickner Aquatic Center | 2500 Bethany Road, Sycamore, IL

Meet information

Item	Details
Doors open	8:00 a.m.
Warm-ups	8:30–9:30 a.m.
Meet begins	10:00 a.m.
Course	8 lanes, 25 yards (SCY)
Team coaches	Team Donny — Red; Team Michelle — Black
Meet Director / Top Dog	Quinton T. Cynor | qcynor@kishymca.org
Meet Marshal	Elizabeth Garcia
Meet Referee	To be assigned internally
USA Swimming sanction	USA Swimming Block Party program
Sign-ups	Captyn — availability declaration ONLY; do not select events
Declarations open	Monday morning, October 12
Declarations CLOSE	Thursday, October 15 at 12:00 p.m. (NOON)
Draft / rosters	Draft Thursday evening, October 15; rosters Friday, October 16

Swimmer declarations and draft

- All DCST swimmers are encouraged to participate, regardless of age or ability.
- Families declare availability on Captyn; coaches assign events after declarations close.
- Coaches draft two balanced teams. Families do not choose Red or Black.
- Final event assignments, heat sheets and relay lineups follow the draft.

Meet classification and USA Swimming Block Party sanction

This DCST-only intrasquad competition has been sanctioned through USA Swimming's Block Party program. The meet will operate under applicable USA Swimming technical, safety and athlete-protection rules and the conditions of its sanction. Official times achieved in eligible events by swimmers who are current USA Swimming members will be submitted to the SWIMS database. The coaching staff will contact families directly if swimmer membership status needs attention.

DCST remains a YMCA competitive swimming program. This sanction provides an additional recognized competition opportunity; it does not change DCST's YMCA identity. This event is not represented as a YMCA inter-association qualifying meet.

Meet-day operating schedule

Time	Activity
Before 8:00 a.m.	Authorized staff and volunteers: setup, timing, scoreboard, PA and safety checks
8:00 a.m.	Doors open to swimmers and families
8:30–9:30 a.m.	Supervised swimmer warm-ups
9:00–9:40 a.m.	Officials, timers and volunteer briefings/check-in
9:30–9:45 a.m.	Pool clear; heat sheet and timing checks
9:45–10:00 a.m.	Welcome, Team Donny/Team Michelle introductions and opening announcements
10:00 a.m.	First scheduled race
After regular scored events	BEAT THE TOP DOG — final team-scored challenge
After Top Dog challenge	Exhibition Pumpkin Push relays; costume and team awards

Halloween costumes and awards

- All attendees, including swimmers, families and coaches, are encouraged to dress in their favorite Halloween costumes.
- One Best Costume Award will be presented to one swimmer following the Pumpkin Push relays.
- No face paint for swimmers (pool water quality). No toy or replica weapons (safety).
- Costumes must not interfere with racing, deck operations or athlete supervision.
- Winning Red or Black team receives team recognition; music and team introductions remain part of the meet.

Volunteers and Pilgrim Plunge preparation

This meet is a full operational rehearsal for the November Pilgrim Plunge. Volunteers are needed for timing, timing-system/scoreboard operation, meet management, officiating, announcing, marshaling, staging and deck operations. New volunteers are encouraged to work alongside experienced personnel.

Volunteer coaching credits: Three qualifying volunteer sessions may earn credit toward one individual one-on-one coaching session, subject to DCST Handbook provisions.

Safety and facility expectations

- The meet follows the applicable USA Swimming Block Party technical, safety and athlete-protection requirements.
- Follow directions from the Meet Referee, Meet Marshal, coaches and lifeguards during warm-up and competition.
- Deck access is limited to authorized swimmers, coaches, officials, lifeguards and assigned volunteers.
- Use designated locker rooms; no deck changing. No photography in changing areas or behind starting blocks; no flash at race starts.
- Keep aisles and exits clear. No glass, prohibited items or unauthorized timing/scoreboard operation.

Competition format and team scoring

The meet uses NCAA dual-meet scoring for an eight-lane pool for regular scored events. Results are ranked by event, not by heat. The team with the highest score after the Top Dog challenge wins.

Place	Individual points	Relay points
1st	9	11
2nd	4	4
3rd	3	2
4th	2	0
5th	1	0
6th–8th	0	0

Per-team scoring limits: No more than three swimmers from each team score in any individual event; no more than two relays from each team score in a relay event. The special Top Dog challenge uses its own bonus-point rule, not the standard place-point table.

FINAL SCORED EVENT: BEAT THE TOP DOG (COACH QUINN)

Coach Quinn (the Top Dog) swims a 200-yard freestyle. Each team enters exactly three challengers: one 10 & Under, one 14 & Under, and one 21 & Under swimmer. Challengers swim shorter distances, all aiming to finish before the Top Dog.

Entry	Distance	Per team
Coach Quinn — Top Dog	200-yard freestyle	Top Dog
10 & Under challenger	100-yard freestyle	1 swimmer
14 & Under challenger	150-yard freestyle	1 swimmer
21 & Under challenger	175-yard freestyle	1 swimmer

Special scoring: Each challenger who finishes their assigned distance before Coach Quinn completes 200 yards earns 3 bonus points for their team. Each team can earn up to 9 bonus points. A tie does not count as beating the Top Dog. The six challengers and Coach Quinn start together on the starter signal; final lanes and finish procedures are announced on deck.

Scoring order: Top Dog bonus points are added to the Red/Black team totals before the Pumpkin Push exhibition relays. The Pumpkin Push and Best Costume Award do not earn team points.

Official times

Official times achieved by eligible current USA Swimming members will be submitted to SWIMS under the Block Party program.

Meet management

The coaches finalize the event list after Captyn declarations and the team draft. The published heat sheet controls event assignments. The original 90-event tri-meet order is not applicable. Timing and meet management will retain results and team-scoring records, and submit eligible official times to SWIMS through the applicable USA Swimming process.

Exhibition finale: Pumpkin Push Relays

After Beat the Top Dog, the meet concludes with Pumpkin Push 100-yard freestyle exhibition relays, followed by the single Best Costume Award and recognition of the winning Red or Black team.

- Two divisions: 10 & Under and 11 & Over. Team Red and Team Black may each field one relay in each division.
- Four swimmers per relay; each swimmer completes one 25-yard leg (100 yards total).
- Swimmers start in the water with their assigned pumpkin. Each leg ends when the pumpkin touches the finish wall.
- Coaches and safety staff will give staging, pumpkin-handling and safety instructions on deck.
- Pumpkin Push relays are exhibition only and do not contribute to the Red vs. Black team score.

Awards and closing

- Winning Red or Black team recognized after the exhibition relays.
- One swimmer receives the Best Costume Award.
- Pumpkin Push relay recognition follows the exhibition races.

Post-meet administration

- Reconcile timing and team scoring, including each 3-point Top Dog bonus.
- Retain final results, Meet Manager backup and any timing exception records.
- Submit eligible official times for current USA Swimming members to SWIMS.
- Secure timing equipment, PA, scoreboard and meet supplies; clear staging and spectator areas.

Questions: Quinton T. Cynor, Director of Competitive Swimming | qcynor@kishymca.org | www.dcst.org

TWO TEAMS. ONE PACK. WELCOME TO THE DOG POUND!