

Illini District Championship

MEET ANNOUNCEMENT

About the Championship

Date: February 29-March 1, 2020

Location: YMCA of Springfield, IL—Kerasotes Branch

Entry Deadline: Monday, February 24, 2020

Hosted by: Springfield YMCA Swim Team

Meet Director: Alex Totura, alex@spyswimmers.com

Web Site: spyswimmers.com

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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. The meet is YMCA sanctioned and approved by the IL of USA Swimming.

YMCA Sanction number: CAQ2019-IL10184634.

USA-S/IL Approval number ILS0232-20A.

USA-S/IL Time Trial Approval number xxxxxx.

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

Friday, February 28, 2020:

Time Trial: Warm-ups: 5:00p

Meet Starts: 6:00p

Saturday, February 29 and Sunday, March 1, 2020:

10&U Sessions: Warm-ups: 7:00a

Meet Starts: 8:00a

11&O Sessions: Warm-ups: Not b/f 11:00a

Meet Starts: Not b/f 12:30p

INCLEMENT WEATHER/CANCELEATION: The Championship Meet Committee will make decisions and communicate direction regarding delay or cancelation.

LOCATION AND FACILITY

Location: Gus & Flora Kerasotes YMCA, 4550 W Iles Avenue, Springfield, IL 62711

Emergency Phone Number: (217) 588-9360

The Kerasotes facility is configured as an 8-lane, 25 yard course. Water depth at start is 6 feet and at turn end is 6 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

The warm down pool is 3 lanes ranging from 3 feet deep to 6 feet deep. There are no flags in this pool and athletes should keep moving while using it.



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There is seating for 300 spectators on deck and another 80 seats at the turn end behind the glass in the warm down area.

Swimmers will crash in the gymnasium where they will have access to a live video feed and announcements.

Wifi is available through the YMCA Members router.

WEB SITE

Meet Information can be found at: spyswimmers.com under the District Dashboard

Online Meet Results: Heat Sheets and results will be available on Meet Mobile (search: Illini District Championship)

CONTACT INFORMATION

Meet Director: Alex Totura: (217) 502-0461, alex@spyswimmers.com

Entry Chairperson: entrychair@spyswimmers.com

Meet Referee: Darren Moser: sportsman6075@gmail.com

Administrative Official: Joel Morton

Officials Coordinator: Darren Moser

Safety Director: Alex Totura

NOTICES

The Wellness Center is not available for use by spectators

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 any competition and may not have accepted pay or compensation for competing as a swimmer.



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Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete's age classification will be determined by the age of the athlete on the first day of the meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 2 closed YMCA inter-association meets since September 1 of the current season.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1 of current season 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.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. 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.



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TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

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 the meet.

ENTRY INFORMATION

ENTRY LIMITS: The entry limit for athletes is 6 individual events for the meet. There is no limit to the number of relays in which an athlete can participate. Each association is limited to 2 relay entries per event.

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 5 individual events per day in a timed final meet
- b. Time trial events must count as a part of this daily total.

QUALIFICATION PERIOD: The qualification period is March 1 of the previous year through the entry deadline.

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. Submit entry times in actual time (no conversion), SCY, LCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: Individual events \$3, relay events \$8, athlete surcharge \$5. A late fee of \$25 per team or \$2 per swimmer (whichever is less) will be assessed for all late entries.

OTHER: Meet apparel will be printed on site. Graduating seniors will provide a bio prior to the conclusion of warmups on Sunday.

ENTRY DEADLINE: Entries will open at 9:00a on the second preceding Monday. Entries will close at 1:00p on the preceding Monday.

ENTRY PROCEDURE: Entries are due to entrychair@spyswimmers.com by 1:00p on the Monday preceding the meet.



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PAYMENT: Checks must be received prior to the team's first splash in the meet
Make check payable to:

YMCA of Springfield

c/o SPY Swim Team
4550 W Iles Avenue
Springfield, IL 62711

OVER-SUBSCRIPTION: Athletes over-entered in events must scratch down no later than 45 minutes prior to the start of a session, or they will be scratched from the last event(s) they are entered in.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All YUSA and USAS officials are welcomed and encouraged to work the meet. Timers will be assigned by the host team.

SIGN-UP PROCEDURE: Officials should contact Darren Moser to indicate availability: sportsman6075@gmail.com

BACKGROUND CHECK POLICY: Only appropriately certified coaches and officials will be permitted on deck.

ATTIRE: The appropriate attire for officials is white tops and navy bottoms with white shoes.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches should check-in on the timing platform.

EVENT CHECK-IN: Athletes should check-in with coaches.

COACHES MEETING/SCRATCH MEETING: Coaches meeting will be 20 minutes prior to the first session under the scoreboard on the pool deck. No coaches meeting will be held after this. All scratches are due 45 minutes prior to each session.

OFFICIALS AND TIMERS MEETING: Officials will report for the officials meeting in the hospitality room 1 hour prior to each session. Timers will report in the hallway outside the pool 20 minutes prior to the start of each session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, two coaches and one athlete rep.



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RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, The Illinois YMCA Swimming Committee Rules, The Illini District Committee Rules 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 first day of the meet.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: 21&U 500 Free. 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.

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 Referee 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 designated 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.

Lane assignments will be posted on Deck

> General Warm-up

A. 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.

B. No sprinting or pace work allowed during this general warm-up session.



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C. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

> Specific Warm-up

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

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

C. General Warm-up Lanes—NO DIVING Circle Swim Only

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

LANE USE: Push Pace: 1 & 8
Diving: 2 & 7
General Warm-up: 3, 4, 5, 6

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: 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)

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 in the hallway outside the pool and on Meet Mobile.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, 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.

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 inappropriate conduct



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- 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 a drag suit) in an area other than a permanent or temporary locker 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, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken 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.
- A. Coach Responsibilities
 - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and all practices.
 - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices
- B. Host Team Responsibilities
 - a. Marshaling
 - i. A minimum of two marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
 - ii. 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.
 - iii. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
 - iv. Warm-up times and lane assignments shall be published on the host website and posted at several locations around the pool area.
 - v. 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.
 - vi. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.



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C. Miscellaneous:

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

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

c. 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.

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

e. The Meet Referee may restrict use of bands, hand paddles or fins during warm-up.

f. The Referee shall have control over mitigation actions necessary to relieve situations deemed dangerous or impairing the safety of other swimmers.

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

***No flash photography or behind the blocks photography allowed.

***Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

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

AWARDS AND RECOGNITION

SCORING: Only the first four finishers from any one association in an individual event shall score team points or receive individual awards. Only the first finisher from any one association in a relay event shall score team points or receive awards.

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

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS: Medals will be awarded for the top 16 places in each individual event and top 8 for each relay event. Age division trophies will be awarded to the teams scoring the first, second and third highest number of points in each age division. Championship team trophies will be awarded to the three teams scoring the highest number of points for the girls' championship, for the boys' championship, and for a combined boys' and girls' championship. Top 8 swimmers receive awards in the group exercise room. Awards 9-16 are to be taken home by coaches.

Awards will not be mailed.



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RECOGNITIONS: Senior recognition will take place prior to the start of the Sunday afternoon session.

TIME TRIALS

FORMAT AND FEE: All time trial events will be contested as 21&U (Open) events; \$5 per individual event, \$10 per relay event:

- 50, 100, 200, 500, 1000, 1650 Freestyle
- 50, 100, 200 Backstroke
- 50, 100, 200 Breaststroke
- 50, 100, 200 Butterfly
- 100, 200, 400 Individual Medley
- 200, 400, 800 Freestyle Relay
- 200, 400 Medley Relay

TIME TRIAL LIMITS: There is a limit of three individual entries and one relay has been placed on the time trial session. Based on entries and events entered, the host team reserves the right to adjust the event order to accommodate participants need for rest between events.

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Entries are due to entrychair@spyswimmers.com by the Monday preceding the meet. Entries are to be submitted by email in a Hy-Tek CL2 file. Deck entries will be accepted at \$10 per individual event and \$20 per relay event.

TIME TRIAL PROCEDURE: This is USA Swimming Approved Time Trial (sanction pending) and the USAS Technical Rules and Regulations will be followed. Times for USAS members will be submitted to the USAS database. Additionally, times will be submitted to the ILSWYMS database and will count towards eligibility for IL Y State qualifying times.

SPECTATORS

ADMISSION FEE: No admissions

HEAT SHEETS/PROGRAMS: Heat sheets will be available on Meet Mobile

CONCESSION STAND: Concessions will be available on Saturday and Sunday at the meet.

ATHLETE APPAREL: Meet apparel will be printed on site.



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SEAT SAVING POLICY: Seat saving is not permitted. Please return to the gymnasium after watching your athlete's event.

LOST AND FOUND: Located at the facility front desk.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- 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 or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Spectators are not permitted to use the Wellness Center.

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. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/ISI 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 Sanction, it is understood and agreed that YMCA of the 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.

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, athlete 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.



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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).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify 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 OK 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. The facility is bonded and grounded and will not close during a thunderstorm.

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

EVACUATION PROCEDURE: In the event of an emergency, spectators should exit through the emergency exit doors and move either across the street to Rotary Park or through the parking lot.

DIRECTIONS

From I-55 N take I-72 W; exit at Wabash Ave; turn right then left onto Archer Elevator

From I-55 S take exit 105 to IL 4 S; turn right onto Iles Avenue

From I-72 W take I-55 S and continue on I-72 W; exit onto Wabash Ave; turn



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right, then left onto Archer Elevator

From I-72 E exit onto Wabash Ave; turn right and then left onto Archer Elevator

APPENDIX 1: ORDER OF EVENTS & QUALIFYING STANDARDS

Saturday Morning				
Q Time	Girls	Event	Boys	Q Time
3:35.59	101	10&U 200 FR	102	3:27.99
31.79	103	8&U 25 BR	104	32.09
57.99	105	10&U 50 BR	106	58.59
2:07.39	107	8&U 100 IM	108	2:09.19
1:50.19	109	10&U 100 IM	110	1:48.69
22.19	111	8&U 25 FR	112	22.29
41.19	113	10&U 50 FR	114	40.89
	115	8&U 100 Med Relay	116	
	117	10&U 200 Med Relay	118	

Sunday Morning				
Q Time	Girls	Event	Boys	Q Time
4:00.39	301	10&U 200 IM	302	4:00.89
28.09	303	8&U 25 BK	304	27.89
51.09	305	10&U 50 BK	306	51.09
41.19	307	8&U 50 FR	308	40.89
1:35.29	309	10&U 100 FR	310	1:35.89
27.29	311	8&U 25 FL	312	28.19
40.79	313	10&U 50 FL	314	50.59
	315	8&U 100 FR Relay	316	
	317	10&U 200 FR Relay	318	

Saturday Afternoon				
Q Time	Girls	Event	Boys	Q Time
	201	21&U 400 FR Relay	202	
3:19.59	203	12&U 200 IM	204	3:21.39
3:04.39	205	14&U 200 IM	206	2:54.99
2:55.89	207	21&U 200 IM	208	2:40.69
47.79	209	12&U 50 BR	210	49.39
1:37.49	211	14&U 100 BR	212	1:31.99
1:33.19	213	21&U 100 BR	214	1:22.89
1:19.59	215	12&U 100 FR	216	1:19.69
1:14.39	217	14&U 100 FR	218	1:10.19
1:11.49	219	21&U 100 FR	220	1:03.99
1:34.49	221	12&U 100 BK	222	1:35.59
2:51.59	223	21&U 200 BK	224	2:39.09
40.09	225	12&U 50 FL	226	41.79
1:36.59	227	14&U 100 FL	228	1:19.39
1:18.99	229	21&U 100 FL	230	1:10.99
	231	12&U 200 Med Relay	232	
	233	14&U 200 Med Relay	234	
	235	21&U 200 Med Relay	236	
7:14.79	237	14&U 500 FR	238	7:00.79
7:01.69		21&U 500 FR		6:31.49

Sunday Afternoon				
Q Time	Girls	Event	Boys	Q Time
	401	21&U 400 Med Relay	402	
2:55.19	403	12&U 200 FR	404	2:52.79
2:42.89	405	14&U 200 FR	406	2:34.39
2:34.99	407	21&U 200 FR	408	2:20.69
42.09	409	12&U 50 BK	410	42.79
1:24.39	411	14&U 100 BK	412	1:20.09
1:19.59	413	21&U 100 BK	414	1:11.99
1:36.59	415	12&U 100 FL	416	1:37.09
2:57.09	417	21&U 200 FL	418	2:45.19
35.69	419	12&U 50 FR	420	35.59
34.29	421	14&U 50 FR	422	31.79
33.09	423	21&U 50 FR	424	29.39
1:46.09	425	12&U 100 BR	426	1:46.29
2:51.59	427	21&U 200 BR	428	3:03.89
	429	12&U 200 FR Relay	430	
	431	14&U 200 FR Relay	432	
	433	21&U 200 FR Relay	434	



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APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: Illini District Championship

Meet Date(s): February 29-March 1, 2020

Meet Host: Springfield YMCA Swim Team

Meet Location: 4550 W Iles Avenue, Springfield, IL 62711

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.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Illini District Championship 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 coaches and swimmers during their participation in the Illini District Championship.

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, Springfield YMCA Swim Team, their agents, representatives or assigns, and the YMCA of Springfield IL for any and all injuries which may be suffered by participants at the Illini District Championship. Furthermore, we understand that the YMCA of the USA and Springfield YMCA 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



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This is the last page of the Meet Announcement