

Northwest District and Junior District YMCA Swimming Championships

MEET ANNOUNCEMENT

About the Championship

Date: Friday, February 28 to Sunday, March 2, 2025

Location: DeKalb County Swim Team, Kishwaukee Family YMCA, Sycamore, IL

Entry Deadline: Monday, February 24, 2025

Hosted By: DCST and FVFY

Meet Director: Kayleigh Kozlowski

Website: www.dcst.org



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

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. This meet is YMCA sanctioned and approved by the ISI of USA Swimming.

YMCA Sanction number: CAQ-2025-IL01135979

USA-S/IL Approval number: ILS0250-25A

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>8 & UNDER</u>	<u>9 TO 12</u>	<u>13 & OVER</u>
Friday	N/A	Warm-ups will start at 5:00 p.m. and end at 5:45 p.m.	Warm-ups will start at 5:00 p.m. and end at 5:45 p.m.
Saturday	Warm-ups will start at 7:00 a.m.	Parade will start 15 minutes following the conclusion of the morning session. Warm-ups will start 15 minutes following the conclusion of Parade.	Warm-ups will start at 7:00 a.m.
Sunday	Warm-ups will start at 7:00 a.m.	Warm-ups TBD but not before 11:45 a.m.	Warm-ups will start at 7:00 a.m.



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LOCATION AND FACILITY

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

The Kishwaukee Family 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 lanes 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 room during the meet.

WEBSITE

Meet information can be found at: 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, kkowlowski@kishymca.org

Entry Chairperson: Paula Hastings, pauladcst13@gmail.com

Meet Referee: Paula Hastings, pauladcst13@gmail.com

Administrative Official: Stephanie Walters, stephaniemariawal18@gmail.com

Officials Coordinator: Paula Hastings, pauladcst13@gmail.com

Safety Director: Aviva Brenner, avivabrenner7@gmail.com



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MEET TIMELINE:

DAY	DATE	EVENT	TIME	
PRE-MEET IMPORTANT DATES AND TIMES				
Wed.	1/29/2025	Entries open	Noon	
Mon.	2/24/2025	Entries due	Noon	
Tues.	2/25/2025	Psych Sheet posted	8:00 p.m.	
Wed.	2/26/2025	Scratch Deadline	12:00 p.m.	
Thurs.	2/27/2025	Warm-up and Timing Assignments posted	6:00 p.m.	
Thurs.	2/27/2025	Heat sheet posted	6:00 p.m.	
MEET DAY ONE – SESSION 1				
Fri.	2/28/2025	Warm-ups for the 1650 and 500 free	5:00-5:45 p.m.	F
Fri.	2/28/2025	Officials meeting	5:30 p.m.	R
Fri.	2/28/2025	Timers meeting	5:45 p.m.	I
Fri.	2/28/2025	Session 1 starts	6:00 p.m.	D
Fri.	2/28/2025	Session 1 ends (approx..)	7:20 p.m.	A
Fri.	2/28/2025	NW Districts Coaches meeting, if needed (Conference Rm.)	7:30 p.m.	Y
MEET DAY TWO – SESSION 2				
Sat.	3/1/2025	Warm-ups	7:00-7:50 a.m.	S
Sat.	3/1/2025	Additional scratches and relay sheets are due	7:20 a.m.	A
Sat.	3/1/2025	Officials meeting	7:00 a.m.	T
Sat.	3/1/2025	Coaches meeting	7:15 a.m.	
Sat.	3/1/2025	Timers meeting	7:45 a.m.	A
Sat.	3/1/2025	Session 2 starts	8:00 a.m.	M
Sat.	3/1/2025	Session 2 ends (approx.)	11:45 a.m.	



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MEET DAY TWO – SESSION 3				
Sat.	3/1/2025	Parade of Athletes (approx.)	12:00 p.m.	S
Sat.	3/1/2025	Warm-ups (approx.)	12:45 p.m.	A
Sat.	3/1/2025	Additional scratches and relay sheets are due	1:10 p.m.	T
Sat.	3/1/2025	Officials meeting	1:00 p.m.	
Sat.	3/1/2025	Timers meeting	1:20 p.m.	P
Sat.	3/1/2025	Session 3 starts	1:45 p.m.	M
Sat.	3/1/2025	Session 3 ends (approx.)	6:00 p.m.	
MEET DAY THREE – SESSION 4				
Sun.	3/2/2025	Warm-ups	7:00 am	S
Sun.	3/2/2025	Additional scratches and relay sheets are due	7:20 am	U
Sun.	3/2/2025	Officials meeting	7:00 am	N
Sun.	3/2/2025	Timers meeting	7:45 am	
Sun.	3/2/2025	Senior Recognition	7:50 am	
Sun.	3/2/2025	Session 4 starts	8:00 am	A
Sun.	3/2/2025	Session 4 ends (approx.)	11:00 am	M
Sun.	3/2/2025	Awards Presentations	11:15 am	
MEET DAY THREE – SESSION 5				
Sun.	3/2/2025	Warm-ups (approx.)	11:30 am	S
Sun.	3/2/2025	Additional scratches and relay sheets are due	12:00 pm	U
Sun.	3/2/2025	Officials meeting	12:00 pm	N
Sun.	3/2/2025	Timers meeting	12:45 pm	
Sun.	3/2/2025	Session 5 starts	1:00 pm	P
Sun.	3/2/2025	Session 5 ends (approx.)	5:00 pm	M



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Sun.	3/2/2025	Awards Presentations	5:15 pm	
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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 a 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 four (4) 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 February 28, 2025 will determine their age for the rest of the meet.

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 even in which he/she enters during the period of March 1, 2024 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. See Appendix 4 and 5.



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Athlete Protection Training: All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

Athletes age 12 and under may not compete in Technical Suits, as defined in the USA Swimming Rulebook.

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 Athlete Protection Training. A list of 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 online 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 online team registration and paid the annual registration fee.

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 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)



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QUALIFICATION PERIOD: The qualification period is from March 1, 2024 through the entry deadline of Monday, February 24, 2025 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 events 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.

500 & 1650 EVENTS: Athletes swimming in the 500 and 1650 freestyle events will need to provide their own timers AND counters.

ENTRY FEES:

- \$4.50 per individual event
- \$18.00 per relay entry
- \$2.00 ISI fee for every swimmer
- \$13.00 Facility Surcharge (max of \$26 per family)

OTHER: Each team will fill out the sheet that will list their graduating seniors who will be recognized on Sunday, March 2nd before Session 4 begins.

ENTRY DEADLINE: ALL entries are due by 12:00 p.m. on Monday, February 24, 2025 to the Entry Chairperson. ALL scratches will be due by Wednesday, February 26, 2025 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.

Email or mail the following by Thursday, February 27: Team Summary, Release Form, Entry Fees, and the USA membership roster from the team portal for those team who have swimmers registered with USA Swimming.

ENTRY CHECKLIST:

1. Files emailed to entry chairperson by Monday, February 24th at noon
2. Meet Declaration Form to entry chairperson by Sunday, February 9th.
3. Team Summary, Release Form, and USA paperwork by Thursday, February 27.



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4. Entry fees and swimmer surcharge payments.

PAYMENT: Payment will be accepted by check, from the YMCA sending the check, or by credit card for the full amount. Checks should be made out to DCST. Send to DCST c/o Kishwaukee Family YMCA, 2500 Bethany Road, 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 25, 2025 on the host website. Scratches will be due by 12:00 p.m. on Wednesday, February 26, 2025. Scratched must be emailed to the entry chairperson and must include the following information:

1. Swim Team information: Team name, team code, Coach
2. Swimmer Info: Full name (last, first, MI), event A#, 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 meeting should be directed to Paula Hastings.

SIGN-UP PROCEDURES: 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.

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.



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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 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 1, 2025 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 TIMER 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, February 28, 2025.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following event: 21 and under 1650 freestyle which will be swum fastest to slowest starting with the fastest girls 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 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.



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



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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 appropriate conduct not limited to:

- 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 drag suit) in an area other than a permanent or temporary lock 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 desk.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, and/or locker rooms.
- Photographs, videos, and cell phone use are not allowed 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 ILVY 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 that compliance with the MAAPP is a condition of participation in the conduct of this competition.

AWARDS AND RECOGNITION



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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 (1st – 8th). The top 8 in ALL events will be presented on the awards podium. **District Awards (9th – 16th) and Junior District Awards (1st – 16th)** 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 individual age categories. These will be handed out at the conclusion of the Sunday sessions.

RECOGNITIONS: Senior recognition will be on Sunday, March 2, 2025 between the conclusion of warm-ups and the start of session 4.

PARADE

The theme for this year's parade will be 1980's. The parade will begin 15 minutes following the conclusion of Saturday morning session. (Any awards that aren't done before the parade begins will be given out at the end of the parade.) All teams and swimmers will line up in the sports court and be announced into the pool area. Once all teams and swimmers are in, we'll do a dance to YMCA.

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 7:00 a.m. to 5:00 p.m. on Saturday and Sunday of the meet.



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

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

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

LOST AND FOUND: Located 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, and/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 ILVY meet workers.
- Small coolers may be brought into a teams designated 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 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.



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- 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.

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, athletes, and/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).

CONCESSION AWARENESS: This meet will follow the YMCA of USA Concession procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify the 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 okay 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.



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DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and/or open ceiling locker rooms) at any time athletes, coaches, officials and/or spectators are present.

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

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

We are asking that all parents drop their swimmers off at Door B (towards the back of the facility) as opposed to the front door. The front of the building becomes very congested and entrance at Door B will provide faster access to the Sports Court and the Pool. 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.

LODGING

Country Inn & Suites

1450 S. Peace Road
Sycamore, IL 60178
815 – 895 – 8686
www.countryinns.com

Quality Inn

1475 S. Peace Road
Sycamore, IL 60178
815 – 895 – 4979
www.choicehotels.com

Baymont Inn & Suites

Best Western Sycamore Inn

1935 DeKalb Ave.
Sycamore, IL 60178
815 – 748 – 7400
www.bestwestern.com

Home2 Suites by Hilton

575 S. Annie Glidden Rd.
DeKalb, IL 60115
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NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

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NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

APPENDIX 1: ORDER OF EVENTS

Friday, February 28, 2025 – Session 1			
GIRLS EVENT #	Dist/Jr. Dist	EVENT	BOYS EVENT #
101	District	21 and under 1650 Freestyle	102
103	District	12 and under 500 Freestyle	104

Saturday, March 1, 2025 – Session 2			
GIRLS EVENT #	Dist/Jr. Dist	EVENT	BOYS EVENT #
201	District	21 and under 400 yard Freestyle Relay	202
203	District	21 and under 400 yard IM	204
205	Jr. District	8 and under 100 yard IM	206
207	District	8 and under 100 yard IM	208
209	District	21 and under 50 yard Freestyle	210
211	District	14 and under 50 yard Freestyle	212
213	District	21 and under 200 yard Backstroke	214
215	Jr. District	6 and under 25 yard Backstroke	216
217	Jr. District	8 and under 25 yard Backstroke	218
219	District	8 and under 25 yard Backstroke	220
221	District	14 and under 100 yard Breaststroke	222
223	District	21 and under 100 yard Breaststroke	224
225	District	14 and under 100 yard Butterfly	226
227	District	21 and under 100 yard Butterfly	228
229	Jr. District	6 and under 25 yard freestyle	230
231	Jr. District	8 and under 25 yard freestyle	232
233	District	8 and under 25 yard freestyle	234
235	District	14 and under 200 yard Freestyle	236
237	District	21 and under 200 yard Freestyle	238
239	District	8 and under 100 yard Medley Relay	240
241	District	14 and under 200 yard Medley Relay	242



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

243	District	21 and under 200 yard Medley Relay	244
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Saturday, March 1, 2025 – Session 3			
GIRLS EVENT #	Dist/Jr. Dist	EVENT	BOYS EVENT #
301	Jr. District	12 and under 200 yard IM	302
303	District	12 and under 200 yard IM	304
305	Jr. District	10 and under 200 yard Freestyle	306
307	District	10 and under 200 yard Freestyle	308
309	Jr. District	12 and under 50 yard Backstroke	310
311	District	12 and under 50 yard Backstroke	312
313	Jr. District	10 and under 50 yard Backstroke	314
315	District	10 and under 50 yard Backstroke	316
317	Jr. District	12 and under 100 yard Freestyle	318
319	District	12 and under 100 yard Freestyle	320
321	Jr. District	10 and under 100 yard IM	322
323	District	10 and under 100 yard IM	324
325	Jr. District	12 and under 50 yard Butterfly	326
327	District	12 and under 50 yard Butterfly	328
329	Jr. District	10 and under 50 yard Freestyle	330
331	District	10 and under 50 yard Freestyle	332
333	District	12 and under 100 Breaststroke	334
335	District	10 and under 200 yard Medley Relay	336
337	District	12 and under 200 yard Medley Relay	338

Sunday, March 2, 2025 – Session 4			
GIRLS EVENT #	Dist/Jr. Dist	EVENT	BOYS EVENT #
401	District	21 and under 400 yard Medley Relay	402
403	District	14 and under 100 yard Backstroke	404
405	District	21 and under 100 yard Backstroke	406



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

407	Jr. District	6 and under 25 yard Butterfly	408
409	Jr. District	8 and under 25 yard Butterfly	410
411	District	8 and under 25 yard Butterfly	412
413	District	21 and under 200 yard Butterfly	414
415	Jr. District	6 and under 25 yard Freestyle	416
417	Jr. District	8 and under 25 yard Freestyle	418
419	District	8 and under 25 yard Freestyle	420
421	District	14 and under 100 yard Freestyle	422
423	District	21 and under 100 yard Freestyle	424
425	Jr. District	6 and under 25 yard Breaststroke	426
427	Jr. District	8 and under 25 yard Breaststroke	428
429	District	8 and under 25 yard Breaststroke	430
431	District	21 and under 200 yard Breaststroke	432
433	District	14 and under 200 yard IM	434
435	District	21 and under 200 yard IM	436
437	District	8 and under 100 yard Freestyle Relay	438
439	District	14 and under 200 yard Freestyle Relay	440
441	District	21 and under 200 yard Freestyle Relay	442
443	District	14 and under 500 yard Freestyle	444
445	District	21 and under 500 yard Freestyle	446

Sunday, March 2, 2025 – Session 5			
GIRLS EVENT #	Dist/Jr. Dist	EVENT	BOYS EVENT #
501	Jr. District	12 and under 200 yard Freestyle	502
503	District	12 and under 200 yard Freestyle	504
505	Jr. District	10 and under 200 yard IM	506
507	District	10 and under 200 yard IM	508
509	Jr. District	12 and under 50 yard Freestyle	510
511	District	12 and under 50 yard Freestyle	512



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

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513	Jr. District	10 and under 100 yard Freestyle	514
515	District	10 and under 100 yard Freestyle	516
517	District	12 and under 100 yard Butterfly	518
519	Jr. District	10 and under 50 yard Butterfly	520
521	District	10 and under 50 yard Butterfly	522
523	Jr. District	12 and under 50 yard Breaststroke	524
525	District	12 and under 50 yard Breaststroke	526
527	Jr. District	10 and under 50 yard Breaststroke	528
529	District	10 and under 50 yard Breaststroke	530
531	District	12 and under 100 Backstroke	532
533	District	10 and under 200 yard Freestyle Relay	534
535	District	12 and under 200 yard Freestyle Relay	536



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

APPENDIX 2: YMCA TIME STANDARDS



2024 ILLINOIS YMCA STATE SWIMMING CHAMPIONSHIP

GIRLS			8 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:20.39	00:22.76		25 Free	00:21.29	00:23.76	
00:45.99	00:51.33		50 Free	00:47.19	00:52.67	
00:23.99	00:26.77	00:52.26	25 Back	00:24.69	00:27.56	00:54.24
00:28.49	00:31.80		25 Breast	00:29.19	00:32.58	
00:24.59	00:27.44		25 Fly	00:25.89	00:28.90	
02:00.49	02:14.48		100 IM	01:56.09	02:09.56	
01:34.29	01:45.23		100 Free Relay	01:44.69	01:56.84	
01:48.09	02:00.64		100 Medley Relay	02:02.69	02:16.93	
01:44.79	01:56.95		100 Mixed Free Relay	01:44.79	01:56.95	
01:55.99	02:09.45		100 Mixed Medley Relay	01:55.99	02:09.45	
10 & Under			10 & Under	10 & Under		
SCY	SCM	LCM		SCY	SCM	LCM
00:35.19	00:39.27	00:39.99	50 Free	00:35.69	00:39.83	00:41.02
01:18.59	01:27.71	01:29.31	100 Free	01:20.79	01:30.17	01:32.86
03:08.49	03:30.37	03:32.98	200 Free	03:12.99	03:35.39	03:39.31
00:40.59	00:45.30	00:46.13	50 Back	00:42.39	00:47.31	00:48.72
00:47.99	00:53.56	00:54.53	50 Breast	00:49.89	00:55.68	00:57.34
00:41.59	00:46.42	00:47.26	50 Fly	00:44.59	00:49.77	00:51.25
01:31.39	01:42.00		100 IM	01:34.39	01:45.35	
03:33.89	03:58.72	04:03.06	200 IM	03:45.59	04:11.77	04:20.80
02:42.29	03:01.13	03:04.42	200 Free Relay	02:58.69	03:19.43	03:25.39
03:02.59	03:23.78	03:27.25	200 Medley Relay	03:17.29	03:40.19	03:45.99
02:54.69	03:14.97	03:18.29	200 Mixed Free Relay	02:54.69	03:14.97	03:18.29
03:13.29	03:35.73	03:39.40	200 Mixed Medley Relay	03:13.29	03:35.73	03:39.40
12 & Under			12 & Under	12 & Under		
SCY	SCM	LCM		SCY	SCM	LCM
00:29.89	00:33.36	00:33.97	50 Free	00:30.39	00:33.92	00:34.93
01:07.19	01:14.99	01:16.35	100 Free	01:08.39	01:16.33	01:18.61
02:29.49	02:46.84	02:48.92	200 Free	02:34.09	02:51.98	02:56.10
07:02.49	06:09.63	06:17.22	500/400 Free	07:15.19	06:20.74	06:33.84
00:35.39	00:39.50	00:40.22	50 Back	00:37.09	00:41.40	00:42.63
01:17.69	01:26.71	01:27.79	100 Back	01:21.09	01:30.50	01:33.21
00:40.99	00:45.75	00:46.58	50 Breast	00:41.39	00:46.19	00:47.57
01:30.69	01:41.22	01:44.24	100 Breast	01:32.89	01:43.67	01:47.39
00:34.29	00:38.27	00:38.97	50 Fly	00:36.09	00:40.28	00:41.48
01:24.29	01:34.07	01:34.71	100 Fly	01:28.49	01:38.76	01:39.99
02:50.29	03:10.06	03:13.51	200 IM	02:55.79	03:16.19	03:23.23
02:16.09	02:31.89	02:34.65	200 Free Relay	02:31.79	02:49.41	02:54.47
02:38.89	02:57.33	03:00.35	200 Medley Relay	02:50.09	03:09.83	03:14.83
14 & Under			14 & Under	14 & Under		
SCY	SCM	LCM		SCY	SCM	LCM
00:28.09	00:31.35	00:31.92	50 Free	00:26.59	00:29.68	00:30.56
01:01.09	01:08.18	01:09.42	100 Free	00:58.69	01:05.50	01:07.46
02:16.79	02:32.67	02:34.56	200 Free	02:13.59	02:29.10	02:32.67
06:18.39	05:31.05	05:37.85	500/400 Free	06:26.39	05:38.05	05:49.67
01:11.89	01:20.23	01:21.23	100 Back	01:09.89	01:18.00	01:20.33
01:22.99	01:32.62	01:35.39	100 Breast	01:20.39	01:29.72	01:32.94
01:13.49	01:22.02	01:22.57	100 Fly	01:11.39	01:19.68	01:20.67
02:35.89	02:53.98	02:57.15	200 IM	02:31.69	02:49.30	02:55.36
02:11.69	02:26.98	02:29.65	200 Free Relay	02:12.29	02:27.65	02:32.06
02:31.09	02:48.63	02:51.50	200 Medley Relay	02:31.29	02:48.85	02:53.30
21 & Under			21 & Under	21 & Under		
SCY	SCM	LCM		SCY	SCM	LCM
00:26.79	00:29.90	00:30.44	50 Free	00:23.59	00:26.33	00:27.11
00:58.29	01:05.06	01:06.24	100 Free	00:51.59	00:57.58	00:59.30
02:08.79	02:23.74	02:25.53	200 Free	01:55.89	02:09.34	02:12.45
05:54.69	05:10.31	05:16.69	500/400 Free	05:30.29	04:48.97	04:58.90
22:33.69	22:29.64	22:54.30	1650/1500 Free	22:03.79	21:59.83	22:37.73
01:07.29	01:15.10	01:16.03	100 Back	00:59.59	01:06.51	01:08.49
02:27.49	02:44.61	02:46.66	200 Back	02:16.09	02:31.89	02:36.43
01:18.49	01:27.60	01:30.22	100 Breast	01:08.79	01:16.77	01:19.53
02:48.39	03:07.94	03:11.35	200 Breast	02:35.39	02:53.43	02:59.64
01:07.69	01:15.55	01:16.06	100 Fly	00:57.89	01:04.61	01:05.41
02:41.49	03:00.23	03:01.45	200 Fly	02:33.19	02:50.97	02:54.08
02:28.99	02:46.28	02:49.31	200 IM	02:11.09	02:26.31	02:31.55
05:23.99	06:01.60	06:06.09	400 IM	05:11.49	05:47.65	05:58.03
02:00.59	02:14.59	02:17.03	200 Free Relay	01:55.49	02:08.90	02:12.75
04:39.09	05:11.48	05:17.15	400 Free Relay	04:19.05	04:49.12	04:57.76
02:33.09	02:50.86	02:53.77	200 Medley Relay	02:11.19	02:26.42	02:30.27
05:17.19	05:54.01	06:00.03	400 Medley Relay	05:03.69	05:38.94	05:47.87

QUALIFYING PERIOD IS MARCH 1, 2023 THROUGH THE ENTRY DEADLINE



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

February 28-March 2, 2025

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director by **Monday, February 9**)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2025 Northwest District and Junior District YMCA Swimming Championships

Meet Date: February 28 – March 2, 2025

Meet Host: DCST/Kishwaukee Family YMCA

Meet Location: Sycamore, IL

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.

- All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

Coaches – All coaches representing the YMCA above have completed the annual YMCA coach registration and hold current certifications in: BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim coaches, Child/Athlete Protection training, and Principles of YMCA Competitive Swimming and Diving.

Insurance – Our Association now has insurance coverage for representative(s) including participants, coaches, volunteers, and leadership who will be in attendance at the 2025 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 participants, coaches, volunteers, and leadership during their participation in the 2025 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 YMCA of the USA, DeKalb County Swim Team, their agents, representatives or assigns, and Kishwaukee Family YMCA for any and all injuries which may be suffered by participants at the 2025 Northwest District and Junior District YMCA Swimming Championships. Furthermore, we understand that the YMCA of the USA and DeKalb County swim Team are 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



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

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APPENDIX 4: ATHLETES WITH DISABILITIES CLASSIFICATION

To ensure competition is fair and equal, all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes.

This process is called classification and its purpose is to minimize the impact of impairment on the activity (sport discipline). Having an impairment thus is not sufficient. The impact of that impairment on the sport must be proved. In IPC Swimming, athletes are grouped by the degree of activity limitation resulting from an impairment. These groups are called 'sport classes'. The process of classification determines which athletes are eligible to compete in IPC Swimming and how athletes are grouped together for competition.

Classification is sport-specific because an impairment affects the ability to perform in different sports to a different extent. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

IPC Swimming caters for three impairment groups - physical, visual and intellectual.

Sport Classes

The sport class names in swimming consist of a prefix "S" or "SB" and a number. The prefixes stand for the strokes and the number indicates the sport classes.

The prefixes stand for:

- S: freestyle, butterfly and backstroke events
- SB: breaststroke
- SM: individual medley. The prefix "SM" is given to athletes competing in individual medley events. It is not a sports class, but an entry index and calculated as $(3 \times S + SB)/4$; for classes S1-4 who have a 3-discipline medley, the formula is $(2S + SB)/3$.

Sport Classes S1-S10 physical impairment

There are ten different sport classes for athletes with physical impairment, numbered 1-10. A lower number indicates a more severe activity limitation than a higher number.

Athletes with different impairments compete against each other, because sport classes are allocated based on the impact the impairment has on swimming, rather than on the impairment itself.

To evaluate the impact of impairments on swimming, classifiers assess all functional body structures using a point system and ask the athlete to complete a water assessment. The total number of points then determines the athlete's S and SB sport classes. Due to the different demands of S and SB events, swimmers are often allocated different S and SB sport classes. The SM sport class is calculated from the S and SB sport class.

The following are general examples of impairments and resulting functional abilities described in each sport class profiles. The below combinations of S and SB sport classes are the most common combinations, but it is possible that that athlete has another combination of sport classes, for example S7 and SB 7.

S1 SB1

Swimmers in this sport class have a significant loss of muscle power or control in legs, arms and hands. Some athletes also have limited trunk control. This may be caused by tetraplegia, for example. Swimmers in this class usually use a wheelchair in daily life.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

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S2 SB1

Swimmers in this sport class mainly rely on their arms for swimming. Their hand, trunk and leg function is limited due to tetraplegia or co-ordination problems, for example.

S3 SB2

This sport class includes athletes with amputations of both arms and legs. Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe co-ordination problems in all limbs are also included in this sport class.

S4 SB3

Swimmers who can use their arms and have fair function in their hands, but who cannot use their trunk or legs would swim in this sport class. Athletes with amputations of three limbs could also swim in this sport class.

S5 SB4

Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.

S6 SB5

This sport class includes swimmers with short stature or amputations of both arms, or moderate co-ordination problems on one side of their body, for example.

S7 SB6

This sport class is designated to athletes with one leg and one arm amputation on opposite sides, or a paralysis of one arm and one leg on the same side.

Moreover, swimmers with full control over arms and trunk and some leg function can compete in this class.

S8 SB7

Swimmers who have an amputation of one arm are eligible to compete in this sport class. Also, athletes with significant restrictions across hip, knee and ankle joints could compete in this sport class.

S9 SB8

Athletes in this sport class, for example, swim with joint restrictions in one leg or with double below-the-knee amputations.

S10 SB9

This class describes minimal physical impairments of eligible swimmers. These include the loss of one hand or a movement restriction in one hip joint.

Sport Classes S/SB11-13 visual impairment

Athletes with a visual impairment compete in three sport classes from S/SB11 to S/SB13.

S/SB11: These athletes have a very low visual acuity and/ or no light perception.

S/SB12: Athletes have a higher visual acuity than athletes competing in the S/SB11 sport class and/ or a visual field of less than 5 degrees radius.

S/SB13: Athletes have the least severe visual impairment eligible for Paralympic sport. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.

In order to ensure a fair competition athletes in the S/SB11 sport class are required to wear blackened goggles. To ensure safety all S/SB11 swimmers must use a tapper, swimmers in the S/SB12 and S/SB13 sport classes may choose whether or not they wish to use one.



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Sport Classes S/SB14 intellectual impairment

S14 swimmers have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impact on sport performance in general. Moreover, S14 swimmers show a higher number of strokes relative to their speed than able-bodied elite swimmers.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

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APPENDIX 5: EVENTS FOR ATHLETES WITH DISABILITIES

Short Course

- **S1 SB1 SM1 – S9 SB9 SM9, S11 SB11 SM11 – S14 SB14 SM14**
 - **8&U 25/50 Free, 25 Fly, 25 Back, 25 Breast, 100 IM**
 - **10&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 100/200 IM**
 - **12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 50/100 Breast, 200 IM**
 - **14&U 50/100/200/500 Free, 100 Fly, 100 Back, 100 Breast, 200 IM**
 - **21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 100/200 Breast, 200/400 IM**
- **S10 SM10**
 - **8&U 25/50 Free, 25 Fly, 25 Back, 100 IM**
 - **10&U 50/100/200 Free, 50 Fly, 50 Back, 100/200 IM**
 - **12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 200 IM**
 - **14&U 50/100/200/500 Free, 100 Fly, 100 Back, 200 IM**
 - **21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 200/400 IM**