



## 2025 NASA Winter Blast-Off

*Sponsored by Speedo*

December 6-7<sup>th</sup>, 2025

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction #



### **Sanction**

By USA Swimming, Inc. & Illinois Swimming, Inc. sanction for a Closed Invitational (no cut) Swim Meet. Held under the Sanction of USA Swimming.

### **Entry Deadline**

Entries will not be accepted before **Monday, November 17<sup>th</sup>, 2025 at 8:00 AM**. Entries will close on **Tuesday, November 25<sup>th</sup>, 2025 at noon (12:00 PM)** or when the maximum timeline is reached. Times updates will be accepted through Monday, December 1<sup>st</sup> at noon (12:00 PM)

### **Meet Director**

Joey Waldorf  
Norris Aquatic Center  
2311 Campus Drive  
Evanston, IL 60208  
[Coachjoeywaldorf@gmail.com](mailto:Coachjoeywaldorf@gmail.com)

### **Entry Chair**

Joey Waldorf  
Norris Aquatic Center  
2311 Campus Drive  
Evanston, IL 60208  
[Coachjoeywaldorf@gmail.com](mailto:Coachjoeywaldorf@gmail.com)

### **Meet Referee**

Ken Musick  
[klmusick89@gmail.com](mailto:klmusick89@gmail.com)

### **Safety Chair**

Jeff Frydenlund  
[jmf\\_tri@yahoo.com](mailto:jmf_tri@yahoo.com)

### **Facilities**

Norris Aquatic Center  
Northwestern University  
2311 Campus Drive  
Evanston, IL 60208

The Norris Aquatic Center is home to an 8 lane, 50-meter pool set up in an 8 lane 25-yard competition course with non-turbulent lane lines. Pool depth is 8 feet at the start end and 6 feet at the turn end. Limited lanes in an adjacent warm-down pool will be open throughout the weekend. The meet will be run using a Colorado System 6 timing system, Hytek Meet Manager, and an electronic video scoreboard.

The Competition Course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

### **Officials**

Certified Officials, please contact Ken Musick at [klmusick89@gmail.com](mailto:klmusick89@gmail.com).

### **Volunteers**

Teams may be asked to assist with timing. Timing assignments, if needed, will be sent out via email prior to the meet and posted to the event page located on our website.

### **Eligibility**

All current USA Swimming registered swimmers are eligible. All swimmers must be registered via the registration link provided by your Club to USA Swimming's online registration system prior to the entry deadline. Parents will need to make sure their athlete is currently registered by checking their USA Swimming Account in effect September 1<sup>st</sup>, 2025.

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



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the coaches or swimmers to contact the Meet Referee prior to the competition with the specific requests.

### **Rules & Safety**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

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.

Use of audio and visual recording devices, including cell phone cameras, is not allowed in changing areas, restrooms, and/or locker rooms. It is understood and agreed that USA Swimming shall be free from any liabilities or claims of damages arising by reason of injuries during the conduct of the event.

Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and strictly prohibited.

Competitors must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made of textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Coaches and Officials MUST display their current USA Swimming credentials via USA Swimming's App to gain deck access. The Meet Referee and/or Meet Director reserves the right to ask for credentials and/or deny access if any coach/official does not comply or is no longer valid/current.

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/or photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the condition authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, and likenesses, and biographical information before, during, and after the period of participation in this Illinois Swimming competition to promote such competitions.

### **Liability Waiver**

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Northwestern University and their trustees, NASA Wildcat Aquatics, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood that USA Swimming



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shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### Racing Starts

Any swimmer entered in the meet and unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### Events

Each swimmer may enter up to three (3) Timed Final events, one (1) Elimination event, and one (1) Relay event per day.

The meet hosts reserve the right to limit any event to accommodate the timeline. Should we need to limit events, the ***SLOWEST*** heats will be eliminated.

Elimination 50s will take place on Saturday (50 Freestyle) and Sunday (Mystery 50) with all athletes encouraged to take part. The first round will consist of all entered athletes in the respective age group event; the second round will include the Top 16 finishers from round one; the third round will include the Top 8 finishers from round two; the fourth and final round will include the Top 4 finishers from round three.

### Meet Schedule

#### **Session I & IV– Saturday & Sunday Morning – 10&U**

Warm-ups – 7:30 AM

Positive Check-in Closes – 7:55 AM

Competition Starts – 8:30 AM

#### **Session II & V– Saturday & Sunday Midday – 11&12**

Warm-ups – Not before 11:30 AM

Positive Check-in Closes – 25 minutes after the start of Warm-ups

Competition Starts – 1 hour after the start of Warm-ups

#### **Session III & VI – Saturday & Sunday Afternoon – 13&O**

Warm-ups – Not before 2:30 PM

Positive Check-in Closes – 25 minutes after the start of Warm-ups

Competition Starts – 1 hour after the start of Warm-ups

### Seeding

All events will be seeded Slowest to Fastest except for ALL Elimination events (#1, 2, 17, 18, 25, 26, 27, 37, 38, 45, 46, 53, 54, & 55), which will be CIRCLE SEEDED.

### Events

\$8.00 per Individual Event

\$10.00 per Elimination 50

\$15.00 per Relay

\$22.00 per Athlete surcharge (includes ISI fee & Facility fee)

Please make checks payable to: **WILDCAT AQUATICS**



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### **Positive Check-in**

This will be a Positive Check-in competition. Check-in will close 25 minutes after warm-ups begin. Coaches will be given a list of swimmers attending the session and will be responsible for checking in their athletes. Swimmers failing to check-in on time will not be allowed to compete in that session.



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Saturday, December 6<sup>th</sup>, 2025

### Session I

Warm-ups: 7:30 AM / Meet Starts: 8:30 AM

Girls	Event Description	Boys
1	10&U 50 Freestyle ELIMINATION – Round 1	2
3	8&U 25 Butterfly	4
5	10&U 50 Butterfly	6
1	10&U 50 Freestyle ELIMINATION – Top 16	2
7	8&U 25 Backstroke	8
9	10&U 50 Backstroke	10
1	10&U 50 Freestyle ELIMINATION – Top 8	2
11	8&U 25 Breaststroke	12
13	10&U 200 Freestyle	14
1	10&U 50 Freestyle ELIMINATION – Top 4	2
15	10&U Mixed 200 Freestyle Relay (8x25)	

### Session II

Warm-ups: Not before 11:30 AM / Meet Starts: 1 hour after Warm-ups

Girls	Event Description	Boys
	11&12 Mixed 200 Freestyle Relay (8x25)	16
17	11&12 50 Freestyle ELIMINATION – Round 1	18
19	11&12 50 Butterfly	20
17	11&12 50 Freestyle ELIMINATION – Top 16	18
21	11&12 200 Backstroke	22
17	11&12 50 Freestyle ELIMINATION – Top 8	18
23	11&12 50 Breaststroke	24
17	11&12 50 Freestyle ELIMINATION – Top 4	18

### Session III

Warm-ups: Not before 2:30 PM / Meet Starts: 1 hour after Warm-ups

Girls	Event Description	Boys
25	13&14 50 Freestyle ELIMINATION – Round 1	26
27	15&O 50 Freestyle ELIMINATION – Round 1	
29	13&O 50 Butterfly	30
25	13&14 50 Freestyle ELIMINATION – Top 16	26
27	15&O 50 Freestyle ELIMINATION – Top 16	
31	13&O 50 Backstroke	32
25	13&14 50 Freestyle ELIMINATION – Top 8	26
27	15&O 50 Freestyle ELIMINATION – Top 8	
33	13&O 50 Breaststroke	34
25	13&14 50 Freestyle ELIMINATION – Top 4	26
27	15&O 50 Freestyle ELIMINATION – Top 4	
35	13&O Mixed 200 Freestyle Relay (8x25)	



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Sunday, December 7<sup>th</sup>, 2025

### Session IV

Warm-ups: 7:30 AM / Meet Starts: 8:30 AM

Girls	Event Description	Boys
37	10&U 50 Mystery ELIMINATION – Round 1	38
39	10&U 50 Breaststroke	40
37	10&U 50 Mystery ELIMINATION – Top 16	38
41	10&U 100 Freestyle	42
37	10&U 50 Mystery ELIMINATION – Top 8	38
43	10&U 100 Individual Medley	44
37	10&U 50 Mystery ELIMINATION – Top 4	38

### Session V

Warm-ups: Not before 11:30 AM / Meet Starts: 1 hour after Warm-ups

Girls	Event Description	Boys
45	11&12 50 Mystery ELIMINATION – Round 1	46
47	11&12 200 Butterfly	48
45	11&12 50 Mystery ELIMINATION – Top 16	46
49	11&12 50 Backstroke	50
45	11&12 50 Mystery ELIMINATION – Top 8	46
51	11&12 200 Breaststroke	52
45	11&12 50 Mystery ELIMINATION – Top 4	46

### Session VI

Warm-ups: Not before 2:30 PM / Meet Starts: 1 hour after Warm-ups

Girls	Event Description	Boys
53	13&14 50 Mystery ELIMINATION – Round 1	54
55	15&O 50 Mystery ELIMINATION – Round 1	
57	13&O 100 Butterfly	58
53	13&14 50 Mystery ELIMINATION – Top 16	54
55	15&O 50 Mystery ELIMINATION – Top 16	
59	13&O 100 Backstroke	60
53	13&14 50 Mystery ELIMINATION – Top 8	54
55	15&O 50 Mystery ELIMINATION – Top 8	
61	13&O 100 Breaststroke	62
53	13&14 50 Mystery ELIMINATION – Top 4	54
55	15&O 50 Mystery ELIMINATION – Top 4	



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### **Warm-Up**

General Warm- up (first 30-45 minutes)

NO DIVING allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.

No sprinting or pace work allowed during this general warm-up session. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

Specific Warm- up (last 15-30 minutes)

Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. NO DIVING.

Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)

General Warm- up Lanes - NO DIVING. Circle swim only.

At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

### **Safety Guidelines**

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

#### **Host Team Responsibilities**

##### **Marshaling**

- 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
- 2) Marshals shall be current members of USA Swimming.
- 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.

The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.

Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."



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An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.

Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

**Racing Start Cert.** 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.

**Miscellaneous** Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.

Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.

Warm-up procedures shall be enforced for any breaks scheduled during the competition.

The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmer.





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### Summary of Entries / Fees

Entries	Total # of Entries _____	x \$8.00	= _____
Elimination Entries	Total # of Entries _____	x \$10.00	= _____
Relay Entries	Total # of Entries _____	x \$15.00	= _____
Athlete Surcharge	Total # of Swimmers _____	x \$22.00	= _____
Total Fees			= _____

Please make checks payable to **WILDCAT AQUATICS**

**Club Name:** \_\_\_\_\_

**Coaches Attending Meet:** \_\_\_\_\_

**Club Mailing Address:** \_\_\_\_\_

**Contact for Entry Questions:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Timer Coordinator Contact:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

#### *Team Waiver*

*In consideration the acceptance of entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Wildcat Aquatics, and Northwestern University, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.*

*I attest that our athletes entered in this sanctioned event are duly and currently registered with USA Swimming.*

*Signature:* \_\_\_\_\_  
*Coach, Club Representative, or Parent*

*Date:* \_\_\_\_\_

*Printed Name:* \_\_\_\_\_