

## **Important Dates & Information for Coaches**

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 8 of this packet with their entries by Wednesday, July 10. Teams not returning this form will not have swimmers entered into the SWIMS Database.

### **Wednesday, July 10**

Entries need to be email to [jnorek@kishymca.org](mailto:jnorek@kishymca.org).

### **Thursday, July 11**

- 1) Check your team's entry list at [www.DCST.org](http://www.DCST.org) after 6:00 PM.
- 2) Each team's warm-up and timing assignments will be posted at [www.DCST.org](http://www.DCST.org).

### **Saturday, July 13**

Items due at the coaches meeting at 7:35 AM

- 1) Scratches
- 2) Relay swimmers names
- 3) Signed release form
- 4) Payment for all entries
  - \$2.00 per individual swim and \$6.00 per relay
  - \$3.00 facility fee per swimmer

**North Central Illinois Swim Conference  
2019 Championship Meet**

Hosted by the Kishwaukee YMCA \ DeKalb County Swim Team (DCST)

**MEET DIRECTOR**

Paula Hastings

**ENTRY CHAIRPERSON**

Josh Norek  
C/O Kishwaukee YMCA  
2500 Bethany Road  
Sycamore, IL 60178  
WK: (815) 756-9577 ext. 28  
Email: jnorek@kishymca.org

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

**Team Attending the Conference Championship Meet:**

Cary, DCST, Geneva, Huntley, McGuire, Oswego, Rockford, Trails of Algonquin, and Woodstock

**Format** There will be positive check in for each team. The deadline to turn in scratches will be 7:35 AM. 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.

**Saturday, July 13**

6:30 AM	Building Opens
7:00 - 8:15 AM	Warm-ups
7:35 AM	Coaches Meeting
7:50 AM	Officials Meeting
8:10 AM	Timers Meeting
8:20 AM	Last call for event # 1.
8:25 AM	National Anthem
8:30 AM	First Event

**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 a six lane, 25-yard pool available 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 on deck.

**Pool Certification** The competition course has not been certified in accordance with 104.2.2C(4).

**Non-competition pool** Two lanes in the non-competition pool will be available for any teams to use during warm-ups and the duration of the meet. This pool is for swimming only. Swimmers not swimming lengths will be asked to leave the pool.

**Warm-up & Timing Schedule** The warm-up and timing schedule for each team will be determined after all the entries have been accepted. These schedules will be posted on the website, [www.dcst.org](http://www.dcst.org) by 6:00 PM on Thursday, July 11.

**Rules** This meet will be conducted according to the United States Swimming (USS) Rules and the North Central Illinois Swimming Conference Rules.

**Scoring** Individual events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1  
Relay events: 32 - 26 - 24 - 22 - 20 - 18 - 14 - 10 - 8 - 6 - 4 - 2

**Awards** Individual awards will be given to the top eighteen finishers (1 – 6 with medals, 7 - 12 with overlay ribbons and 13 – 18 with ribbons) in each event. Relay awards will be given to the top six finishers (1 – 6 medals). Team trophies will be awarded for the top three places in combined team scoring. Team trophies will be awarded for the top finisher in each age group scoring. The 6 & Under 25 yard Freestyle, 6 & Under 25 yard Backstroke and Open 200 Free are scored in the overall team scoring, but they do not count towards the age group high point trophies.

**Meet Results** One copy of printed meet results will be sent to each team. Results will be available on the web at [www.DCST.org](http://www.DCST.org) one-hour after the conclusion of the meet.

**First Aid** Emergency medical personnel will be available on deck during the meet. The Kishwaukee Hospital (815-756-1521) is located near the YMCA.

**Emergency Phone** An emergency phone is located on the pool deck.

**Entries** Individuals are limited to a maximum of 4 events with no more than 3 of these events being individual events and no more than 2 of these events being relay events. Entries must be submitted by a Hy-Tek created report via e-mail. The email address for sending entries is [jnorek@kishymca.org](mailto:jnorek@kishymca.org).

A signed Summary Fee / Release From provided in this packet and payment is due by the 7:35 AM coaching meeting. Checks are to be made payable to: DeKalb County Swim Team or DCST.

A copy of the meet entries will be made available on the web at [www.DCST.org](http://www.DCST.org) by 6:00 PM on Thursday, July 11. It is each team's responsibility to check the accuracy of its entries as so posted.

**Relay Forms** On the day of the meet, each team will be asked to submit the names of relay swimmers to the computer operator by the end of the coaches meeting.

**Entry Deadline** Entries are due by Wednesday, July 10.

**Entry Fees** Individual events: \$2.00 per event  
Relay events: \$6.00 per relay

**Admissions** A facility fee of \$3.00 per swimmer will be charged as part of the meet fees.

**Meet Format** The meet will be seeded after the coaches meeting. All swimmers must promptly proceed through the bullpen when so advised by the announcer. Swimmers failing to report to the bullpen risk being scratched.

**Team Areas** Teams areas will be set up outside the YMCA in the grassy areas. In case of inclement weather, teams will be set up inside. For safety reason, no open flames (i.e. grills or food heating devices using an open flame) are allowed in the team areas.

**Bull Pen** There will be a bull pen for swimmers ages 8 and younger only.

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

**Souvenirs** A commemorative meet T-shirt will be on sale along with swimmers' supplies, swim wear, and other novelty or souvenir items.

### **Safe Sport**

- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

### **Rules of Conduct**

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 only 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. No shaving will be allowed at the YMCA. **Shaving on the premises will result in automatic disqualification from the entire meet.**

5. Following completion of the morning warm-ups, the non-competition pool can be used for warm-up and cool-down only.

6. For safety reason, no open flames (i.e. grills or food heating devices using an open flame) are allowed in the team areas.

**Parking** Parking is available in the YMCA parking lot, along Health Services Drive. Do not park in the parking lots of other business adjacent to the YMCA. Individuals parking in lots not designated for the swim meet will be towed.

**Team Banners** A wire cable is located behind the bleacher seating for teams to attach their team banners. Please do not tape banners, posters or other items to the walls.

**Lockers** Lockers are available to store items. Swimmers should bring their own locks. The Kishwaukee YMCA and the Kishwaukee YMCA Swim Team are not responsible for any lost or stolen items. The use of audio video equipment, including cell phones, is not allowed in changing rooms, locker rooms, or rest rooms.

**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.  
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.  
The phone number of the YMCA is (815) 756-9577.

## Accommodations

### **Country Inn & Suites**

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

### **Holiday Inn Express**

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

### **Hampton Inn**

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

**North Central Illinois Swim Conference  
Order of Events**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	Open	200 yd. Freestyle	2
3	8 & Under	100 yd. Medley Relay	4
5	9 – 10	200 yd. Medley Relay	6
7	11 – 12	200 yd. Medley Relay	8
9	13 – 14	200 yd. Medley Relay	10
11	15 & Over	200 yd. Medley Relay	12
13	9 – 10	100 yd. Individual Medley	14
15	11 – 12	100 yd. Individual Medley	16
17	13 – 14	200 yd. Individual Medley	18
19	15 & Over	200 yd. Individual Medley	20
21	6 & Under	25 yd. Freestyle	22
23	8 & Under	25 yd. Freestyle	24
25	9 – 10	50 yd. Freestyle	26
27	11 – 12	50 yd. Freestyle	28
29	13 – 14	50 yd. Freestyle	30
31	15 & Over	50 yd. Freestyle	32
33	8 & Under	25 yd. Butterfly	34
35	9 – 10	50 yd. Butterfly	36
37	11 – 12	50 yd. Butterfly	38
39	13 – 14	100 yd. Butterfly	40
41	15 & Over	100 yd. Butterfly	42
43	8 & Under	50 yd. Freestyle	44
45	9 – 10	100 yd. Freestyle	46
47	11 – 12	100 yd. Freestyle	48
49	13 – 14	100 yd. Freestyle	50
51	15 & Over	100 yd. Freestyle	52
53	6 & Under	25 yd. Backstroke	54
55	8 & Under	25 yd. Backstroke	56
57	9 – 10	50 yd. Backstroke	58
59	11 – 12	50 yd. Backstroke	60
61	13 – 14	100 yd. Backstroke	62
63	15 & Over	100 yd. Backstroke	64
65	8 & Under	25 yd. Breaststroke	66
67	9 – 10	50 yd. Breaststroke	68
69	11 – 12	50 yd. Breaststroke	70
71	13 – 14	100 yd. Breaststroke	72
73	15 & Over	100 yd. Breaststroke	74
75	8 & Under	100 yd. Freestyle Relay	76
77	9 – 10	200 yd. Freestyle Relay	78
79	11 – 12	200 yd. Freestyle Relay	80
81	13 – 14	200 yd. Freestyle Relay	82
83	15 & Over	200 yd. Freestyle Relay	84

**Kishwaukee YMCA (DeKalb County) Swim Team (DCST)**  
NCISC Conference Championships Saturday, July 13, 2019

This completed and signed release form must be received by the coaches' meeting at 7:35 AM.

Name of club: \_\_\_\_\_

Club Code: \_\_\_\_\_

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 the 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: \_\_\_\_\_ Date: \_\_\_\_\_  
(Coach's Signature)

**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
_____	_____
_____	_____
_____	_____
_____	_____