

ILLINI YMCA DISTRICT CHAMPIONSHIP

Host: Springfield YMCA Swim Team

March 2-3, 2019

Meet Director

Rob Busby

rob@spyswimmers.com

Meet Referee

Darren Moser

sportsman6075@gmail.com

Entry Chair

Rob Busby

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:** The meet will be contested using timed finals.
-Competition shall be held for 8&U, 10&U, 12&U, 14&U, and 21&U contestants
- Schedule:** Friday, March 1, 2019:
Time Trial: Warm-ups: 5:00p Meet Starts: 6:00p
- Saturday and Sunday March 2-3, 2019:
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
- 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 State 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:** \$5.00 athlete surcharge plus \$3.00 per individual event and \$8.00 per relay. Entries are due to entrychair@spyswimmers.com by Monday, February 25, 2019. 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: Rob Busby
4550 W Iles Avenue
Springfield, IL 62711
- Qualifying Times:** 2019 Illini District Qualifying times must have been met to enter events at the District Championship. Qualifying times will be approved at the Fall Illini District Committee Meeting.
- Entry Limits:** There is a maximum of 6 individual events for the Championship. There is no limit on the number of individual events per day or the number of relays for the meet. Each association may enter up to 2 relay teams per 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.

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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.

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-***), this meet is approved by USA Swimming (Sanction ID: ILS***). 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.

Heat Sheets:

No heat sheets will be sold at the meet. There is a \$5 surcharge in lieu of admissions and heat sheet sales.

Time Trial Entries:

\$5.00 per individual event; \$10.00 per relay event. Entries are due to entrychair@spyswimmers.com by Monday, February 25, 2019. Entries are to be submitted by email in a Hy-Tek CL2 file. Any entries submitted after February 28 are subject to deck entry fees of \$10.00 per individual event and \$20.00 per relay event.

Athletes will be limited to 3 individual events. 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.

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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
- 100, 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

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.

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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.

***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.

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Order of Events & Time Standards

Saturday Morning				
Q Time	Girls	Event	Boys	Q Time
3:40.49	101	10&U 200 FR	102	3:37.49
32.69	103	8&U 25 BR	104	32.89
59.29	105	10&U 50 BR	106	1:00.39
2:11.59	107	8&U 100 IM	108	2:13.19
1:51.89	109	10&U 100 IM	110	1:51.19
22.79	111	8&U 25 FR	112	22.79
41.89	113	10&U 50 FR	114	41.59
	115	8&U 100 Med Relay	116	
	117	10&U 200 Med Relay	118	

Sunday Morning				
Q Time	Girls	Event	Boys	Q Time
4:06.19	301	10&U 200 IM	302	4:06.99
28.59	303	8&U 25 BK	304	28.69
51.79	305	10&U 50 BK	306	51.59
50.69	307	8&U 50 FR	308	50.29
1:38.39	309	10&U 100 FR	310	1:38.69
28.19	311	8&U 25 FL	312	29.09
52.09	313	10&U 50 FL	314	52.59
	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	
3:21.79	203	12&U 200 IM	204	3:24.39
3:05.39	205	14&U 200 IM	206	2:54.99
2:55.69	207	21&U 200 IM	208	2:41.39
48.69	209	12&U 50 BR	210	49.39
1:38.39	211	14&U 100 BR	212	1:31.39
1:33.29	213	21&U 100 BR	214	1:23.39
1:20.29	215	12&U 100 FR	216	1:20.39
1:14.49	217	14&U 100 FR	218	1:09.99
1:11.49	219	21&U 100 FR	220	1:03.89
1:35.49	221	12&U 100 BK	222	1:36.29
2:50.99	223	21&U 200 BK	224	2:40.39
40.39	225	12&U 50 FL	226	42.49
1:24.89	227	14&U 100 FL	228	1:19.79
1:18.89	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	
7:17.89	237	14&U 500 FR	238	7:02.79
7:01.99		21&U 500 FR		6:30.89

Sunday Afternoon				
Q Time	Girls	Event	Boys	Q Time
	401	21&U 400 Med Relay	402	
2:56.49	403	12&U 200 FR	404	2:55.49
2:43.09	405	14&U 200 FR	406	2:33.59
2:35.39	407	21&U 200 FR	408	2:20.59
42.49	409	12&U 50 BK	410	43.49
1:24.89	411	14&U 100 BK	412	1:20.59
1:19.99	413	21&U 100 BK	414	1:12.29
1:37.69	415	12&U 100 FL	416	1:38.79
2:56.89	417	21&U 200 FL	418	2:46.29
35.99	419	12&U 50 FR	420	36.39
34.29	421	14&U 50 FR	422	31.99
33.19	423	21&U 50 FR	424	29.29
1:47.19	425	12&U 100 BR	426	1:48.79
3:21.99	427	21&U 200 BR	428	3:03.99
	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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YMCA Sanctioned Championship Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: 2019 Illini YMCA District Championship

Meet Dates: March 2-3, 2019

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