

2016 ILLINI YMCA DISTRICT CHAMPIONSHIP

Host: Springfield YMCA Swim Team

March 5-6, 2016

Meet Director

Rob Busby

rob@spyswimmers.com

Meet Referee

Jody Hohm

stujody@aol.com

Entry Chair

Alex Totura

entrychair@spyswimmers.com

Location:

*Springfield YMCA—Gus and Flora Kerasotes Branch
4550 West Iles Avenue
Springfield, IL 62711*

*Located on the corner of Archer Elevator Road and West Iles Avenue, west of Veterans Parkway/Illinois State Route 4

Facility & Equipment:

- USA Swimming certified 8-lane, 25-yard pool with non-turbulent lane lines
- Colorado Time Systems equipment with touchpads at both ends
- Starting blocks at both ends
- Depth is 6 feet at the walls and 9 ½ feet in the middle of the pool
- Spectator seating for 300 in the bleachers on deck and a crash area in the gym accessible through a wet hallway
- Audio/Video system in the gym live streaming the meet and broadcasting announcements
- 3-lane, 25-yard pool available for continuous warm-up/warm-down.

Eligibility:

- Eligibility of swimmers to participate in a YMCA Sanctioned Championship Meet is set forth in the Rules That Govern YMCA Competitive Sports and the Swimming Addendum to the Rules That Govern. The meet host may not waive these eligibility requirements.
- A YMCA Sanctioned Championship Meet shall be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports.
- All swimmers must be full privilege members of their YMCA and must have represented only their YMCA in competition (with the exception of closed academic competition) for a period of 90 days prior to the first day of the meet.
- All swimmers must have previously represented their YMCA in YMCA closed competition meets during the season.
- All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet.
- All coaches must be currently registered through the YMCA Online Team Registration system and must demonstrate current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:
 - > First Aid
 - > CPR Pro
 - > Safety Training for Swim Coaches OR Lifeguard OR YASA*
 - > Principles of YMCA Competitive Swimming and Diving
- *If a Lifeguard or YASA certification is used, the coach must also pass the online Red Cross Safety Training for Swim Coaches test and show proof.
- Coaches may show their current YMCA coach credential (issued by their group representative), current USA Swimming coach credential with the Y stamp or the individual current certification cards.

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Format:

Prelim-Final with the exception of some timed final events:

- Two preliminary sessions will be contested on Saturday
- The top 8 finishers in each event of both prelim sessions will swim in a single finals session on Sunday
- The top 8 seeded swimmers/teams in the 14&U and 21&U 500 Free and 21&U 200 Breast, Back, Fly and 400 Free Relay will swim with finals on Sunday; all others will swim on Saturday with prelims
- Competition shall be held for 8&U, 10&U, 12&U, 14&U, and 21&U contestants

Schedule:

Friday, March 4, 2016:

Time Trial: Warm-ups: 5:00p

Meet Starts: 6:00p

Saturday, March 5, 2016:

Boys Prelims: Warm-ups: 7:00a

Meet Starts: 9:00a

Girls Prelims: Warm-ups: Not before 12:30p

Meet Starts: Not before 2:30p

Sunday, March 6, 2016:

Finals: Warm-ups: 9:00a

Meet Starts: 11:00a

Rules:

This meet will be conducted in accordance with USA Swimming technical rules, National YMCA rules governing swimming competition, Illinois State YMCA Competitive Swimming Rules, and Illini District YMCA Rules.

Governance:

The Illini District Championships shall be under the general supervision on the Illinois Sate YMCA Swim Committee and direct supervision of the Illini District Swim Committee.

Any irregularities, protests or unforeseen situations calling for deviation from these rules shall be decided by the District Championship Protest Committee. The District Protest Committee shall consist of the District Committee Officers, the Meet Referee, the Head Coach of the host team, and an athlete representative. The athlete representative will be appointed at the discretion of the district chair. Absences of any member of the protest committee may be filled at the discretion of the district chair or his designee. The district protest committee will be called at the discretion of the district chair, his designate or the meet referee.

Entries:

\$3.00 per individual event; \$8.00 per relay. Entries are due to

entrychair@spyswimmers.com by Monday, February 29, 2016. Entries are to be submitted by email in a Hy-Tek CL2 file. A late fee of \$25 per team or \$2 per swimmer (whichever is less) will be assessed for all late entries. Payment for Championship and Time Trial fees is due prior to the first swimmer splashing. Make checks payable to:

Springfield YMCA

Attn: Becca Hamer

4550 W Iles Avenue

Springfield, IL 62711

Qualifying Times:

2016 Illini District Qualifying times must have been met to enter events at the District Championship. Qualifying times are listed in the meet packet with the event order.

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- Entry Limits:** No contestant shall be permitted to enter more than three individual events and one relay or two individual events and two relays. An association may enter an unlimited number of individual entries per event, but only one relay entry per event. Each team shall be allowed a maximum of eight actual contestants in each relay, any four of whom may compete in the preliminaries and/or finals. Actually swimming in a relay counts as an event, alternates who don't swim are not considered as having participated in the relay event.
- Scoring Limit:** 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 the coaches. Awards will not be mailed. **Spirit Award:** one team will be selected to receive the Spirit Award with judging based on swimmer behavior, parent support, team decorations, posters, and creativity. Spirit Award ballots are due at the timing desk prior to the start of the 500 Free during finals (event 29). The host association is not eligible for the Spirit Award.
- Final Results:** Results will be available for coaches and members of the Illini District Swim Committee at the conclusion of each day's competition. Results will contain a complete listing of all contestants including swimmers scratched or disqualified. Swimmers qualifying for the Illinois State Championship by time will be indicated. Final results and the official entry forms submitted by each team will be emailed to the webmaster for the Illinois YMCA State Committee the Monday following the District Championship.
- Meet Sanctions:** In addition to the YMCA Championship Sanction for the District Meet (Sanction ID: CAQ-2015-IL11121038) this meet is approved by USA Swimming (Sanction ID: ILS0327-16A). You must show proof of USAS membership to the meet entry chair prior to the start of the meet if you have swimmers who are current USAS athlete members and you want their times submitted to the SWIMS database.
- Officials:** The meet referee and other major deck officials will be appointed by the Illini District Officials Selection Committee. All officials YUSA or USAS are highly encouraged to participate in this Championship Sanctioned meet.
- Timers:** Teams will be responsible for providing timers as needed. Number of timers and sessions will be based on team size. Assignments will be sent to coaches via email prior to the meet and posted on the meet website.
- Admission:** \$3.00 for adults, \$1.00 ages 6-18, 5&U and District meet competitors free admission.

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Heat Sheets: Will be sold for each day's events. Coaches will be provided with a copy.

Time Trial Entries: \$5.00 per individual event; \$10.00 per relay event. Entries are due to entrychair@spyswimmers.com by Monday, February 29, 2016. Entries are to be submitted by email in a Hy-Tek CL2 file. Any entries submitted after March 3 are subject to deck entry fees of \$10.00 per individual event and \$20.00 per relay event.

A tentative limit of two 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.

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.

All time trial events will be contested as 21&U (Open) events:

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

Warm-up Procedure: 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.

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

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Safety Guidelines:

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.

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.

2016 ILLINI YMCA DISTRICT CHAMPIONSHIP**Host: Springfield YMCA Swim Team****March 5-6, 2016****Order of Events**

Girls: Sat PM	Qualifying Times	Age Group	Event	Boys: Sat AM	Qualifying Times
1	2:10.00	8&U	100 Medley Relay	2	2:10.00
3	3:00.00	10&U	200 Medley Relay	4	3:00.00
5	2:45.00	12&U	200 Medley Relay	6	2:45.00
7	2:30.00	14&U	200 Medley Relay	8	2:30.00
9	2:20.00	21&U	200 Medley Relay	10	2:20.00
11	2:50.00	12&U	200 Free	12	2:50.00
13	2:30.00	14&U	200 Free	14	2:30.00
15	2:40.00	21&U	200 Free	16	2:40.00
17	2:00.00	8&U	100 IM	18	2:00.00
19	1:40.00	10&U	100 IM	20	1:40.00
21	3:30.00	12&U	200 IM	22	3:30.00
23	3:00.00	14&U	200 IM	24	3:00.00
25	2:50.00	21&U	200 IM	26	2:50.00
27	25.00	8&U	25 Free	28	25.00
29	41.00	10&U	50 Free	30	41.00
31	36.00	12&U	50 Free	32	36.00
33	33.00	14&U	50 Free	34	33.00
35	31.00	21&U	50 Free	36	31.00
37	3:00.00	21&U	200 Back (TF)	38	3:00.00
39	30.00	8&U	25 Fly	40	30.00
41	50.00	10&U	50 Fly	42	50.00
43	43.00	12&U	50 Fly	44	43.00
45	1:30.00	14&U	100 Fly	46	1:30.00
47	1:28.00	21&U	100 Fly	48	1:20.00
49	3:20.00	21&U	200 Breast (TF)	50	3:20.00
51	50.00	8&U	50 Free	52	50.00
53	1:30.00	10&U	100 Free	54	1:30.00
55	1:20.00	12&U	100 Free	56	1:20.00
57	1:15.00	14&U	100 Free	58	1:15.00
59	1:15.00	21&U	100 Free	60	1:10.00
61	7:00.00	14&U	500 Free (TF)	62	7:00.00
63	6:45.00	21&U	500 Free (TF)	64	6:45.00
65	1:50.00	8&U	100 Free Relay	66	1:50.00
67	2:40.00	10&U	200 Free Relay	68	2:40.00
69	2:20.00	12&U	200 Free Relay	70	2:20.00
71	2:10.00	14&U	200 Free Relay	72	2:10.00
73	2:05.00	21&U	200 Free Relay	74	2:05.00
75	30.00	8&U	25 Back	76	30.00
77	50.00	10&U	50 Back	78	50.00
79	43.00	12&U	50 Back	80	43.00
81	1:22.00	14&U	100 Back	82	1:22.00
83	1:21.00	21&U	100 Back	84	1:18.00
85	3:00.00	21&U	200 Fly (TF)	86	3:00.00
87	34.00	8&U	25 Breast	88	34.00
89	56.00	10&U	50 Breast	90	56.00
91	50.00	12&U	50 Breast	92	50.00
93	1:40.00	14&U	100 Breast	94	1:40.00
95	1:38.00	21&U	100 Breast	96	1:30.00
97	5:00.00	21&U	400 Free Relay (TF)	98	5:00.00

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YMCA Sanctioned Championship Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: 2016 Illini YMCA District Championship

Meet Dates: March 5-6, 2016

Meet Host: Springfield YMCA Swim Team

Meet Location: YMCA of Springfield, IL—Gus and Flora Kerasotes Branch

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Illini YMCA District Championship for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 travel to and from and during their participation in the Illini YMCA 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 YMCA 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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Hotels:

Hampton Inn & Suites Springfield
2300 Chuckwagon Drive
2.9 miles SE
(217) 793-7670

Fairfield Inn Springfield
3446 Freedom Drive
2.1 miles SE
(217) 793-9277

Courtyard Springfield
3462 Freedom Drive
2.1 miles SE
(217) 793-5000

Sleep Inn
3470 Freedom Drive
2.1 miles SE
(217) 787-6200

Staybridge Suites Springfield
4231 Schooner Drive
3.0 miles SE
(217) 793-6700

The State House Inn
101 East Adams Street
4.7 miles NE
(217) 528-5100

President Abraham Lincoln Hotel
701 East Adams Street
5.1 miles NE
(217) 544-8800

Hilton Springfield
700 East Adams Street
5.1 miles NE
(217) 789-1530

Route 66 Hotel
625 East Saint Joseph Street
4.8 miles E
(217) 529-6626

Homestyle Inn & Suites
500 North 1st Street
4.9 miles NE
(217) 522-1100

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

The Gus & Flora Kerasotes Branch of the Springfield YMCA is located at **4550 West Iles Avenue** on the corner of **Archer Elevator Road** and **West Iles Avenue**.