

KISHWAUKEE FAMILY YMCA



DCST
OPEN

Date: March 1, 2020

Location: Kishwaukee Family YMCA

Entry Deadline: Friday, February 29, 2020

Hosted by: DCST Big Dogs

Meet Director: Matt Anderson

Entry Chairperson: Joshua Norek

Web Site: www.DCST.org

Sanction: ILS0325-20A

2020 DCST Open – Sunday, March 1, 2020

On DCST's web page, www.DCST.org, under the section "DCST Hosted Meets - - > DCST Open," teams can find a team manager event file. Please download this file to your computer, and then import it into your Team Manager program. Team Manager will automatically create and set-up the meet events for our meet. This will save you the hassle of setting up all of the events, plus it will make sure everyone has the events set-up the same. With both boys and girls of all ages swimming as one event this process is a little different than other meets. By importing this file, we should eliminate any confusion. If you have any questions or concerns, please contact Josh Norek at (815) 375-5399 or by email at Jnorek@kishymca.org

This meet will be an approved ISI meet. This means times for USA registered swimmers in this meet will be placed into the USA Swimming SWIMS database. Please note, not everyone will be automatically entered into the SWIMS database. Teams and / or swimmers wanting times from the meet entered into the SWIMS Database must fill out and return the form on page 7 of this packet with their entries by Friday, February 28th. **Only teams and / or swimmers who pre-register with USS registration numbers for the meet will be submitted into the SWIMS database. Team and / or swimmers who enter on the day of the meet will not be entered into the SWIMS database.** Furthermore, teams not returning this form with their pre-registered entries will not have swimmers entered into the SWIMS Database.

Looking forward to seeing everyone in March,

Matt Anderson – Senior Coach DCST

Kishwaukee YMCA (DeKalb County) Swim Team (DCST)

DCST Open

Sunday, March 1, 2020

MEET DIRECTOR

Matt Anderson

ENTRY CHAIRPERSON

Joshua Norek
Kishwaukee YMCA
2500 Bethany Road
Sycamore, IL 60178
(815) 375-5399 - Work
E-mail: jnorek@kishymca.org

Format This meet will offer all District and YMCA National Events. This meet is offered on the last weekend to achieve Northwest District Qualifying Times. There is no limit on the number of events a swimmer may swim, but each swimmer may only swim each event once. A file with the events for Team Manager is available to be downloaded from our web page www.DCST.org.

Meet Schedule:

12:45 PM	Doors Open
1:00 PM	Warm-ups Start
1:30 PM	Registration Closes
1:50 PM	Warm-ups End
2:00 PM	Meet Starts

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. A map is attached.

Rules This meet is governed by the current National YMCA "Rules that Govern YMCA Competitive Sports," Illinois / Missouri Area Swim Committee and USS Swimming rules.

Pre-registration Fees for pre-registration are \$3.50 per individual swim and \$14.00 per relay. To pre-register for this meet, your entries must be received by Friday, February 28th. Entries can be mailed to:

Joshua Norek
C/O Kishwaukee YMCA
2500 Bethany Road
Sycamore, IL 60178

Or by e-mail to: Jnorek@kishymca.org

Registration on the day of the meet: Swimmers wishing to register on the day of the meet must register on the pool deck by 1:30 PM. Fees for registration on the day

of the meet are \$6.00 per individual swim and \$20 per relay.

Meet Results Meet results will be available on the web at www.DCST.org on Sunday after the meet.

Recording Devices Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms. In addition, taking photos, or audio recordings, is prohibited behind the starting blocks.

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.

Rules of Conduct Parental supervision of the swimmers in the locker rooms, the staging area, and the concessions area is a requirement for participation in the meet. Lack of such supervision may result in disqualification from the meet.

For the safety and enjoyment of swimmers and spectators, the following rules must be observed. Marshals will be clearly designated to assure that safety is maintained.

- 1. There will be no food, beverages, swim bags, coolers, blankets, or sleeping bags allowed in the pool area.**
2. Flash photography will not be allowed in the pool area. Persons taking flash pictures will be warned once. Subsequent violations will result in expulsion from the meet.
3. Use of tobacco products is not allowed in the YMCA. Outside of the YMCA, tobacco users are asked to use the designated smoking areas only.
4. Following completion of the morning warm-ups, the non-competition pool can be used for warm-up and cool-down only.

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.

Directions From the South, East or West

Exit I – 88 at the Peace Road Exit. Take Peace Road North to Bethany Road West (or left). The YMCA is located about a mile and a half down on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577.

From the North

Take 23 South to Bethany Road West (or right). The YMCA is located on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577.

Order of Events

1	Mixed	Open Aged	200 yard Freestyle
2	Mixed	Open Aged	200 yard Freestyle Relay
3	Mixed	Swimmers Ages 8 & Younger	25 yard Backstroke
4	Mixed	Open Aged	50 yard Breaststroke
5	Mixed	Open Aged	100 yard Butterfly
6	Mixed	Open Aged	400 yard IM
7	Mixed	Open Aged	400 yard Medley Relay
8	Mixed	Open Aged	50 yard Freestyle
9	Mixed	Open Aged	200 yard Backstroke
10	Mixed	Open Aged	100 yard Breaststroke
11	Mixed	Swimmers Ages 8 & Younger	25 yard Butterfly
12	Mixed	Open Aged	100 yard IM
13	Mixed	Open Aged	800 yard Freestyle Relay
14	Mixed	Open Aged	100 yard Freestyle
15	Mixed	Open Aged	50 yard Backstroke
16	Mixed	Swimmers Ages 8 & Younger	25 yard Breaststroke
17	Mixed	Open Aged	200 yard Butterfly
18	Mixed	Open Aged	200 yard IM
19	Mixed	Open Aged	200 yard Medley Relay
20	Mixed	Swimmers Ages 8 & Younger	25 yard Freestyle
21	Mixed	Open Aged	100 yard Backstroke
22	Mixed	Open Aged	200 yard Breaststroke
23	Mixed	Open Aged	50 yard Butterfly
24	Mixed	Open Aged	400 yard Freestyle Relay
25	Mixed	Open Aged	*500 yard Freestyle*
26	Mixed	Open Aged	*1000 yard Freestyle*
27	Mixed	Open Aged	*1650 yard Freestyle*

* Events # 25 – 27 the 500, 1000 and 1650 yard Freestyle maybe swum at the same time.

Kishwaukee YMCA (DeKalb County) Swim Team (DCST)

DCST Open

Sunday, March 1, 2020

This completed and signed summary of fees and release from, entry forms and a check payable to the **Kishwaukee YMCA**.

Name of Club: _____ Club Code: _____

Name of person submitting entry: _____

Mailing Address: _____

Telephone #: _____ E-mail: _____

	Number of Swimmers	Number of Entries	Cost per Swim	Totals
Individual Events	_____	_____	X \$3.50	_____
Relays		_____	X \$14.00	_____
			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.

Signature: _____
(Coach, Club Representative, or Parent)

Date: _____

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
_____	_____
_____	_____
_____	_____
_____	_____