Document last updated on: 10/1/2025



## **Meet Information**

Sanction #	ILS0135-26	Location	Kishwaukee Family YMCA	2500 Bethany Rd, Sycamore IL 60178
Date:	January 23-25, 2026	Entry Chairperson:	Kayleigh Kozlowski	kkozlowski@kishymca.org; 815-375-5385
Entry Acceptance:	8:00AM January 1st	Meet Director	Kayleigh Kozlowski	kkozlowski@kishymca.org; 815-375-5385
Entry Deadline:	8:00PM January 18th	Meet Referee	Dave Reynolds	navydad85@yahoo.com
Hosted By:	DeKalb County Swim Team	Safety Director	Michelle McGill	mmcgill@kishymca.org
Website:	www.DCST.org	AO	Stephanie Walters	stephaniemariewal18@g mail.com

#### **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.

#### 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.

#### **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.

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# O4 Eligibility & Meet Information

#### Eligibility

All entered swimmers must be current (2026) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies. A swimmers' age as of January 23<sup>rd</sup>, 2026, will determine their age for the entirety of the meet.

There will be a positive check-in for each session. The deadline to turn in scratches will be 40 minutes before the beginning of each session. Scratch sheets will be in the coaches' packet. Swimmers not checked in by the deadline will not be seeded to swim (and will not be permitted to swim). Swimmers without representation of a coach must check in with the Meet Director. After all entries are received, warmup assignments, timing assignments, timelines, and psych sheets will be distributed to teams.

#### Timeline (subject to change)

Session 1 - Friday PM: All Ages

Warmups: 4:00-4:45PM

Meet Start: 5:00PM

Session 2 - Saturday 1650: All Ages

Warmups: 7:00AM

Meet Start: 7:30AM

Session 3 - Saturday AM: 21 & Under, 8 & Under

Warmups: Immediately upon conclusion of 1650 - Meet starts 1 hour and 10 minutes

following 1650

Meet Start: 10:00AM

Session 4 - Saturday PM: 10 & Under, 12 & Under

Warmups: Immediately upon conclusion of morning session - Meet Starts 70 minutes following the start of PM warmups, but not before the estimated timeline provided by the Entry Chairperson after all entries have been received.

Session 5 - Sunday AM: 21 & Under, 8 & Under

Warmups: 7:00AM

Meet Start: 8:00AM

Session 6 - Sunday PM: 10 & Under, 12 & Under

Warmups: Immediately upon conclusion of morning session - Meet Starts 70 minutes following the start of PM warmups, but not before the estimated timeline provided by the Entry Chairperson after all entries have been received.

Officials/ Timers Meetings: 20 minutes prior to meet start

Coaches Meeting (Saturday AM ONLY): 7:15AM

#### **Warmups**

Teams will be assigned lanes and times for warm-ups. (Final schedule to be determined after all entries are received). Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment.

#### Timing

Each team will be required to supply timers. Timing assignments will be made after the entries are received. Teams will be contacted via email with their timing assignments.

#### **Format**

This meet is a Sanctioned meet, SWIMMMERS WHO ARE IN ATTENDANCE MUST BE USA SWIMMING MEMBERS. All current USA Swimming and ISI Rules and Regulations will apply. ISI and USA Swimming safety rules will be strictly enforced. 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. 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. USA Swimming technical rules will be followed. Swimmers without representation will need to check in with the Meet Director.

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.

#### USA Swimming, Inc. Membership

Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches and officials who are not current members of USA Swimming may not participate in the meet or be on deck.

All coaches must be currently registered with USA Swimming and must show proof of current coach membership upon signing in at the start of each session.

#### Disabilities

In accordance with USA Swimming Rules; Articles 105 and 202.1.13, 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.

#### **Entries, Forms & Fees**

The individual event entry fee is \$6.00 per individual event. Relay fee is \$16.00 per relay. These are the required fees: Illinois Swimming surcharge of \$2.00 per athlete, and a facility surcharge of \$13.00 per swimmer. Payment must be submitted by check by the first day of the meet – if not possible, a date needs to be given to the Meet Director. A signed Summary Fee / Release Form provided in this packet and a payment in full are required to enter this meet. Entry fees and release forms can be sent by email to kkozlowski@kishymca.org. Please make checks payable to "DeKalb County Swim Team". If mailing, please use the address below:

**DeKalb County Swim Team** 

% Kayleigh Kozlowski

Sycamore, IL 60178

#### **Entry Deadline**

Entries open on January 1st at 8:00 am. Entries will close at 8:00 pm on January 18th, or when the meet fills, whichever comes first. Entries must be sent via email to kkozlowski@kishymca.org in Hy-Tek format. Once accepted, coaches may provide updated times through 8:00 pm on January 19th, but NO NEW ENTRIES MAY BE ADDED TO UPDATE.

#### **Entry Limits**

Swimmers may enter a maximum of (4) events per day. The host team reserves the right to limit Friday PM, and Saturday 1650 events to meet timeline availability. Heat limitations will only be imposed if necessary to manage the timeline. Swimmers not checked in will be taken out of the meet and will not be permitted to swim. Deck entries are not permitted.

#### 500 & 1650 Freestyle

Swimmers in the 500 and 1650 Freestyle events must supply their own timers and counters.

#### Scoring & Awards

Top 16 scorers in each age group will be scored. Individual Events: medals given 1<sup>st</sup> through 8<sup>th</sup> place, and ribbons from 9<sup>th</sup> to 16<sup>th</sup> place. Relays: medals given 1<sup>st</sup> through 4<sup>th</sup> place, and ribbons from 5<sup>th</sup> to 8<sup>th</sup> place. Individual High Point trophies will be awarded to the girl and boy scoring the greatest total of points in each group, including seniors. Awards will be distributed following the meet. Team trophies will be awarded to the top three scoring teams. DCST will be excluded from the team scoring. All awards are to be picked up by a coach or member of the team; unclaimed award will not be forwarded post meet.

There will be no awards for senior swimmers 15 & Older.

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

#### Multi- Age Events

Swimmers swimming in ages 21 and under events will be swum together but will be given awards and scored separately. These events will be scored in two groups: 14 & Unders and 15 & Overs.

#### Seeding

All events will be timed finals from slowest to fastest. Short course yard times should be submitted for entry purposes. The 1650 Freestyle will be swum fastest to slowest, alternating between girls' and boys' heats.

#### **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.

#### **Concessions & Merchandise**

Concessions will be available in the track area. A limited number of event shirts (and other apparel/ equipment) will be sold on site as long as supplies are available.

#### **Pool Deck and Spectators**

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. Please be respectful of this space and pick up any trash accrued in your space at the end of the meet.

#### **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 emailed to each team at the conclusion of the meet.

Session 1 – Friday PM: All Ages				
101	21 & Under 400 IM	102		
103	10 & Under 200 IM	104		
105	11-12 200 IM	106		
107	21 & Under 200 Butterfly	108		
109	10 & Under 200 Freestyle	110		
111	11-12 500 Freestyle	112		
113	21 & Under 500 Freestyle	114		
Session 2 – 1650: All Ages				
201	21 & Under 1650 Freestyle	202		
Session 3 – Saturday AM: 21 & Under, 8 & Under				
301	21 & Under 200 Freestyle	302		
303	8 & Under 50 Freestyle	304		
305	21 & Under 200 Backstroke	306		
307	8 & Under 25 Backstroke	308		
309	21 & Under 100 Breaststroke	310		
311	8 & Under 100 IM	312		
313	21 & Under 100 Freestyle	314		
315	8 & Under 100 Freestyle Relay	316		
317	21 & Under 400 Freestyle Relay	318		
Session 4 - Saturday PM: 10 & Under, 12 & Under				
401	11-12 100 Backstroke	402		
403	10 & Under 100 Backstroke	404		

405	11-12 50 Freestyle	406		
407	10 & Under 50 Freestyle	408		
409	11-12 100 Breaststroke	410		
411	10 & Under 100 Breaststroke	412		
413	11-12 50 Butterfly	414		
415	8 & Under 50 Butterfly	416		
417	11-12 100 IM	418		
419	10 & Under 200 Freestyle Relay	420		
421	11-12 400 Freestyle Relay	422		
Session 5 - Sunday AM: 21 & Under, 8 & Under				
501	21 & Under 200 IM	502		
503	8 & Under 25 Butterfly	504		
505	21 & Under 50 Freestyle	506		
507	8 & Under 25 Freestyle	508		
509	21 & Under 100 Butterfly	510		
511	8 & Under 25 Breaststroke	512		
513	21 & Under 200 Breaststroke	514		
515	8 & Under 100 Freestyle	516		
517	21 & Under 100 Backstroke	518		
519	8 & Under 100 Medley Relay	520		
521	21 & Under 400 Medley Relay	522		
Session 6 – Sunday PM: 10 & Under, 12 & Under				
601	10 & Under 100 IM	602		
603	11-12 200 Freestyle	604		

605	10 & Under 50 Breaststroke	606
607	11-12 50 Breaststroke	608
609	10 & Under 100 Butterfly	610
611	11-12 100 Butterfly	612
613	10 & Under 50 Backstroke	614
615	11-12 50 Backstroke	616
617	10 & Under 100 Freestyle	618
619	11-12 100 Freestyle	620
621	10 & Under 200 Medley Relay	622
623	11-12 400 Medley Relay	624

# 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.



### **Waiver and Entry Summary Form**

# DeKalb County Swim Team / Kishwaukee Family YMCA 2025 DCST Winter Classic January 23-25, 2026

Sanction #: 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 14<sup>th</sup>, 2025), unless a change is previously agreed upon with the Entry Chairperson.

Club Name:	
Club Code / USA Swimming, Inc. Affiliation:	
Entry Chair Name:	
Entry Chair Phone & Email:	
Head Coach Name:	
Head Coach Phone & Email:	·
Coaches Attending:	-