



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS**
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015

The 2015 Northwest YMCA Swimming Championships is sanctioned by YMCA of the USA and Approved by USA Swimming and Illinois Swimming Inc. This meet is conducted according to the National YMCA "Rules that Govern YMCA Competitive Sports", YMCA Swimming Black Book, USA Swimming Technical Rules & Rules Governing Illinois YMCA Swimming Competition.

LOCATION: Illinois Valley YMCA, 300 Walnut Drive, Peru, IL 61354
Phone: (815) 223-7904

FACILITY: 8 lane, 25 yards, permanent starting blocks (within new USA regulations), 9'6" diving depth at start end, non-turbulent lane lines, Colorado timing system, Electronic timing display, Seating capacity for 500 spectators.

MEET DIRECTOR	ENTRY CHAIR	MEET REFEREE
ILVY: Eric Heagy eric_heagy@yahoo.com RAYS: Liz Grace	Rob McNally 815 -866-8023 rob.mac@comcast.net	Todd Mueller / Lori Keller tcm1644@gmail.com / lori.m.keller@gmail.com
Host Club Web Site: www.ilvydolphinswimteam.org		

	Timed Finals - 21 & Under		Timed Finals - 10 & Under	
	Warm-ups	Start	Warm-ups	Start
Saturday	7:00 AM	8:40 AM	TBD, but not before noon	TBD, but not before 1:40 PM
Sunday	7:00 AM	8:40 AM	TBD, but not before noon	TBD, but not before 1:40 PM

There will be three half hour warm-up sessions for the 21 & Under session, and there will be four twenty minute warm-up sessions for the 10 & Under session.

DEADLINE AND MEETING SUMMARY:

Tuesday	March 3	Noon	Entry Deadline
Wednesday	March 4	5:00 PM	Warm-up & Timing Assignments Posted
Saturday	March 7	7:00 – 8:30 AM	Warm-ups AM Session
Saturday	March 7	7:30 AM	Officials Meeting
Saturday	March 7	7:40 AM	Scratches and Relay Sheets are Due
Saturday	March 7	8:00 AM	Coaches Meeting
Saturday	March 7	8:15 AM	Timers Meeting
Saturday	March 7	8:40 AM	Meet Starts
Saturday	March 7	10 min after AM Session, but not before noon	Parade of Athletes
Saturday	March 7	50 min after AM Session, but not before 12:40 PM	Warm-ups PM Session Begins
Saturday	March 7	1 hr, 20 min after AM Session, but not before 1:10 PM	Scratches and Relay Sheets are Due
Saturday	March 7	1 hr, 30 min after AM Session, but not before 1:20 PM	Officials Meeting
Saturday	March 7	1 hr, 50 min after AM Session, but not before 1:40 PM	Timers Meeting
Saturday	March 7	2 hrs, 20 min after AM Session, but not before 2:10 PM	Meet Starts



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Sunday	March 8	7:00 – 8:30 AM	Warm-ups AM Session
Sunday	March 8	7:30 AM	Officials Meeting
Sunday	March 8	7:40 AM	Scratches and Relay Sheets are Due
Sunday	March 8	8:00 AM	Coaches Meeting
Sunday	March 8	8:15 AM	Timers Meeting
Sunday	March 8	8:40 AM	Senior Recognition
Sunday	March 8	9:00 AM	Meet Starts
Sunday	March 8	10 min after AM Session, but not before 12:30 PM	Warm-ups PM Session Begins
Sunday	March 8	40 min after AM Session, but not before 1:00 PM	Scratches and Relay Sheets are Due
Sunday	March 8	1 hr after AM Session, but not before 1:20 PM	Officials Meeting
Sunday	March 8	1 hr, 10 min after AM Session, but not before 1:30 PM	Timers Meeting
Sunday	March 8	1 hr, 40 min after AM Session, but not before 2:00 PM	Meet Starts

Parade of Athletes (Saturday Only) – The parade will be conducted after the conclusion of the AM session on Saturday only. This is just an introduction of each team and the coaches. There will be no awards for the parade. No candy, streamers, balloons or paper will be allowed. If the pool deck has to be cleaned after the parade, the start time of the meet will be delayed. Please have the first few swimmers in line for your team carry a team banner or poster for team recognition.

Senior Recognition (Sunday Only) – High school seniors will be recognized after the conclusion of the AM warm-up session on Sunday only. Please have all senior swimmers stand by the spectator entry door for this ceremony.

ENTRY CHECKLIST:

All files must be e-mailed to the Entry Chair. All forms should be e-mailed to the Entry Chair. Payment must be received by 8:00 AM on Saturday, March 7th.

1. Team entry file – **Due by Tuesday, March 3rd at Noon**
2. Declaration, Waiver & Team Summary, USA Swimming paperwork (if required), Recognition of Graduating Swimmers – **Due by Tuesday, March 3rd at Noon**
3. Entry fees – **Due by Saturday, March 7th at 8:00 AM**

Checks payable to: Illinois Valley YMCA Dolphins. Credit Cards will be accepted (see attachment).

QUALIFYING TIMES:

2015 Northwest District YMCA Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between March 1, 2014 and March 3, 2015 are eligible for the District events at this meet. Swimmers without a District Qualifying time in an event are eligible for the Junior District events at this meet. Swimmers, ages 12 and younger, entering an individual event with no time standard must have achieved a 12 and under qualifying time in the longest distance of that stroked offered in the meet to enter this event.

ENTRY FEES: \$4 per individual event, \$16 per relay entry.



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ELIGIBILITY:

1. A swimmer is eligible for the District Championship events in any individual event in his/her age group in which he/she has met or surpassed a Northwest District Qualifying Time in a YMCA, sanctioned USA or High School meet during the current season.
2. A swimmer is eligible for the Junior District Championship events in any individual event in his/her age group in which he/she has not met or surpassed a Northwest District Qualifying Time in a YMCA, sanctioned USA or High School meet during the current season.
3. A swimmer must be a bona fide member of the/their YMCA for 90 days prior to their District Meet. Each swimmer shall have represented his/her team in closed YMCA competition at least three times during the current season. High school swimmers must have participated in two closed YMCA meets during the current season.

ENTRY DETAILS AND DEADLINE:

All entries must be submitted using either a Team Manager or Team Unify entry file to rob.mac@comcast.net . The entry deadline is Tuesday, March 3 at noon.

EVENT LIMITATIONS:

Age 10 and under swimmers – 5 individual events and 6 total events for the meet.

Age 11 to 21 swimmers - 3 individual events per day and up to 8 total entries.

Swimmers who fail to meet this limitation by the applicable scratch deadline will be scratched from their latest event(s) that day/meet.

There is no individual event limit per team. Teams may enter an unlimited number of swimmers in an individual event as long as they have the qualification time.

POSITIVE CHECK-IN: There will be positive check-in for each session. The deadline to turn in scratches will be 1 hour before each session is scheduled to begin. Positive check-in sheets will be in the coach's packets. Coaches need to draw a line through the name and events of each scratched swimmer. Swimmers need to check-in with their coaches. Those swimmers who have not checked in by the deadline will not be permitted to swim.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)



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DISTRICT EVENT SCORING:

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.

BULLPEN: There will be a bullpen for the 10 and under events only. There will be a staging/check-in area for age 11 and over swimmers in the “warm” pool directly adjacent to the competition pool.

AWARDS:

DISTRICT AWARDS (1st – 8th): For all District events, medals will be awarded for 1st through 8th place on the awards podium located in the hallway by the spectator entrance after the completion of the boy’s event. Upon completion of the boy’s event, the top 8 girl finishers will be listed on the scoreboard followed by the top 8 boy finishers. These swimmers should then proceed to the lobby area to receive their awards. Parents will be allowed to take photographs at this time. The meet will continue in the pool with the next event as these awards are presented.

DISTRICT AWARDS (9th – 16th) and JUNIOR DISTRICT AWARDS (1st – 16th): For all individual District events, medals for 9th – 16th will be awarded. For all Junior District events, medals for 1st – 16th will be awarded. These medals will be available to team coaches, or their designated representatives, after completion of the meet. All awards must be picked up at the end of the meet. The host team will not be mailing any awards.

TEAM AWARDS:

Awards will be given to the top three combined teams as well as the top three boys and girls teams. The top three teams in each age group will be given an award.

Audio/Visual Recording Devices:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck Changing:

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.

DECK ACCESS AND RESTRICTIONS:

Only coaches whose names and certifications were forwarded to Aaron Heiss (Marshfield Area YMCA) from each District’s Staff Designate, and who have received a State Credential card from Aaron Heiss or a USA Swimming Membership card with the Y indicating YMCA Principles of Competitive Swimming & Diving will be allowed on deck. **NO credential cards will be issued at the meet.** All coaches must have their current credential card displayed during the meet.



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Coaches' certification requirements are as follows:

- 1) Current certification in CPR Professional Rescuer
- 2) Current certification in First Aid
- 3) American Red Cross Coaches Safety Training and/or American Red Cross or YMCA Life guarding Certification
- 4) YMCA Principles of Competitive Swimming & Diving

For more information about coaches' certifications, contact:

Aaron Heiss
Marshfield Area YMCA, 410 W. McMillan St.
Marshfield, WI54449
E-mail: aheiss@mfldymca.org
Phone: (715) 387-4900

TIMERS: Please notify your swimmers' parents that they will have responsibility for timing. Timing assignments will be made proportionate to the number of entries to the meet per day. Teams may staff their lanes as they choose.

Officials Todd Mueller and Lori Keller are the District Officials Chairs. Only those YMCA officials invited by the District Officials Chairs will be allowed on deck. The official's uniform in the Illinois YMCA Swimming will be white shirt over navy bottoms with white shoes and white socks. Optional attire is navy jacket and tie with white bottoms, white shoes and white socks. Bottoms need to be professional; denim or track pants are not allowed.

PROTESTS: Any irregularities, protests, or unforeseen situations shall be decided by the District Committee.

ADMISSION FEE: \$5 per day (non-swimmer) over 12 years old for both sessions.

HEAT SHEETS: \$5.00 per session.

FOOD: Food will be available throughout the day in the concession area. No outside food is permitted in the grandstands. No coolers allowed.

SWIMMER CONDUCT: All swimmers must remain in authorized areas during the meet. Parental supervision of swimmers in the locker room, holding area, is expected. Any misconduct may result in immediate expulsion of the swimmer from the meet per the discretion of the Meet Referee. Swimmers will not be permitted to sit in the grandstands during the meet. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

MEDICAL: YMCA lifeguard staff will handle any medical issues during the meet.

SOUVENIRS: A commemorative meet T-shirt will be on sale. The Swim Team Store will also be available to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

PARKING: Parking is available in the YMCA parking lot, and along streets which are not designated as no parking areas. The Illinois Valley YMCA and the Illinois Valley YMCA Dolphin Swim Team are not responsible for towing fees incurred while parking in non-designated swim meet parking areas.



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TEAM BANNERS: A wire cable is located behind the bleacher seating for teams to attach their team banner. Please do not tape banners, posters or other items to the walls.

Directions From the North, East, or West: Exit Route 80 at Route 251 (Exit #75; this exit is west Of Route 39). Turn south on to Route 251 and continue to Shooting Park Road. Proceed left (east) on Shooting Park Road to Walnut Street and turn right (south).

Note: Walnut Street is the first street past the third stop sign after turning onto Shooting Park Road.

The YMCA entrance will be the first left past the cul-de-sac.

From the South: Exit Route 39 at the Route 251 exit (Exit #52). Turn right on Route 251 north to Shooting Park Road. Proceed right (east) on Shooting Park Road to Walnut as above.

The YMCA address is 300 Walnut Drive, Peru, IL 61354. The YMCA phone number is (815) 223-7904.

IT IS IMPORTANT TO NOTE THAT MOST MAPPING SERVICES AND GPS DEVICES PLACE THE ILLINOIS VALLEY YMCA INCORRECTLY, AT THE SOUTH END OF WALNUT STREET. THE YMCA IS ACTUALLY AT THE NORTH END OF WALNUT, 1 BLOCK SOUTH OF SHOOTING PARK ROAD.

Accommodations

Comfort Inn Peru
5240 Trompeter Road
Peru, IL 61354
815-223-8585
Approx. 5 minutes from YMCA

Fairfield Inn
4385 Venture Drive
Peru, IL 61354
815-223-7458
Approx. 5 minutes from YMCA

La Quinta Inn
4389 Venture Drive
Peru, IL 61354
815-224-9000
Approx. 5 minutes from YMCA

Holiday Inn Express & Suites
5253 Trompeter Road
Peru, IL 61354
815-718-8466
Approx. 5 minutes from YMCA

Hampton Inn
4421 Peoria St.
Peru, IL 61354
815-220-8400
Approx. 5 minutes from YMCA

Starved Rock Lodge & Conference Center
Rte. 71 & Rte. 178
Utica, IL 61373
800-868-7625
Approx. 15 minutes from YMCA

Grand Bear Lodge & Vacation Villas
2643 N. State Rte. 178
Utica, IL 61373
815-667-3866
Approx. 15 minutes from YMCA

Daniel's Motel
1921 Saint Vincent's Avenue
LaSalle, IL 61301
815-223-3829
Approx. 5 minutes from YMCA



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Event / Award Order

Saturday, March 7 – Session 1			
<u>Girl Event #</u>	<u>Dist /Jr. Dist</u>	<u>Event</u>	<u>Boy Event #</u>
101	Dist	21 & Under 400 yard Freestyle Relay	102
		District Awards 21 & Under 400 Freestyle Relay	
103	Jr. Dist	12 & Under 200 yard I.M.	104
105	Dist	12 & Under 200 yard I.M.	106
		District Awards 12 & Under 200 yard I.M.	
107	Dist	21 & Under 400 I.M.	108
		District Awards 21 & Under 400 yard I.M.	
109	Dist	12 & Under 100 yard Breaststroke	110
		District Awards 12 & Under 100 yard Breaststroke	
111	Dist	14 & Under 100 yard Breaststroke	112
		District Awards 14 & Under 100 yard Breaststroke	
113	Dist	21 & Under 100 yard Breaststroke	114
		District Awards 21 & Under 100 yard Breaststroke	
115	Jr. Dist	12 & Under 100 yard Freestyle	116
117	Dist	12 & Under 100 yard Freestyle	118
		District Awards 12 & Under 100 yard Freestyle	
119	Dist	14 & Under 100 yard Freestyle	120
		District Awards 14 & Under 100 yard Freestyle	
121	Dist	21 & Under 100 yard Freestyle	122
		District Awards 21 & Under 100 yard Freestyle	
123	Dist	12 & Under 200 yard Medley Relay	124
		District Awards 12 & Under 200 yard Medley Relay	
125	Dist	14 & Under 200 yard Medley Relay	126
		District Awards 14 & Under 200 yard Medley Relay	
127	Dist	21 & Under 200 yard Medley Relay	128
		District Awards 21 & Under 200 yard Medley Relay	
129	Dist	21 & Under 200 yard Backstroke	130
		District Awards 21 & Under 200 yard Backstroke	
131	Jr. Dist	12 & Under 50 yard Butterfly	132
133	Dist	12 & Under 50 yard Butterfly	134
		District Awards 12 & Under 50 yard Butterfly	
135	Dist	14 & Under 100 yard Butterfly	136
		District Awards 14 & Under 100 yard Butterfly	
137	Dist	21 & Under 100 yard Butterfly	138
		District Awards 21 & Under 100 yard Butterfly	
139	Jr. Dist	12 & Under 50 yard Backstroke	140
141	Dist	12 & Under 50 yard Backstroke	142
		District Awards 12 & Under 50 yard Backstroke	
143	Dist	14 & Under 200 yard Freestyle	144
		District Awards 14 & Under 200 yard Freestyle	
145	Dist	21 & Under 200 yard Freestyle	146
		District Awards 21 & Under 200 Freestyle	



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Saturday, March 7 - Session 2			
<u>Girl Event</u>	<u>Dist /Jr. Dist</u>	<u>Event</u>	<u>Boy Event #</u>
#			
201	Jr. Dist	10 & Under 200 yard Freestyle	202
203	Dist	10 & Under 200 yard Freestyle	204
		District Awards 10 & Under 200 yard Freestyle	
205	Jr. Dist	6 & Under 25 yard Backstroke	206
207	Jr. Dist	8 & Under 25 yard Backstroke	208
209	Dist	8 & Under 25 yard Backstroke	210
		District Awards 8 & Under 25 yard Backstroke	
211	Jr. Dist	10 & Under 50 yard Backstroke	212
213	Dist	10 & Under 50 yard Backstroke	214
		District Awards 10 & Under 50 yard Backstroke	
215	Jr. Dist	8 & Under 100 yard IM	216
217	Dist	8 & Under 100 yard IM	218
		District Awards 8 & Under 100 yard IM	
219	Jr. Dist	10 & Under 100 yard IM	220
221	Dist	10 & Under 100 yard IM	222
		District Awards 10 & Under 100 yard IM	
223	Jr. Dist	6 & Under 25 yard Freestyle	224
225	Jr. Dist	8 & Under 25 yard Freestyle	226
227	Dist	8 & Under 25 yard Freestyle	228
		District Awards 8 & Under 25 yard Freestyle	
229	Jr. Dist	10 & Under 50 yard Freestyle	230
231	Dist	10 & Under 50 yard Freestyle	232
		District Awards 10 & Under 50 yard Freestyle	
233	Dist	8 & Under 100 yard Medley Relay	234
		District Awards 100 yard Medley Relay	
235	Dist	10 & Under 200 yard Medley Relay	236
		District Awards 10 & Under 200 yard Medley Relay	



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Sunday, March 8 - Session 3			
<u>Girl Event #</u>	<u>Dist /Jr. Dist</u>	<u>Event</u>	<u>Boy Event #</u>
301	Dist	21 & Under 400 yard Medley Relay	302
		District Awards 21 & Under 400 yard Medley Relay	
303	Jr. Dist	12 & Under 200 yard Freestyle	304
305	Dist	12 & Under 200 yard Freestyle	306
		District Awards 12 & Under 200 yard Freestyle	
307	Dist	14 & Under 100 yard Backstroke	308
		District Awards 14 & Under 100 yard Backstroke	
309	Dist	21 & Under 100 yard Backstroke	310
		District Awards 21 & Under 100 yard Backstroke	
311	Dist	12 & Under 100 yard Butterfly	312
		District Awards 12 & Under 100 yard Butterfly	
313	Dist	21 & Under 200 yard Butterfly	314
		District Awards 21 & Under 200 yard Butterfly	
315	Jr. Dist	12 & Under 50 yard Freestyle	316
317	Dist	12 & Under 50 yard Freestyle	318
		District Awards 12 & Under 50 yard Freestyle	
319	Dist	14 & Under 50 yard Freestyle	320
		District Awards 14 & Under 50 yard Freestyle	
321	Dist	21 & Under 50 yard Freestyle	322
		District Awards 21 & Under 50 yard Freestyle	
323	Dist	12 & Under 200 yard Freestyle Relay	324
		District Awards 12 & Under 200 yard Freestyle Relay	
325	Dist	14 & Under 200 yard Freestyle Relay	326
		District Awards 14 & Under 200 yard Freestyle Relay	
327	Dist	21 & Under 200 yard Freestyle Relay	328
		District Awards 21 & Under 200 yard Freestyle Relay	
329	Jr. Dist	12 & Under 50 yard Breaststroke	330
331	Dist	12 & Under 50 yard Breaststroke	332
		District Awards 12 & Under 50 yard Breaststroke	
333	Dist	21 & Under 200 yard Breaststroke	334
		District Awards 21 & Under 200 yard Breaststroke	
335	Dist	12 & Under 100 yard Backstroke	336
		District Awards 12 & Under 100 yard Backstroke	
337	Dist	14 & Under 200 yard I.M.	338
		District Awards 14 & Under 200 yard I.M.	
339	Dist	21 & Under 200 yard I.M.	340
		District Awards 21 & Under 200 yard I.M.	
341	Dist	14 & Under 500 yard Freestyle	342
		District Awards 14 & Under 500 yard Freestyle	
343	Dist	21 & Under 500 yard Freestyle	344
		District Awards 21 & Under 500 yard Freestyle	



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Sunday, March 8 - Session 4			
<u>Girl Event</u>	<u>Dist /Jr. Dist</u>	<u>Event</u>	<u>Boy Event #</u>
#			
401	Jr. Dist	10 & Under 200 yard IM	402
403	Dist	10 & Under 200 yard IM	404
		District Awards 10 & Under 200 yard IM	
405	Jr. Dist	6 & Under 50 yard Freestyle	406
407	Jr. Dist	8 & Under 50 yard Freestyle	408
409	Dist	8 & Under 50 yard Freestyle	410
		District Awards 8 & Under 50 yard Freestyle	
411	Jr. Dist	10 & Under 100 yard Freestyle	412
413	Dist	10 & Under 100 yard Freestyle	414
		District Awards 10 & Under 100 yard Freestyle	
415	Jr. Dist	6 & Under 25 yard Butterfly	416
417	Jr. Dist	8 & Under 25 yard Butterfly	418
419	Dist	8 & Under 25 yard Butterfly	420
		District Awards 8 & Under 25 yard Butterfly	
421	Jr. Dist	10 & Under 50 yard Butterfly	422
423	Dist	10 & Under 50 yard Butterfly	424
		District Awards 10 & Under 50 yard Butterfly	
425	Jr. Dist	6 & Under 25 yard Breaststroke	426
427	Jr. Dist	8 & Under 25 yard Breaststroke	428
429	Dist	8 & Under 25 yard Breaststroke	430
		District Awards 8 & Under 25 yard Breaststroke	
431	Jr. Dist	10 & Under 50 yard Breaststroke	432
433	Dist	10 & Under 50 yard Breaststroke	434
		District Awards 10 & Under 50 yard Breaststroke	
435	Dist	8 & Under 100 yard Freestyle Relay	436
		District Awards 100 yard Freestyle Relay	
437	Dist	10 & Under 200 yard Freestyle Relay	438
		District Awards 10 & Under 200 yard Freestyle Relay	



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GIRLS		BOYS		
Y STATE	NW DISTRICT	8 & UNDER	NW DISTRICT	Y STATE
17.39	20.89	25 Freestyle	20.89	17.39
39.79	49.79	50 Freestyle	48.89	39.09
21.39	25.69	25 Backstroke	25.59	21.29
24.79	30.99	25 Breaststroke	30.79	24.59
20.59	25.79	25 Butterfly	25.79	20.59
1:44.59	2:10.79	100 Individual Medley	2:11.69	1:43.69
1:21.29	ONE TEAM	100 Freestyle Relay	ONE TEAM	1:26.69
1:35.19	ONE TEAM	100 Medley Relay	ONE TEAM	1:40.69

Y STATE	NW DISTRICT	10 & UNDER	NW DISTRICT	Y STATE
31.59	36.39	50 Freestyle	36.59	31.79
1:12.39	1:26.89	100 Freestyle	1:27.29	1:12.69
2:39.09	3:10.99	200 Freestyle	3:12.89	2:40.69
37.49	43.19	50 Backstroke	44.39	38.59
43.39	52.09	50 Breaststroke	53.69	44.69
36.89	44.29	50 Butterfly	45.79	38.09
1:22.49	1:38.99	100 Individual Medley	1:40.19	1:23.49
3:00.99	3:37.19	200 Individual Medley	3:42.79	3:05.59
2:26.79	ONE TEAM	200 Freestyle Relay	ONE TEAM	2:27.59
2:44.19	ONE TEAM	200 Medley Relay	ONE TEAM	2:50.19

Y NATS	Y STATE	NW DISTRICT	12 & UNDER	NW DISTRICT	Y STATE	Y NATS
24.69	28.39	32.69	50 Freestyle	32.59	28.29	22.09
53.59	1:02.69	1:15.29	100 Freestyle	1:16.59	1:03.79	48.19
1:55.99	2:17.29	2:44.79	200 Freestyle	2:58.29	2:20.19	1:45.39
-	32.89	37.89	50 Backstroke	38.89	33.79	-
59.49	1:11.79	1:26.19	100 Backstroke	1:29.59	1:14.59	54.29
-	37.39	44.89	50 Breaststroke	46.09	38.39	-
1:08.29	1:23.29	1:39.99	100 Breaststroke	1:41.19	1:24.29	1:01.09
-	32.09	38.59	50 Butterfly	39.39	32.79	-
59.09	1:15.99	1:31.19	100 Butterfly	1:33.59	1:17.99	53.29
2:10.79	2:37.39	3:08.89	200 Individual Medley	3:14.29	2:41.89	1:58.99
1:39.99	2:02.59	ONE TEAM	200 Freestyle Relay	ONE TEAM	2:08.39	1:29.49
1:51.69	2:17.09	ONE TEAM	200 Medley Relay	ONE TEAM	2:27.59	1:39.99

Y NATS	Y STATE	14 & UNDER	Y STATE	Y NATS
24.69	27.09	50 Freestyle	25.29	22.09
53.59	58.79	100 Freestyle	56.69	48.19
1:55.99	2:12.79	200 Freestyle	2:05.29	1:45.39
5:07.69	5:50.69	500 Freestyle	5:42.29	4:45.49
59.49	1:07.79	100 Backstroke	1:07.49	54.29
1:08.29	1:18.89	100 Breaststroke	1:16.49	1:01.09
59.09	1:11.79	100 Butterfly	1:07.59	53.29
2:10.79	2:30.79	200 Individual Medley	2:24.09	1:58.99
1:39.99	1:57.59	200 Freestyle Relay	2:04.59	1:29.49
1:51.69	2:14.39	200 Medley Relay	2:21.29	1:39.99
Y NATS	Y STATE	21 & UNDER	Y STATE	Y NATS
24.69	26.09	50 Freestyle	23.49	22.09
53.59	56.49	100 Freestyle	51.99	48.19
1:55.99	2:07.39	200 Freestyle	1:57.59	1:45.39
5:07.69	5:40.59	500 Freestyle	5:17.49	4:45.49
59.49	1:05.19	100 Backstroke	1:01.19	54.29
2:07.99	2:21.59	200 Backstroke	2:12.19	1:56.99
1:08.29	1:15.49	100 Breaststroke	1:10.19	1:01.09
2:27.99	2:42.39	200 Breaststroke	2:34.29	2:13.39
59.09	1:07.59	100 Butterfly	59.39	53.29
2:11.69	2:27.39	200 Butterfly	2:20.09	1:58.99
2:10.79	2:24.19	200 Individual Medley	2:13.29	1:58.99
4:37.29	5:09.59	400 Individual Medley	4:51.69	4:15.69
1:39.99	1:54.49	200 Freestyle Relay	1:44.89	1:29.49
3:35.59	4:11.19	400 Freestyle Relay	3:47.69	3:13.89
1:51.69	2:08.09	200 Medley Relay	1:58.79	1:39.99
4:00.49	4:41.79	400 Medley Relay	4:18.79	3:37.19



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015**

**YMCA Sanctioned Championship Meet
Declaration Form**

Meet Name: Northwest District Championships
 Meet Date(s): March 7 & 8, 2015
 Meet Location: Illinois Valley YMCA Peru, IL

Participating YMCA: _____

YMCA Address: _____

Head Coach: _____

Coaches Attending: _____

Entry Contact Name: _____

E-Mail Address: _____

Phone: _____

I attest that all swimmers representing the YMCA above are full privilege members of the YMCA. I also attest that all coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

 Name of Head Coach

 Signature of Head Coach

 Name of YMCA Executive Director or Designee

 Signature of Executive Director or Designee



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015**

Waiver & Summary Entry Form (Entries will not be accepted without waiver form)

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against the Illinois Valley YMCA, the YMCA of Rock River Valley, the Illinois Valley YMCA Dolphin Swim Team, and the YMCA of Rock River Valley Swim Team, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Complete this form and bring it to the meet on Saturday morning.

SUMMARY OF FEES				
Total Girls' Events	<input type="text"/>	X	\$4.00 Per Event	= \$ <input type="text"/>
Total Boys' Events	<input type="text"/>	X	\$4.00 Per Event	= \$ <input type="text"/>
Total Relay Events	<input type="text"/>	X	\$16.00 Per Event	= \$ <input type="text"/>
<u>Total Amount Due</u>				= \$ <input type="text"/>

Make checks payable to: **Illinois Valley YMCA Dolphins**

CLUB NAME: _____ CLUB CODE _____

Head Coach: _____

Asst. Coaches: _____

Mailing Address Name: _____

Address: _____

City, State, Zip: _____

Cell Phone: _____

Coach's Signature _____

Waiver forms must be received no later than Saturday, March 7, 2015 at 8:00 AM.



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS**
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015

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
_____	_____
_____	_____
_____	_____
_____	_____



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015**

Recognition of Graduating High School Seniors

Team: _____

Swimmer's Name	Years w/team	Future Plans
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



**NORTHWEST DISTRICT and JUNIOR DISTRICT
YMCA SWIMMING CHAMPIONSHIPS
Hosted by the Illinois Valley & Rock River YMCAs
March 7th – 8th 2015**

Credit Card Payments for NW District Meet Entry Fees

Team YMCA Name	
Team ID	

Requestor Name	
Requestor Phone Number	

Billing Information:	
Name (as it appears) on Card	
Company Name	
Company Street Address	
Company City, State, Zip	

Credit Card #	
Card expiration mm/yy	
Card Security code	

Email address to send receipt	
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If sending by mail or email, and you only prefer to supply the last four digits of the credit card; then we can call you to get the rest of the number.