

2026 DCST LAST CHANCE

HOSTED BY DEKALB COUNTY SWIM TEAM
(DCST) / KISHWAUKEE YMCA



Document last updated on: 10/9/2025



Meet Information

Sanction #		Location	Kishwaukee Family YMCA	2500 Bethany Rd, Sycamore IL 60178
Date:	February 22nd, 2026	Entry Chairperson:	Kayleigh Kozlowski	kkozlowski@kishymca.org ; 815-375-5385
Entry Acceptance:	January 1st, 2026	Meet Director	Kayleigh Kozlowski	kkozlowski@kishymca.org ; 815-375-5385
Entry Deadline:	February 21st, 2026	Meet Referee	Dave Reynolds	navydad85@yahoo.com
Hosted By:	DeKalb County Swim Team	Safety Director	Michelle McGill	mmcgill@kishymca.org



Facility Information

Location: Kishwaukee Family YMCA (2500 Bethany Rd, Sycamore IL 60178)

Facility

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 seating capacity is for 700 spectators. A map is attached.

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. 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. Deck changes are 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. There is deck seating available to watch your swimmer compete, and teams will have space to camp out in the commons area and the athletic hallway.

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.



Eligibility & Meet Information

Eligibility

This meet is governed by the current National YMCA "Rules that Govern YMCA Competitive Sports," Illinois State Swim Committee and USS Swimming rules.

Timeline (subject to change)

Doors Open: 12:45PM

Warmups Start: 1:00PM

Registration Closes: 1:30PM

Warmups End: 1:50PM

Meet Start: 2:00PM

Warmups

Warmup will not be assigned and will remain open the entirety of the scheduled warmup time. Lane 1 will become a one-way sprint lane for the last 15 minutes of warmup.

Format

This meet will be an Approved meet and will offer all District and YMCA National Events. This meet is offered the last weekend to achieve Northwest District Qualifying Times. There is no limit on the number of events a swimmer can swim, but each swimmer may only swim each event once. A file with the events will be made available on www.DCST.org. This meet is an ISI approved meet and all times will be entered into the SWIMS database.

We will be using fly-over starts. Please instruct swimmers to remain in the water at the completion of events, excluding backstroke events.

Bullpen will be available for 8&Under swimmers only.

Disabilities

The Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

Pre-Registration

Fees for pre-registration are \$4.00 per individual swim and \$14.00 per relay. A surcharge of \$2.00 per swimmer has been instituted by ISI.

Registration Day- Of

Swimmers wishing to register on the day of the meet must register on the pool deck by 1:30PM. Fees for registration on the day of the meet are \$6.00 per individual swim and \$20 per relay. If swimmers are not already registered in the meet, the ISI surcharge of \$2.00 will be charged to swimmers on the deck.

Entry Deadline

Entries open on January 1st at 8:00 am. Entries will close at 8:00 pm on February 20th.

Entry Limits

Swimmers may enter as many events as they would like.

Concessions

There will be light food options available until we sell out.

Deck Access

Only athletes, coaches, volunteer meet support, timers and working meet officials will be allowed on the pool deck.

Heat Sheets/Programs

Heat Sheets will be available on Meet Mobile during the meet for reference. Times are not final until the meet has concluded.

Locker Rooms

Athletes may use the designated athlete locker rooms and restrooms only. All spectators and non-athlete adults may use the non-athlete designated restrooms. Coaches, officials, and volunteers on deck **MUST** use the non-athlete designated bathrooms.

Entrance & Parking

All parents should drop swimmers off at Door B (towards the back of the building). Do not park in adjacent lots to the YMCA. Individuals parking in lots not designated for the swim meet will be towed.

Meet results will be attached to our “Hosted Meets” page by the end of day Sunday at www.DCST.org.

Order of Events

1	Mixed Open 200 Freestyle
2	8 & Under 25 Backstroke
3	Mixed Open 50 Breaststroke
4	Mixed Open 100 Butterfly
5	Mixed Open 400 IM
6	Mixed Open 50 Freestyle
7	Mixed Open 200 Backstroke
8	Mixed Open 100 Breaststroke
9	8 & Under 25 Butterfly
10	Mixed Open 100 IM
11	Mixed Open 100 Freestyle
12	Mixed Open 50 Backstroke
13	8 & Under 25 Breaststroke
14	Mixed Open 200 Butterfly
15	Mixed Open 200 IM
16	8 & Under 25 Freestyle
17	Mixed Open 100 Backstroke
18	Mixed Open 200 Breaststroke
19	Mixed Open 50 Butterfly
20	Mixed Open *500 Freestyle*
21	Mixed Open *1000 Freestyle*
22	Mixed Open *1650 Freestyle*

*Events #20-22, the 500, 1000, 1650 freestyle may be swum at the same time.

SafeSport Quality Control System

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

- The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
- All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Current USA Swimming and ISI rules, including safety and Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet. In granting this sanction, it is understood and agreed that USA Swimming shall be free of any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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 that compliance with MAAPP policy is a condition of participation in the conduct of this competition. A registered athlete member at a sanctioned/approved meet who is over 18 years of age or older, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Illinois Swimming Policy 11.2.1. Underwater photography of any kind is prohibited at all times during this meet. 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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. 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. Operation of a drone, or any other flying apparatus, is prohibited over the venue anytime athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. Training equipment or devices are not permitted during warm-up periods at this meet.



USA Swimming’s SWIMS Database Informational Sheet

Any teams and / or swimmers wanting to have their times from the meet entered into the USA Swimming SWIM Database system must return this form with their entries.

Note: Teams with no USA Swimming registered swimmers do not need to fill out this form.

Club Name: _____

Club Code: _____

If your team’s swimmers swim unattached, please list club code unattached.

1) Do all the swimmers on your team have a current USA Swimming Membership? Yes? Proceed to 3. No? Proceed to 2.

2) Please list the swimmers who do have a current USA Swimming Membership with their USA Swimming ID number. Use additional sheets if needed.

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

3) If you have any swimmers considered unattached as far as USA Swimming is concerned, please list these swimmers below. If this is not completed, you will be fined and billed accordingly.

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____

Swimmers’ Name: _____ USA ID Number: _____



Waiver and Entry Summary Form

DeKalb County Swim Team / Kishwaukee Family YMCA

2026 DCST Last Chance

February 22nd, 2026

Approval #: TBD

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against Kishwaukee Family YMCA (DeKalb County Swim Team); Kishwaukee Family YMCA; Illinois Swimming; USA Swimming or their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I/we also understand that our club will be responsible financially for any damage done to the facility by our athletes at the meet. This completed and signed summary of fees and release form, entry forms and check must be received no later than the last day of the meet (December 14th, 2025), unless a change is previously agreed upon with the Entry Chairperson.

Club Name:

Club Code:

Entry Chair Name:

Entry Chair Phone & Email:

Head Coach Name:

Head Coach Phone & Email:

Coaches Attending:

Signature of Team Representative:

Title:

Entry Fee Summary

Total Individual Events: _____ x \$4.00 = \$_____

Total Relay's: _____ x \$14.00 = \$_____

Total Athletes in Meet (\$2 ISI fee): _____ x \$2.00 = \$_____

TOTAL DUE = \$_____