

## **Kishwaukee YMCA / DeKalb County Swim Team (DCST)**

DCST Pilgrim Plunge Meet

November 2 & 3, 2019

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.  
Sanction Number: ILS19-1102**

### **ENTRY CHAIRPERSON**

Josh Norek  
Kishwaukee YMCA  
2500 Bethany Road  
Sycamore, IL 60178  
(815) 756 - 9577 ext. 268  
E-mail: [jnorek@kishymca.org](mailto:jnorek@kishymca.org)

### **MEET DIRECTOR**

Matt Anderson

### **SAFETY CHAIRPERSON**

Tom Slater

### **MEET REFEREE**

Paula Hastings

**Format** There will be a positive check-in for each session. The deadline to turn in scratches will be 30 minutes before the beginning of each session. Scratch sheets will be in the coaches' packet. Coaches need to draw a line through the name and events of each scratched swimmer. Swimmers will need to check in with their coaches. Those swimmers who have not checked in by the deadline will not be seeded to swim (and will not be permitted to swim). Swimmers without representation of a coach must check in with the Meet Director.

**8 & Under Swimmers Only** - There will be a bullpen area for 8 & under swimmers only.

**Saturday & Sunday** Warm-ups: 7:00 - 7:45 AM  
Meet Starts: 8:00 AM  
Positive check in will close at 7:30 AM

**Location** Kishwaukee YMCA, 2500 Bethany Road, Sycamore, IL 60178

**Facility** The Kishwaukee YMCA has an 8 lane 25 yard competition pool with starting blocks in 7 feet of water at both ends. There will be some 25-yard lanes available in an additional pool for warm-up and warm-down during the meet. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager. The seating capacity is for 700 spectators. The competition course has not been certified in accordance with 104.2.2C(4).

**Rules and Safety** All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Eligibility** All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to entry deadline. Entries listed, as "Registration applied for" will not be accepted. Registration forms can be obtained from the Illinois Swimming Office, 1400 E. Touhy Ave, Suite 410, Des Plaines, IL 60018, Phone (847) 824- 1596, Fax (847) 824 - 1726, Email: pam.lowenthal@ilswim.org. A swimmer's age as of the date of the first day of competition will determine their age for the meet.

**USA Swimming, Inc. Membership** Insurance regulations require that all swimmers, judges, starters, and referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches and officials who are not current members of USA Swimming may not participate in the meet or be on deck.

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

**Locker Rooms** 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.

**Safe Sport** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Coaches** All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

**Entry Deadline** Entries will not be accepted by the Entry Chairperson before Monday, September 16 at 9:00 AM. All entries must be received by Wednesday, October 23. E-mail entries will be accepted. Fax entries will not be accepted.

**Entries** Individuals are limited to four entry events per day, not including relays. Relay swimmers must be entered in at least one individual event. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks.

Entries may be submitted by Hy-Tek created file. All entries must be accompanied by a hard copy print out of your Hy-Tek entry data file.

A signed Summary Fee / Release Form provided in this packet and payment in full must accompany all entries. Checks are to be made payable to: Kishwaukee YMCA.

**Entries Sent via Mail:** All entries should be sent to: Josh Norek, c/o Kishwaukee YMCA, 2500 Bethany Road, Sycamore, IL 60178.

**Entries Submitted by E-mail:** Entries sent by e-mail, must be in Hy-Tek form. A printout copy of the entries, a signed release form, and a check for full payment of entries must be received within 96 hours of the receipt of the original e-mail. DCST assumes no liability for the quality and receipt of the e-mail. Confirmation of the e-mail is the responsibility of the sender. E-mail entries can be sent to: [jnorek@kishymca.org](mailto:jnorek@kishymca.org).

**Entry Fees** Individual events: \$4.50 per event  
Relay events: \$12.00 per relay  
Facility Charge: \$10.00 per swimmer  
A surcharge of \$2.00 per swimmer has been instituted by ISI.

**Entry Limitations** Deck Entries will not be permitted. Each swimmer may enter a maximum of four events per day.

**Events** In accordance with USA Swimming Rules; Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

**Multi-Age Events** Swimmers swimming senior events will be swum together, but they will be given awards and scored separately. These events will be awarded and scored in two age groups: swimmers ages 13 – 14 and seniors.

**Awards** Individual events: Custom medals for 1<sup>st</sup> through 8<sup>th</sup> place  
Custom ribbons for 9<sup>th</sup> through 16<sup>th</sup> place  
Relay events: Custom medals for 1st through 4th place  
Custom ribbons for 5<sup>th</sup> through 8<sup>th</sup> place  
There will be no awards for senior swimmers ages 15 & older.

Individual high point trophies will be awarded to the girl and boy scoring the greatest total of points in each age group including seniors.

Team Trophies will be awarded to the top three scoring teams. DCST will be excluded from the team scoring.

All awards are to be picked up by their coach or team representative at the end of the meet. Unclaimed awards will not be forwarded after the meet.

**Scoring** 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

**Seeding** All events will be time finals from slowest to fastest.

Short course yard times should be submitted for entry purposes. Long course meter and short course meter times will be considered non-conforming times and will be seeded in the slowest heats.

**Relay Events** Relay cards will be included in the coach's packets. All relay cards must be turned into the Clerk of Course 30 minutes after the start of each session.

**Concession** A concession area will be available throughout the meet.

**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.

## **Accommodations**

### **Country Inn & Suites**

1450 S. Peace Road  
Sycamore, IL 60178  
815 – 895 – 8686  
[www.countryinns.com](http://www.countryinns.com)

### **Holiday Inn Express**

1935 DeKalb Ave.  
Sycamore, IL 60178  
815 – 748 – 7400  
[www.hiexpress.com](http://www.hiexpress.com)

### **Quality Inn**

1475 S. Peace Road  
Sycamore, IL 60178  
815 – 895 - 4979  
[www.choicehotels.com](http://www.choicehotels.com)

### **Baymont Inn & Suites**

1314 W. Lincoln Hwy  
DeKalb, IL 60115  
815 – 748 – 7100  
[www.baymontinns.com](http://www.baymontinns.com)

### **Hampton Inn**

663 S. Annie Glidden Road  
DeKalb, IL 60115  
815 – 748 - 4323  
[www.hampton.com](http://www.hampton.com)

## Order of Events

<b>Girls</b>	<b>Saturday, November 2 – Session 1</b>	<b>Boys</b>
1	Senior 200 yard Freestyle	2
3	11 - 12 200 yard Freestyle	4
5	10 & Under 200 yard Freestyle	6
7	Senior 100 yard Breaststroke	8
9	11 - 12 50 yard Breaststroke	10
11	10 & Under 50 yard Breaststroke	12
13	Senior 200 yard Butterfly	14
15	11 – 12 100 yard Butterfly	16
17	10 & Under 100 yard Butterfly	18
19	8 & Under 25 yard Freestyle	20
21	Senior 100 yard Freestyle	22
23	11 – 12 100 yard Freestyle	24
25	10 & Under 100 yard Freestyle	26
27	8 & Under 100 yard Individual Medley	28
29	Senior 200 yard Backstroke	30
31	11 – 12 100 yard Backstroke	32
33	10 & Under 100 yard Backstroke	34
35	8 & Under 25 yard Breaststroke	36
37	Senior 400 yard Medley Relay	38
39	11 – 12 400 yard Medley Relay	40
41	10 & Under 200 yard Medley Relay	42
43	8 & Under 100 yard Medley Relay	44
45	Senior 400 yard Individual Medley	46

<b>Girls</b>	<b>Sunday, November 3 – Session 2</b>	<b>Boys</b>
47	Senior 200 yard Individual Medley	48
49	11 - 12 200 yard Individual Medley	50
51	10 & Under 100 yard Individual Medley	52
53	Senior 100 yard Backstroke	54
55	11 - 12 50 yard Backstroke	56
57	10 & Under 50 yard Backstroke	58
59	Senior 200 yard Breaststroke	60
61	11 – 12 100 yard Breaststroke	62
63	10 & Under 100 yard Breaststroke	64
65	8 & Under 25 yard Backstroke	66
67	Senior 50 yard Freestyle	68
69	11 – 12 50 yard Freestyle	70
71	10 & Under 50 yard Freestyle	72
73	8 & Under 50 yard Freestyle	74
75	Senior 100 yard Butterfly	76
77	11 – 12 50 yard Butterfly	78
79	10 & Under 50 yard Butterfly	80
81	8 & Under 25 yard Butterfly	82
83	Senior 400 yard Freestyle Relay	84
85	11 – 12 400 yard Freestyle Relay	86
87	10 & Under 200 yard Freestyle Relay	88
89	8 & Under 100 yard Freestyle Relay	90
91	Senior 500 yard Freestyle	92

## A. WARM-UP PROCEDURES

### 1. General Warm-up (first 30-45 minutes)

- 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.

### 2. Specific Warm-up (last 30-45 minutes)

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

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

## B. SAFETY GUIDELINES

### 1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

### 2. Host Team Responsibilities

- a. Marshaling
  - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
  - 2) Marshals shall be current members of USA Swimming.
  - 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
- b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."

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

**3. Miscellaneous:**

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

**Kishwaukee YMCA / DeKalb County Swim Team (DCST)**

DCST Pilgrim Plunge Meet

November 2 - 3, 2019

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

**Sanction Number: TBD**

This completed and signed summary of fees and release from, entry forms and a check payable to the **Kishwaukee YMCA** must be received no later than Wednesday, October 23.

Name of Club: \_\_\_\_\_

USA Swimming, Inc. Affiliation: \_\_\_\_\_ Club Code: \_\_\_\_\_

Names of Coaches attending meet: \_\_\_\_\_

\_\_\_\_\_

Name of person submitting entry: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

	Number of Entries	Cost per Swim	Totals
Individual Entries	_____	X \$ 4.50	_____
Relays Entries	_____	X \$12.00	_____
Total # of Swimmers Facility Surcharge		X \$10.00	_____
Total # of Swimmers ISI Surcharge	_____	X \$ 2.00	_____
		Team Total	_____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against United States Swimming, Inc.; Illinois Swimming, Inc.; Kishwaukee YMCA (DeKalb County) Swim Team; Kishwaukee YMCA; or their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

I attest that all athletes included in this entry and participating in this sanctioned / approved event are duly registered as current athlete members of USA Swimming."

Signature: \_\_\_\_\_

(Coach, Club Representative, or Parent)

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

## VOLUNTEER SHEET

DCST is asking each team with 5 or more swimmers in a session to provide timers. If any officials on your team are willing to work the meet, please list their names and phone numbers along with which session(s) they can work. Please fill out the form below and return it with your entries.

### OFFICIALS

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session willing to work:  
\_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session willing to work:  
\_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Session willing to work:  
\_\_\_\_\_

Credit Card Payments for DCST Pilgrim Plunge Meet Entry Fees

Team 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	
-------------------------------	--

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.