

KISHWAUKEE FAMILY YMCA



DCST

Last Chance

Date: Sunday, February 23, 2025

Location: Kishwaukee Family YMCA

Entry Deadline: Friday, February 21, 2025

Hosted by: DCST Big Dogs

Meet Director: Kayleigh Kozlowski

Entry Chairperson: Paula Hastings

Web Site: www.DCST.org

Sanction: TBA

Kishwaukee YMCA/DeKalb County Swim Team (DCST)

DCST Last Chance
Sunday, February 23, 2025

MEET DIRECTOR

Kayleigh Kozlowski
Kishwaukee YMCA
2500 Bethany Road
Sycamore, IL 60178
(815) 375-5399 – Work
kkozlowski@kishymca.org

ENTRY CHAIRPERSON

Paula Hastings
Email: pauladcst13@gmail.com

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

IMPORTANT – We will be using fly-over starts. Please instruct your swimmers prior to the meet to remain in the water at the completion of their events except for the backstroke events. After the athletes touch the wall at the finish of a race and are waiting for the next heat to start, they should move to a corner of their lane prior to the “take your mark” command and remain still.

| | | |
|-----------------------|----------|---------------------|
| Meet Schedule: | 12:45 PM | Doors Open |
| | 1:00 PM | Warm-ups Start |
| | 1:30 PM | Registration Closes |
| | 1:50 PM | Warm-ups End |
| | 2:00 PM | Meet Starts |

Location Kishwaukee YMCA, 2500 Bethany Road, 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.

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

Pre-registration Fees for pre-registration are \$3.50 per individual swim and \$14.00 per relay. A surcharge \$2.00 per swimmer has been instituted by ISI.

To pre-register for this meet, your entries must be received by Saturday, February 22 and emailed to Paula at pauladcst13@gmail.com.

Registration on the day of the meet: Swimmers wishing to register on the day of the meet must register on the pool deck by 1:30 PM. 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.

Meet Results Meet results will be emailed to coaches directly following the meet.

Recording Devices Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms. In addition, taking photos, or audio recordings, is prohibited behind the starting blocks.

Locker Rooms Except where 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. Locker rooms will not be available but there will be family changing rooms available.

Safe Sport 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 the MAAPP policy is a condition of participation in the conduct of this competition.

Rules of Conduct Parental supervision of the swimmers in the locker rooms, the staging area, and the concessions area is a requirement for participation in the meet. Lack of such supervision may result in disqualification from the meet.

For the safety and enjoyment of swimmers and spectators, the following rules must be observed. Marshals will be clearly designated to assure that safety is maintained.

- 1. There will be no food, beverages, swim bags, coolers, blankets, or sleeping bags allowed in the pool area.**
2. Flash photography will not be allowed in the pool area. Persons taking flash pictures will be warned once. Subsequent violations will result in expulsion from the meet.
3. Use of tobacco products is not allowed in the YMCA. Outside of the YMCA, tobacco users are asked to use the designated smoking areas only.
4. Following completion of the morning warm-ups, the non-competition pool can be used for warm-up and cool-down only.

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.

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.

Order of Events

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

* Events # 25 – 27 the 500, 1000 and 1650 yard Freestyle maybe swum at the same time.

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This completed and signed summary of fees and release from, entry forms and a check payable to the **Kishwaukee YMCA/DCST**.

Name of Club: _____ Club Code: _____

Name of person submitting entry: _____

Mailing Address: _____

Telephone #: _____ E-mail: _____

| | Number of Swimmers | Number of Entries | Cost per Swim | Totals |
|-------------------|--------------------|-------------------|---------------|--------|
| Individual Events | _____ | _____ | X \$3.50 | _____ |
| Relays | | _____ | X \$14.00 | _____ |
| | | | Total | _____ |

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 United States Swimming, Inc.; Illinois Swimming, Inc.; Kishwaukee YMCA/DeKalb County Swim Team; Kishwaukee YMCA; 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.

Signature: _____ Date: _____
(Coach, Club Representative, or Parent)

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's SWIMS Database system must return this completed form with their entries.

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

Team Name: _____

LSC: _____

USA Swimming Club Code: _____

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

1) Do all the swimmers on your team have a current USA Swimming Membership?

_____ Yes – Proceed to number 3

_____ No – Proceed to number 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.

| Swimmer's Name | USA Swimming ID number |
|----------------|------------------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

3) If you have any swimmers who are considered unattached as far as USA Swimming is concerned, please list these swimmers below. Use additional sheets if needed.

| Swimmer's Name | USA Swimming ID number |
|----------------|------------------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |