



VISION: To inspire excellence through innovation and leadership.

MISSION: To offer our members programs which promote swimming and achieve excellence through education, innovation and committed leadership.



ILLINOIS SWIMMING, INC.

Sunday October 5, 2025

AGENDA

2025 REGULAR HOUSE OF DELEGATES MEETING @1:00pm

1. Roll Call
2. Approval of Agenda
3. Adoption of 2024 Annual HOD Meeting Minutes
4. Elections
5. Officers and Committee Chairs/Coordinators Reports
 - General Chair
 - Administrative Vice Chair
 - Program Operations Vice Chair
 - Treasurer
 - Membership/Registration Coordinator
 - Coaches Representative
 - Athlete Representative
 - Officials Committee Chair
 - Operational Risk Coordinator
 - Safe Sport Chair
 - Community Engagement Chair
 - Open Water Chair
 - Program Director
 - Governance
 - Ex-Officio Members
 - Senior Vice Chair
 - Age Group Vice Chair
6. Legislation
7. New Business
8. Election Results
9. 2026 Virtual Town Hall April 5, 2026
10. Adjournment

October 2025

Illinois Swimming, Inc.



Illinois Swimming Inc.
House of Delegates Meeting
Schaumburg High School, October 6, 2024



General Chair Jeff Arce called the meeting to order at 1:03 pm CT.

Rowdy Gaines, MC for our Athlete Recognition Banquet and Hall of Fame festivities was introduced. Rowdy participated in the in-pool session of the Ambassador Athlete Camp earlier in the day. He noted that our sport is built on volunteerism, and that those in attendance on a sunny Sunday afternoon were not being paid to be there, but rather were here to give back to a sport that is important to them. He said our sport is the best in the world and is built on people who want to make the sport better.

Arce took the opportunity to revisit a few things at his last HOD as General Chair. He pointed out the glittery jacket on the head table, which belonged to long-time Board member and contributor Jack Yetter who passed on Labor Day. Arce hoped everyone would be appreciative of the effect Yetter made on swimmers, clubs, the meet you attended, the officials who worked them. He cared so deeply about the sport of swimming and gave so willingly of his time and talents. Jack will be remembered at various points throughout the year, but he urged attendees to contribute to the Jack Yetter Scholarship Fund, which will provide funds for those without the resources to learn to swim, or to compete competitively.

1. Roll Call

- 109 Voting Delegates present out of 223.

2. Approval of HOD Agenda

- MOTION** to approve the 2024 HOD Agenda made by Todd Capen (ACAD), seconded by Jon Cabel (SCST). **Approved unanimously.**

3. Adoption of Fall 2023 HOD Minutes

- MOTION** to adopt the Fall 2023 HOD minutes made by Amanda Schleede (UN), seconded by Dave Hedden (JETS) as presented. **Approved unanimously.**

4. Elections - Presentation of Nominees

- Slate of candidates for Board positions and other committees presented by Jeremy Meserole (NTA), Chair of the Governance Committee.

Position	Nominee
Administrative Vice-Chair	Jessica Bogie (DLTA)
Administrative Review Board (2, non-board)	Samara Cotter (HSC) Chris Crawford (BSC) MaryAnn Halpin (EMSC) Jennifer Martin (CPD) Dustin Thompson (PPD)
Coaches Representative Large Club	Chris Wolford (NTA) (i) Benjamin Munster (HSC)
Diversity/Equity/Inclusion Chair	LaWanda Lacy (DCST) Tiffany Okirika (UN) Ben Pearthree (M3A) (i)
General Chair	Todd Capen (ACAD) Sarah Lesniak (WDST)
Governance Committee (2, non-board)	MaryAnn Halpin (EMSC) Matt Harder (RISE)

	LaWanda Lacy (DCST) Sydney Dean-Myrda (BNSC) Brian Brown (ACAD) - from floor
Open Water Chair	Tom Rieman (HWSA) (i)
Secretary	Doga Gursay (HOSC) MaryAnn Halpin (EMSC) Amanda Schleede (UN)
Senior Vice-Chair	Kevin Zakrzewski (PAC) (i)

MOTION made by Jon Cabel (SCST) to deal with the slate for unopposed positions first, seconded by Michael Hamann (FOX). **Approved unanimously.**

MOTION made by Amanda Schleede (UN), seconded by Michael Hamann (FOX) to close nominations for uncontested positions. **Approved unanimously.**

MOTION to accept the nominations for Administrative Vice-Chair, Open Water Chair and Senior Vice-Chair by acclamation made by Amanda Schleede (UN), seconded by Michael Hamann (FOX). **Approved unanimously.**

Meserole then moved position by position to ask if there were any nominations from the floor. Brian Brown (ACAD) was nominated for the Governance Committee.

MOTION made to by Amanda Schleede (UN) to close nominations, seconded by Michael Hamann (FOX). **Approved unanimously.**

MOTION made to accept the slate of candidates as amended made by Brian Brown (ACAD), seconded by Derek Amerman (PAWW). **Approved unanimously.**

Capen (ACAD) noted that there were several people nominated for more than one office and asked if there was a hierarchy that would be used if they were elected. Meserole said there was not.

Delegates were asked to cast their votes on the ballots picked up at Registration and to submit them. Votes will be counted, and results announced at the end of the meeting.

5. Officers and Committee Chairs/Coordinators Reports

- **General Chair Jeff Arce.** Report posted, no questions from the floor.
 - Arce shared that he has a lot of hope for this LSC. He thanked Board members for their passion and dedication in getting us through the past six years, marked by the COVID crisis. We are all stronger when we work together and adopt that mindset in our work and deliberations. He feels the Board and LSC culture is much richer and collaborative. He also noted that you don't have to be the smartest person to work in Governance, but you need to be the person who listens.
- **Performance – Todd Capen.** No report posted, no questions from the floor.
 - Capen noted that we are back to our normal athlete travel support and have brought in coaching support as well. This year we spent the most in travel support in history -- \$120,000.
- **Administrative Vice-Chair Todd Capen.** No report filed, no questions from the floor.
- **Program Operations Vice-Chair Nick Parry.** Report posted, no questions from the floor.
 - Parry thanked all who have made our meets run as efficiently as possible. He noted the Meet Directors meeting held Saturday and commented that it was very profitable. He encouraged more participation in the future.

- Coming out of Spring 2024 Town Hall, we were asked to examine the timeline for meet sanctions and whether we would return to the deadlines of early August for SC sanctions and early March for LC/Summer meets. In consultation with Pam Lowenthal in the office, it was decided to keep the 30-day window in place, but to encourage clubs to submit applications earlier to engage more participation.
- **Treasurer Marc Tucci.** Report posted. No questions from the floor.
 - Arce reported that Marc Tucci (BNSC) was unable to be at HOD as he was celebrating his parent's 60th wedding anniversary. The Athlete Endowment Fund is in great shape; decisions made during the COVID years have served us well. Moving forward, the Board will set standards about how the AEF will be used to support programming. The office is learning how to work with cash flow issues caused by changes in fee collection. USA Swimming now collects all member dues and club fees, and then cuts a check back to Illinois Swimming. Previously, Illinois Swimming would collect those fees and send a check back to USA Swimming. At certain times of the year, the process creates some cash flow issues.
 - Arce moved on to the budget, which projects a relatively flat income year over year, assuming no increase in athlete membership. Our expenses continue to be focused on athlete-centric programming such as Duel in the Pool and Project LA. Administrative expenses over the past two years have been cut substantially, with no more room to alter.
 - **MOTION** made by Brian Brown (ACAD), seconded by Michael Regan (FAST) to approve the budget as presented.
 - **VOTE** to approve the 2024-2025 Budget as presented. **Approved unanimously.**
- **Membership/Registration Coordinator Pam Lowenthal.** Report filed, no questions from the floor.
 - Arce noted that we are at 18,000 total members, of which 14,000 are premium athletes. We have seen a slight uptick in membership, but not enough to get us back to pre-2020 numbers.
- **Coaches Representatives Chris Welford (large club) and Mike Regan (small club).** Report posted, no questions from the floor.
 - Regan wanted to highlight that the coaches' education grant tends to be underutilized. He asked coaches to apply for reimbursement when they participate in educational activities. He also said that the Coaches Committees were looking for a few new members and encouraged interested coaches to reach out to Welford or himself. If you are interested in joining the committee, please reach out.
- **Athlete Representatives.** Report posted, no questions from the floor.
 - Arce noted that this group of athletes needs a huge round of applause for all the work they have done this year. Their election leadership resulted in 19 athletes nominated and 1,000 votes, compared to 11 nominations and 400 votes last year. The voting pool was expanded to all 13&Over athletes, who were each given two votes.
 - Athlete reps participated in a lot of opportunities over the summer, including Project LA activities as part of Olympic Trials. Several attended the USA Swimming athlete summit at Butler University. They are proud of their participation and leadership of the Aim for the Stars 10 and Under camps.
 - Forty delegates to HOD participated in an Ambassador Athlete Camp this morning including an in-water session with special guests including Rowdy Gaines, followed by lunch and discussion of what to expect at HOD. Athlete Reps said this is a great way for athletes to bond.
 - The reps reported that expanded use of social media to get more athletes involved is on their agenda. They are also looking to host a Virtual Town Hall to help integrate ideas and communicate with their athlete base. They also are hoping to set up an Athlete Rep retreat to onboard new reps and develop ideas for the next year. They will encourage those

athletes nominated but not elected to get involved in LSC governance by joining BOD committees and other athlete-led activities.

- **Officials Committee Chair Amanda Schleede.** Report posted, no questions from the floor.
 - Still working on setting team leads for the 2025 Winter/Spring SC Championship Seasons.
 - We are the largest LSC in terms of officials but would love to have more. Schleede asked coaches and club representatives to recruit officials, especially now that training opportunities have been standardized by USA Swimming and are easily available on the website. She noted that Illinois also will participate in the Junior Officials program, which allows 16-17 year old athletes to become officials. These Junior Officials may only work at 12&U sessions in which they are not swimming.
 - Schleede noted a new form that is available to communicate the needs of athletes with disabilities at meets. DEI has more information.
 - She also noted that new DQ slips are available, with updated rules options and current Meet Manager DQ codes. Forms are available on the Illinois Swimming website under Officials and Meet Tools. Clubs can take the three-across page and have two ply slips made.
 - Schleede reminded high school coaches that if they want times earned at conference, sectionals and IHSA Championship meets to be available in SWIMS 3.0, that they need to reach out to Lowenthal in the office 10 days in advance. At the Annual Business Meeting in Denver last week, Illinois tried to get legislation passed that would allow times to go into SWIMS when the athlete is not yet a member. Since the effort failed, club coaches wanting championship times to go into SWIMS should be certain their athletes are registered as USA Swimming members **before** they swim their season-ending meets.
- **Operational Risk Coordinator.** No report filed.
 - Arce reminded coaches and clubs to keep filling out incident reports.
- **Safe Sport Chair.** No report filed.
- **Diversity, Equity, and Inclusion Chair Ben Pearthree.** Reported posted, no questions from the floor.
 - Pearthree noted that most DEI information can be found in his report, including the form to be used with AWD at meets. He shared that his experience at the Annual Business Meeting made it unbelievably clear that Illinois Swimming is much better positioned than other LSCs. Culturally we have been able to deliver programming for our community across athletes, coaches, officials and club administration.
- **Open Water Chair Tom Rieman.** Report posted, no questions from the floor.
 - Rieman noted that there will be an Open Water Camp at Lake Manteno the last week of June. Standards and info are being developed. Time standards are also being developed. Arce noted that Tom has been a driving force for open water development and expansion during his tenure in the position.
- **Governance Chair Jeremy Meserole.** No report filed, no questions from the floor.
- **Program Director Aime Adams.** Report posted, no questions from the floor.
 - Adams commented that the camps Illinois Swimming has staged for various age groups have been incredible. Kevin Zakrzewski and Michael Hamann deserve lots of credit for that. Camp schedules going forward will be posted in January. Coach sign-up will occur then as well. Adams thanked all the coaches who have helped out this year and gave a huge shout out to the athlete reps for all their work. Arce told the House that we need to be extremely grateful for all the work Amie Adams does to put on our programming.
- **Ex-Official Members.** No reports filed.

Arce paused before the Senior Vice-Chair and Age Group Vice-Chair reports to remind participants to be respectful as they asked questions and made comments about the rules changes being proposed.

He noted that the Committee reports would serve as an opportunity to gather information and seek clarification. This would not be the time to speak for or against the legislative proposals. He asked that questions and comments be fresh and new, and if discussion is circling, we will move on.

- **Senior Vice-Chair Kevin Zakrzewski.** Report posted, no questions from the floor.
 - Zakrzewski noted that we currently do not have any bids for 2025 Summer Senior Championships.
 - He reported that the recent QUAD challenge for the boys went off really well. A girls challenge is being worked on for January, and the committee is hoping to do something in April with boys and girls together. The Committee is happy with the direction, and athletes are enjoying the opportunity to build relationships with their peers.
 - The Committee, led by Matt Harder, is trying to bring back the College Tour event, with a focus this year on the University of Wisconsin-Madison.
 - **MOTION** made by Brian Brown (ACAD) to approve spring time standards, seconded by Derek Amerman (PAWW). **Approved unanimously.**
 - **MOTION** made by Brian Brown (ACAD) to approve the springtime standards, seconded by Amanda Schleede (UN). **Approved unanimously.**
 - Zakrzewski said that he will be sad to see Jeff Arce leave the General Chair position. He has enjoyed working with him, and the LSC should be grateful to have him.
- **Age Group Vice-Chair Michael Hamann.** Report posted, no questions from the floor.
 - Arce noted that we will return back to parts of the Age Group report after legislation.
 - Hamann thanked Kevin Zakrzewski and Amie Adams for all the work they have put in on our camps and programming. He also thanked the athletes, especially the athlete reps, for helping to create a great culture.
 - Copies of Age Group time standards are available in the report, covering two contingencies of the Omnibus legislation passing or being defeated.
 - **MOTION** by Brian Brown (ACAD) to approve the time standards, seconded by Tanner Stumpfenhorst. **Approved unanimously.**
 - **MOTION** made by Jon Cabel (SCST) to approve the regional time standards, seconded by Amanda Schleede (UN). **Approved unanimously.**

Hamann dealt with several questions from the floor about the differences in time standards. He noted that the even age standards are the same as before, but that the odd age standards are different. Stuart Waltner asked how the single age standards will be dealt with in Meet Manager reports. Jon Cabel (SCST) asked how soon a time standards file would be available; Hamann said the Committee is working on this and hopes to have it ready on Friday. Rob Emary (BSC) noted that the mile numbers seemed really slow. Hamann said they were based off a percentage of swims done, and with considerably fewer swimmers competing in distance-type events, it's hard to get a true number,

Many in the group pointed out discrepancies in the time standards posted. It seems that many of the 11-12 year old boys times are transposed and need to be examined further.

MOTION: Dave Hedden called the question, Ben Pearthree (M3A) seconded. Approved unanimously. Pearthree second. **Approved unanimously.**

VOTE to accept time standards with corrections noted. **Approved unanimously.**

- Hamann noted that club assignments for Winter Regionals are available in the report.
- ACTION ITEM: Six bids were recommended for Summer 2025 Regionals: ACAD @ RBHS, SCST @ Norris Rec Center, DLTA @ Oswego East, LWSA @ LW Central, HPAC @ HPHS, ECST @ Centre of Elgin
 - **MOTION** made by Jeff Arce (RISE), seconded by Todd Capen (ACAD) to approve the six regional bids as presented. A question from the floor about no downstate bid was confirmed. **Approved unanimously, with one abstention (Amerman (PAWW)).**

- **MOTION** made by Derek Amerman (PAWW) to accept the bid from HSC to host Age Group Championships at FMC Natatorium for Summer 2025, seconded Tanner Stumpenhorst. **Approved unanimously.**
- **MOTION** made by Tanner Stumpenhorst to accept the bid from PAC to host the 10 and Under Championships at Stevenson HS if legislation passes, seconded by Jon Cabel (SCST). **Approved unanimously.**
- Hamann then made a presentation to provide information and opportunities for questions about the proposal to restructure our 14 and Under Championships so delegates were aware of what would be voted on in the legislative session. He asked that questions be held until the end of his presentation. Restructuring our 14&U Championships – was on task force before being the Age Group Chair. Presentation available in HOD 2024 Dropbox folder.
 - Two years ago, the Board of Directors commissioned a task force to investigate potential improvements to the LSC Championship Meet Series. It was comprised of Brian Brown, Jessica Bogie, Jon Cabel, Hamann, Jeremy Meserole, Jayne Spittler and Amie Adams. The goal was to focus on enhancing the accessibility and participation for a wider array of swimmers.
 - Data collected on membership trends showed that the LSC is moving in a different direction than pre-COVID, and that we need to pay close attention to retaining younger swimmers.
 - Brian Brown presented the findings and recommendations of the Task Force at the Fall 2023 HOD. The work was then handed off to the various committees to flesh out the proposals.
 - Two possible avenues for restructuring were considered: looking at two Championship Meets for 12 and Under and 13 and Over or three Championship Meets for 10 and Under, 11-14 and Senior. The practicality of running a 13 and Over meet in LC did not work. Combined prelim and distance timeline of 26.5 hours and creating 3.5-hour finals was not workable.
 - Meet calendar to be under continual review by Senior, Age Group and Performance Committees. 10 and Under Championships currently proposed as same weekend as Senior Championships, with bids accepted from GSC at Glenbrook North for Spring and PAC at Stevenson for summer. Knowing we have a lack of long course pools, the 10 and Under Championships could be run as short course in the summer, but priority will be given to LC bids.
 - Hamann noted concerns of smaller clubs about how coaching staffs can manage two meets on the same weekend. He noted that a very simple 10 and Under meet format was proposed, with minimal administrative stress. No penalty swims, no scratch deadlines or scratch box, a preseeded meet that eliminated positive check-in to take pressure off of coaches. Sessions would run in midday, to perhaps eliminate at least one night of a hotel stay.
 - The 11-14 Championship Meet would look similar to the meet we currently run, with sessions and event order fairly the same. We will add 200 relays for all and 50s of stroke for 13-14 yos. Single age standards for entry, but finals run as an age group (i.e., 11-12, 13-14). This will allow greater participation.
 - Time standards will switch from age group standards to single age standards to have a more linear progression. The 1:45 block with the 10 and Unders removed will be filled with younger athletes
 - Regionals will have a seven-event limit, to match other Championship Meets, with no more than three events per day. The first-place finishers in each event and age group advance to Age Group Champs, adding a level of excitement and purpose to Regionals. Analysis showed that this would have added nine athletes in 2023, with no impact on timelines.
 - WI and IN have moved to this model, with retention rates improved compared to the national average.

- Goals of the restructuring go beyond performance. We want to attract kids to our sport and want them to stay in the sport. We believe adding focus and excitement will do this. We want to drive participation in the Championship Meet Series, hopefully to increase 14 and Under retention rates and show growth from one Quad to the next. Increased membership will bring in more funds to support programming but also to provide more office support to reduce the current burden on our Administrative and Program directors.
- The floor was then opened for questions.
 - Joey Waldorf (NASA) asked how the new time standards will affect the size of sites for regionals. Hamann said regional sites were determined spending a significant amount of time analyzing athletes per lane.
 - Hamann clarified that because stroke 50s are being added to 11-14 Champs, they also will be added to Regionals.
 - Dave Snyder (DDST) said the proposals create 11 and 13 standards, but would finals continue to be age groups? Hamann said yes, that the single age standards are looking to create more participation and smooth out the jumps from an even to an odd age.
 - Dave Krotiak (FMC) said that while it is nice to have more kids make the Championships, was there any consideration of a C or D final that could be age limited. Brown said that the work was the first step to get more participation at State meets. After we have a year of data, the Age Group Committee can see how things are working and consider an age-limited final. This would add 40 minutes to the finals timeline.
 - A coach asked with the addition of stroke 50s, what qualifying time would be used? Hamann said for Spring 2025 we would follow the senior model of using the 100 qualifying time. As more meets offer stroke 50s for 13-14 yos, this could change and will be evaluated.
 - Michael Lawrence (LFSC) noted that we are increasing the participation rate in both the 10 and Under and 11-14 Championships. With the odd age standards lowered, but the even ages remaining the same, could we delaying the inevitable of athletes still not making their respective age cut? Hamann responded that there is no way we can make that call at 10,000 feet as to who will make the jump and who won't. There is hope that putting the carrot out there earlier and with more excitement, athletes will chase it.
 - Hamann returned to discussion of regional sites and time standards, included above.

6. Legislation

- The legislative session was chaired by Brian Brown (ACAD), member of the Rules & Regulations Committee. Van Donkersgoed (WI) served as parliamentarian. He gave a 60-second topline of Robert's Rules of order and referred participants to a "bubble" sheet of how we work through a motion. He reminded the group that there can only one amendment at a time on the motion. Also, if there is a motion to call the question, it is not debatable and requires a 2/3 vote to pass. Todd Capen served as the scribe, adding amendments from the floor onto the screen for consideration. The parliamentarian's job is to help Brown through the process.
- Brown began the session by explaining how the legislation would be considered. First the omnibus motion to match the Age Group Championship restricting proposals to the rule book. Second, the 12 rule items submitted would be addressed as a block, unless items were pulled for discussion. Finally, a housekeeping item required by USA Swimming would be addressed.
 - O-1
 - **MOTION:** Jeff Arce (RISE) made a motion to accept omnibus motion O-1, seconded by Jorie Blauer (HPAC). Blauer thanked Michael Hamann and The Task Force for all their work an analysis. He believes it is the right direction as we set about creating more opportunities for our athletes.

- There was no further discussion.
- VOTE: **approved unanimously.**
- Brown then worked through each of the R items, asking the body if any should be pulled. Only R-12 was pulled.
 - Brown asked for a motion to approve R-1 through R-11. Jeff Arce (RISE) so moved; Amanda Schleede (UN) seconded. No discussion.
 - VOTE: **Approved unanimously.**
- R-12 was pulled by Jeff Arce, who asked author Michael Lawrence (FLSC) how we will be able to verify a time for all events at IHSA conference and sectional meets if the event is not an event that meets USA Swimming rules.
 - Lawrence said we are observing swims already. The use of the backstroke ledge and kicking independent of the backstroke turn are the only differences in the rulebooks. This proposed legislation is made in fairness and equity to the athletes at a high level so we can use their times to enter Illinois Championship Meets. We already have a rule that if you have a publicly viewable website from the governing body, those times can be used. This eliminates the need for observed swims, with a caveat that times (if not observed) can only be used to enter Illinois Swimming Championships. They cannot be entered into SWIMS. as entry times.
 - Schleede confirmed that a time has to be an observed swim according to USA Swimming rules to be entered into SWIMS. She also pointed out that the use of Kinesiotape is a difference between NHSFA and USA Swimming. If athletes want to use high school times beyond our Illinois Swimming Championships, they will need to come from an observed meet.
 - Capen said we currently can do all individual events except for two (backstroke and IM) from Conference Meets.
 - Krotiak noted that while the rules are different, the swimmer does not gain any advantage from the high school rules.
 - Hamann asked how the times verification process would go with OME. It would require entering an override time that would need to be proved premeet. He asked how many Conference Meets are not observed (a lot) and wondered if we are reducing paperwork for the office. Is it just eliminating getting meets observed and eliminating a layer.
 - Schleede said she feels that we are letting athletes into our Championship Meets who are being disqualified. Blauer said that a lot of kids moving on to State meets are higher level swimmers who do things right anyway. Mark Townsend (MAVS) sees no competitive advantage, and therefore no problem including. If the meet is observed, there is administrative action required anyway.
 - Laurich (ACAD) noted that if he has athletes who are capable of making higher level meets, he will need times observed so they can go into SWIMS.
 - Frye (MMSC) asked if we would allow times from Conference meets if swimmers were not members when they swam. Schleede said USA Swimming rules say the athlete would need to be a USA Swimming member when they swam.
 - Regan (FAST) moved to call the question, Pearthree (M3A) seconded. Motion to call the question **Approved unanimously.**
 - VOTE: initial voice vote was not conclusive. Brown asked to divide the house, and for delegates to hold up their voting card while votes were tallied. Tally showed 52 in favor of the legislation; majority would be 55. **Motion fails.**
 - Several members of the house asked for a recount.
 - MOTION: Spittler made a motion for the vote to be reconsidered, Penland seconded. **Approved unanimously.**
 - MOTION: Blauer (HPAC) moved to pass in voting cards physically so that they could be counted. Alec Schmidt (ECST) seconded. **Motion failed.**

- **MOTION:** Spittler moves for a roll call vote for R-12, seconded by Capen. Donkersgoed reminded the House that a majority vote would be required for passage. **Motion for a roll call vote approved.**
- **VOTE:** 62 votes in favor, R-12 carries.
- HK-1
 - Pearthree moved to accept HK-1, Chad Rowland (TIDE) seconded. No discussion. **Approved unanimously.**

7. New Business

The floor was opened for new business, which actually captured more questions about the new Age Group Championships structure. Several delegates asked if there would be communications sent out regarding the new age group meet structures to be used with clubs. Arce said that the Task Force presentation has been shared with the membership for a year, is readily available on the website, and has been mailed to all members. Dave Krotiak (FMC) asked when meet packets would be available for the new Age Group meets. Hamann said that there already had been a meeting to discuss how the new structure would go into meet packets. Age Group Committee expects packets will be available no later than November 15. Only hold-up could be if we don't have a meet referee by that date which would hold up the sanction.

The question was raised about athletes aging up between regionals and the Age Group meets. Arce said that this is covered in the omnibus legislation, which states in line 213 that regional event winners will move on to the 10 and Under or 11-14 Championships as long as they do not change age groups.

Dave Krotiak (FMC) asked about the time standards being used for the 200 free relay. He understands why we used times for the 400 medley relay to qualify the 200 medley relay but noted that we have legitimate 50 free times to make up a composite 200 free. Arce said we could direct the Senior and Age Group Committees to look at this and come up with time standards that will be appropriate.

8. Election Results

Position	Nominee
Administrative Vice-Chair	Jessica Bogie (DLTA)
Administrative Review Board (2, non-board)	Chris Crawford (BSC) Dustin Thompson (PPD)
Coaches Representative Large Club	Chris Wolford (NTA) (i)
Diversity/Equity/Inclusion Chair	Ben Pearthree (M3A) (i)
General Chair	Todd Capen (ACAD)
Governance Committee (2, non-board)	Matt Harder (RISE) Brian Brown
Open Water Chair	Tom Rieman (HWSA) (i)
Secretary	Amanda Schleede (UN)
Senior Vice-Chair	Kevin Zakrzewski (PAC) (i)
Athletes – Junior Reps	Brayden Capen (ACAD) Karina Miller (FMC) Aria Grossenbach (PAC)

MOTION was made by Jon Cabel (SCST), seconded by Amanda Schleede (UN) to destroy the ballots. **Approved unanimously.**

New General Chair Todd Capen announced that the scheduled Board meeting for Wednesday, October 9 had been cancelled. The next 30 days will be used to onboard new members to their positions, fill the Officials Chair slot and set direction for the next year.

General Chair Capen recognized three members who were leaving the board. First, former General Chair Jeff Arce, who has served as Age Group Vice-Chair, Administrative Vice-Chair and General Chair, the latter for six years through the COVID epidemic. Capen thanked him for his passion and devotion to the LSC. Capen acknowledged senior athlete representative Tanner Stumpenhorst, who along with his colleague Bridget McGann, took the athlete rep position on the Board to new heights. Finally, Capen acknowledged Secretary Jayne Spittler, who he said brought a voice of reason and perspective to Board meetings.

9. 2025 Virtual Town Hall

- Proposed to be held on April 6, 2025
- Held via Zoom
- The next in-person HOD will be Fall 2025.

10. Adjournment

- **MOTION** made by Hamann (FOX), seconded by Stumpenhorst to adjourn the 2024 Fall HOD meeting.
- **Unanimous approval** at 3:24pm.

Respectfully submitted,
Jayne Spittler
ISI Board Secretary

Thank you for the opportunity to serve our LSC in this position for the past four years.



Board of Directors 2025 Slate

Program Ops Chair-Vote for one

- ☐ Brian Brown- ACAD- Academy Bullets
- ☐ Rachel Rushing YRRV- YMCA of the Rock River Valley

Officials Chair-Vote for one

- ☐ Steve Fidanze MMSC-Mundelein Mustang Swim Club- Incumbent

Age Group Chair-Vote for one

- ☐ Michael Hamann FOX-Fox Valley Swim Team Incumbent
- ☐ Dave Snyder DDST- Dunlap Dolphins Swim Team

Safe Sport Chair-Vote for one

- ☐ Steve Frye COHO- COHO Swim Club

Coaches Committee Small Club Chair-Vote for one

- ☐ Brian McGuire MAC- McGuire Aquatics

Treasurer-Vote for one

- ☐ Marc Tucci UN- Unattached- Incumbent

Governance Committee-Vote for two

- ☐ Carolyn Grevers PAC- Patriot Aquatic Club
- ☐ Dustin Thompson PPD- Palatine Park District

Operational Risk Vote for one

- ☐ Melissa Healy MMSC- Mundelein Mustang Swim Club



GENERAL CHAIR REPORT

House of Delegates – October 5, 2025



VISION: To inspire excellence through innovation and leadership

MISSION: To promote and achieve excellence in performance through education, innovation, service and committed leadership.

Thank you to the Board of Directors, Pam, Amie and Debbie for all of your hard work and time over the last year. As this is my first year in a new role, and following the unbelievable work and dedication of Jeff Arce, I was nervous to take on a position such as this. The Board and staff have made this transition nothing but smooth, and I cannot thank them enough for their continued support with their eyes squarely focused on our swimmers, coaches, and volunteers and making Illinois Swimming an organization everyone can be proud of. Below is a summary of my activities over the last 6 months.

USA Annual Summit

The USA Swimming Annual Summit (formerly the Annual Business Meeting) is taking place this week in Denver, CO. Our national governing body has gone thru quite a bit of change, and at times turmoil, in the last year. We are optimistic with the hiring of a new CEO and the National Team staff that has been assembled. It is my hope that these are step one in our mission to getting our NGB back into the model it once was with our eyes fixed on LA 2028 and hosting the Olympic Games on our home soil. As was the case last year, if your club wants a rule book you will need to fill out a form that will be emailed out in October to receive a hard copy of the rule book, you will no longer receive a rule book automatically.

Budget

Thank you to all board members for working thru the budget we are pleased to propose a budget for the 2025-2026 swim year. As was the case last year, the focus of the year is to run as much athlete centric programming as possible. This budget reflects those goals.

Illinois Swimming Awards Banquet

Our Illinois Swimming Awards Banquet was held this morning recognizing the outstanding performances of our athletes over the past 12 months. Thank you to Amie Adams and guest Kyle Sockwell for making this brunch memorable for all in attendance. Next year will be our 3rd class of the Illinois Swimming Hall of Fame. Details on nominations will be sent out November 1st with nominations closing on February 1st.

Performance Committee

The performance committee oversaw the development of the 2024-2025 Athlete Support Program in which we had more submissions than we have in recent memory. This program continues to be one of our most successful ones in the LSC and I am excited about the continued direction the committee is taking to support our athletes moving towards the highest levels in our sport.

Board of Directors

Thank you to the entire board for their time, effort, thoughtfulness and patience this past year. 2025 saw a new championship meet series for Illinois Swimming that seems to be well received by many. We were blessed with the roadmap laid out by Jeff Arce and Jack Yetter during their time on the board. We are also excited for what lies ahead as we continue to evolve this quad and always put our stakeholders first.

Respectfully Submitted by:
Todd Capen
generalchair@ilswim.org

Program Operations Vice-Chair Report
HOD Meeting October 2025



Included below is a brief summary of the Program Operations Vice-Chair:

- Attended IL Swimming BOD Meetings
- Participated in the Rules and Regulations committee and assistant and provided insight to the legislative process in regards to new proposals.
- Worked with club coaches, IL Swimming administration and other board members to work through issues that arise throughout the course of the short course and long course seasons.
- Assisted with organization and running of IL Swimming championship meets including multiple meets hosted by ISI. This includes but is not limited to meet jury selection, meet jury participation, and rules and regulation clarifications.
- Finally, as this concludes my term in this position, I would like to thank all members of the Illinois Swimming Board of Directors for their hard work and dedication to the sport and Illinois Swimming as a whole. A special shoutout to Pam Lowenthal for her hard work and support as I learned my way through this position in these past two years.

Respectfully submitted,

Nick Parry
Program Operations Vice-Chair
Illinois Swimming

Illinois Swimming Budget

Account	Proposed Budget	2024-2025 (prior to audit)		2023-2024	
		Actual Revenue	Budget	Actual	Budget
5000 Revenue-Athlete Registration	\$308,000	\$233,673	\$238,000	\$232,882	\$254,000
5010 Revenue-NonAthlete Registration	\$41,800	\$32,028	\$32,300	\$33,050	\$28,350
5020 Revenue-Transfers	\$0	\$3,700	\$2,900	\$2,920	\$5,550
5030 Revenue-Club Registration	\$19,620	\$18,180	\$24,400	\$17,280	\$13,200
5040 Revenue-Flex Membership	\$5,000	\$8,000	\$7,000	\$7,420	\$7,950
5050 Revenue-Outreach Athl Regist	\$3,600	\$3,818	\$3,600	\$6,892	\$3,150
5100 Revenue-Swimmer Surcharge	\$140,000	\$152,967	\$140,000	\$133,029	\$87,000
5110 Revenue-Sanctions	\$25,000	\$25,300	\$32,000	\$31,625	\$33,750
5111 - Revenue-Community Engagement		\$106		\$15	\$0
5120 Revenue - Zones Meet Entries	\$10,000	\$10,694		\$0	\$0
5130 Revenue - Open Water Zone Entry	\$8,000	\$11,525	\$7,400	\$7,401	\$0
5140 Open Water - Champ Entry	\$10,000	\$10,350	\$6,840	\$6,840	\$1,500
5150 Open Water Camps	\$3,600		\$3,500		
5161 Revenue-Outreach Project					
5200 Revenue-Officials	\$0	\$202	\$885	\$1,883	\$2,850
5210 Revenue-Officials Clinics		\$255,149	\$230,000	\$232,493	\$148,000
5300 Revenue-% Meet Fees	\$230,000	\$2,000		\$70,615	\$29,000
5315 Championship-Age Group Entry	\$110,000	\$78,772	\$90,000	\$15,420	\$26,000
5316 Championship- Senior Champ Entry	\$75,000	\$13,315	\$17,000	\$16,475	\$11,000
5400 Revenue-Athlete Recogn,Banquet	\$13,000	\$28,400	\$28,800	\$25,550	\$28,800
5650 Revenue- Duel in the Pool	\$28,800	\$35,409	\$25,000	\$5,325	\$12,880
5720 Senior Camp	\$30,000	\$18,022	\$9,000	\$12,995	\$0
5730 Age Group Camp	\$14,500	\$15,909	\$14,000	\$15,200	\$0
5735 Project LA	\$33,000				
5970 Camps-Programs	\$6,000				
5740 Sponsorships	\$35,000	\$33,802	\$6,240	\$6,240	\$25,000
5900 Revenue-Miscellaneous	\$1,000	\$2,719		\$6,401	\$0
5930 Revenue- Hall of Fame					\$8,750
5950 Credit Card Fee	\$2,000	\$2,033	\$16,000	\$2,744	\$0
9000 Interest Income	\$200	\$137		\$976	\$0
Total Revenue	\$1,153,120	\$996,210	\$934,865	\$891,670	\$726,730
Programming Expense					
6070 Lifetime Memberships	\$1,000		\$1,000	\$0	\$1,000
6161 Outreach Project	\$6,500	\$6,000	\$6,500	\$0	\$6,500

[illegible]

Administrative Expense

7000 Office Salaries									
7010 Payroll Taxes	\$180,000								
7015 Retirement Contribution	\$14,000	\$170,480	\$180,000						
7040 Employee Health Insurance	\$15,000	\$13,332	\$14,000	\$14,060	\$12,000				
7070 Professional Development	\$3,500	\$4,300	\$15,000	\$0	\$14,000				
7100 BOD Discretionary Fund	\$200		\$3,500	\$8,145	\$3,500				
7200 Rent Paid	\$3,000	\$2,921	\$200	\$0	\$200				
7300 Utilities	\$20,148	\$21,506	\$500	\$4,653	\$200				
7400 Telephone/Internet			\$13,000	\$12,335	\$12,500				
7500 Office Expense	\$2,500	\$2,489	\$2,500	\$3,550	\$1,100				
7510 Office Supplies	\$800	\$636	\$800	\$3,386	\$2,900				
7511 Office Technology Software	\$7,000	\$6,910	\$4,500	\$4,278	\$4,000				
7512 Accounting Software	\$1,500	\$1,545	\$1,700	\$1,700	\$500				
7513 Technology Software/ WebHosting	\$1,000		\$1,000						
7514 Digital Marketing	\$4,100	\$4,074	\$4,000	\$2,927	\$4,500				
7520 Postage	\$1,980	\$1,720	\$1,500	\$1,400	\$1,400				
7610 Web Site Expense	\$1,000	\$1,013	\$750	\$745	\$600				
7620 Payroll Processing Fee	\$2,900	\$2,834							
7700 Depreciation Expense	\$700	\$640	\$700	\$605	\$550				
7820 Professional Fee Accounting									
7850 Ancillary Accounting Fees	\$12,000	\$12,000	\$12,000	\$12,000	\$11,200				
7900 Legal Expenses	\$4,500	\$4,192	\$5,000	\$4,199	\$4,400				
8000 Insurance									
8250 Dues and Subscriptions	\$1,600	\$1,520	\$1,600	\$1,514	\$2,000				
8500 Conventions-meetings	\$4,100	\$3,928	\$3,000	\$4,109					
8560 Travel	\$25,000	\$20,517	\$25,000	\$5,210	\$40,000				
8800 Miscellaneous	\$400	\$309	\$10,000						
8810 Merchant Service Bankcard Fees	\$7,000	\$7,096	\$5,000						
8820 Bank Charge	\$17,000	\$18,005	\$16,000	\$16,321	\$1,000				
	750	\$717	\$750	\$744					
Subtotal - Administrative Expense	\$331,678	\$302,684	\$322,000	\$281,100	\$261,550				
Total Revenue	\$1,153,120	\$996,210	\$934,865	\$891,670	\$726,730				
Subtotal - Programming Expense	\$830,013	\$688,496	\$534,652	\$563,341	\$703,434				
Subtotal - Administrative Expense	\$331,678	\$302,684	\$322,000	\$281,100	\$261,550				
Offset From the AEF to Support Athlete Program	\$8,571	\$18,287	\$18,287	\$25,000	\$25,000				
Offset From the AEF to Support Hall of Fame				\$25,000	\$75,000				
Net Profit/Loss	\$0	\$23,317	\$96,500	\$97,229	(\$138,254)				

Membership Over Time

Category	Detail	Members																	
		2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026
Athlete	Flex Athlete											289	233	468	484	616	614	587	232
	Outreach Athlete	92	100	147	187	238	276	292	324	2,327	3,818	3,538	2,766	867	1,640	2,199	1,893	2,028	188
	Premium Athlete	17,366	17,097	16,960	17,503	20,020	19,717	18,755	18,699	19,536	18,395	17,594	15,603	12,227	15,283	14,247	14,113	13,723	4,483
	Single Meet Athlete	25	17																
Non-Athlete	Administrators															117	112	110	22
	Coach	458	494	729	794	892	963	940	972	1,115	1,085	1,103	980	851	900	950	989	991	173
	Junior Coach															79	10	13	3
	Official	544	581	522	602	694	773	788	832	834	855	845	782	687	671	709	710	734	186
	Other	435	435	180	150	160	160	152	152	158	162	113	137	287	290	274	203	143	37
	Provisional Coach																17	31	4
Unknown	Unknown																	3	
Grand Total		18,920	18,724	18,538	19,236	22,004	21,889	20,927	20,979	23,970	24,315	23,482	20,501	15,387	19,268	19,191	18,661	18,363	5,328

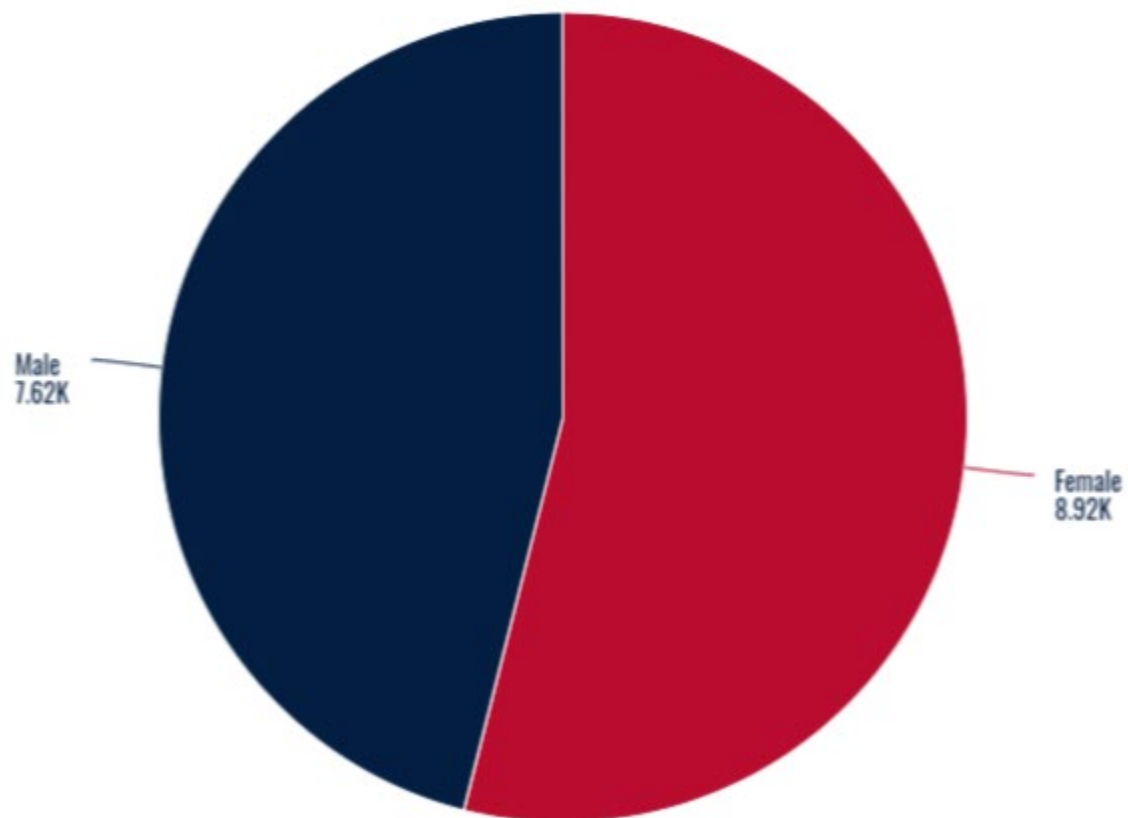
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Member Type by Age Group

Category	Detail	Members						
		10 & Under	11-12	13-14	15-18	19 & Over	Not Applicable	Grand Total
Athlete	Flex Athlete	386	175	53				614
	Outreach Athlete	670	538	427	254	4		1,893
	Premium Athlete	3,621	3,367	3,063	3,614	448		14,113
Athlete Total		4,677	4,080	3,543	3,868	452		16,620
Non-Athlete	Administrators					112		112
	Coach				25	963	1	989
	Junior Coach				10			10
	Official					710		710
	Other					202	1	203
	Provisional Coach				1	16		17
Non-Athlete Total					36	2,003	2	2,041
Grand Total		4,677	4,080	3,543	3,904	2,455	2	18,661

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Athlete Competition Category Breakdown





ATHLETE REP REPORT

House of Delegates - Sunday October 6th

Athlete Representatives: Lindsay Forebaugh, Elyse Newlands, Emma Overall, Karina Miller, Brayden Capen, Aria Grossenbach

Past Business:

- Women & Girls Camp
 - Lindsay, Elyse, Karina, Aria & Emma served as leaders
 - First successful partnership with In Depth Swim Academy & Olivia Smoliga
- Project LA
 - Reps helped create social media content
 - Brayden, Aria, Luke Vatev, and Lindsay sat on a Q&A panel
- Central Zone Athlete Summit
 - June 19-22 in Cleveland, OH
 - Aria, Brady Jordan, and Kara Hoffman attended
 - Learned new strategies and strategic planning for upcoming year
- Aim for the Stars Camp
 - Combined Senior Leadership and the 10&U portion into one day
 - 3 sites (up from 2 last year) - Peoria, Willowbrook & St Charles
- Athlete Engagement
 - Continued Athlete Takeovers at meets such as Sectionals, Futures, Summer Juniors, 10 & U State, Senior State, etc.
 - Lindsay and Karina created content with Brayden, Luke, and Thomas McMillan before they left for World Junior Championships
- Our Athlete Committee was recognized as runner-up Most Outstanding LSC!

Current Business:

- Elections
 - Switched form platform to Cognito Forms
 - Electing three new Junior Reps from the 12 candidates that applied
 - Working to fill spaces in committees from rep candidates and committee applicants
- House of Delegates Camp
 - Second year of the event
 - Main portion of camp switched to Saturday Night at Superior with Kyle Sockwell
 - Opened more spaces for rep candidates, club delegates, and interested athletes

Future Business:

- 11-14 Leadership Summit
 - Working on planning a new camp for 11-14 year olds
 - Focused on leadership, hoping to bridge the gap in Aim for the Stars programming
- Athlete Rep Retreat **Year Two**
 - Build relationships with new reps
 - Strategic Planning for upcoming year



Illinois Swimming Officials Committee Report to the Fall 2025 House of Delegates

To: Illinois Swimming House of Delegates
From: Illinois Officials Committee, Steve Fidanze, Chair
September 23, 2025

1. The Official's Committee is currently comprised of:

- Chair – Steve Fidanze (MMS)
- Clinic Operations – Alex Abramovich (HPAC)
- Membership and Certification/Renewal – Scott Pendland (UN)
- Communications – John Schenberger (LWSA)
- Championship Meet Planning – Rachel Lin (PAC)
- At-Large Member – Tim Lehman (BBSC)
- Lead Area Rep – Dan Clasen (WCS)
 - Area Reps
 - South of IL-17: (Todd Schmidt (BNSC)
 - South Suburban: Mark Donnell (POSA)
 - Chicago/Collar Counties: Eileen Pei (FMC)
 - West Suburban/Fox Valley: Dan Clasen (WCS)
 - Northwest Illinois: Luen Khaw (DUND)
 - Northeast Illinois: Marcia Srivistava (NTA)
- Athlete Reps – Aria Grossenbach (PAC), Brady Jordan (SCST)

2. The current state of officiating in Illinois:

- We're still one of the largest LSC for officials.
- As of September 23, 2025, we have 669 total officials in Illinois listed in OTS.
- With improvements in OTS, we have stopped manually tracking who is an official in Illinois via Google Sheet. We are now fully harmonized with OTS via pulling a report on current membership monthly. This change in tracking officials is the reason for the apparent decline in membership from 737 last fall to 669 currently.
- A huge thanks to the Membership and Certification team who monitored requirements and marshaled officials through the process into 2025.
- Also, a **HUGE** thank you to the athlete representatives for helping to bring the Junior Official certification to Illinois, and for helping to promote that certification.
- In 2025 USA Swimming completed their takeover of clinics for all levels outside of Open Water, resulting in a more convenient process for new and advancing officials to complete when they can.
- The Chief Judge (CJ) certification for the LSC has been completely rolled out, and we do have some officials beginning to advance into that certification.

3. Training:

- A huge thank you to the Clinics team for keeping up with all the changes from USAS.
- In April 2025, USA Swimming took over all Deck Referee clinics. While the transition was difficult, completing the process of USA Swimming taking over clinics has resulted in a consistent process for those looking to become an official or advance. Having two registration processes for the entry level officials caused frustration for both those looking to enter officiating and those adding certifications.

That consistency has eased some of the frustrations present during the transition from ISI run clinics to USA Swimming run clinics.

- USA Swimming is planning to release online Open Water clinics in the Spring, which we anticipate may help in adding Open Water certified officials.
- It is a great time for teams to encourage parents to become officials or advance in their positions, especially at the Stroke & Turn (S&T) and Admin Official (AO) levels.

We have some challenges:

- We need teams to continue promoting becoming an official with their parents/teams and the importance of advancing.
- We need to ensure that we are not just producing new officials, but also high-quality officials within the limitations of R9 legislation.

We look to the membership to help:

- Work to recruit parents on your team! With the web-based learning, parents can become or advance as an official from the comfort of their house.
- Please reach out to me or a committee member to get help recruiting or training (we've provided a pre-made recruiting handout on the Officials page on the ISI website).
- Details to become an official are on the website and should be followed (step by step). Individuals need to use their club link and make sure they are registering as a non-athlete official (not a member).
- If you have swimmers who would like to be Junior Officials, the Junior Officials page on the website is more accessible than it had been. The athlete representatives have worked with the committee to provide a presentation on the certification, and to make the webpage more "teen friendly".

4. Champ Meet Planning:

- We're working on setting the team leads for the 2026 Winter/Spring SC Championship Seasons:
 - **2026 Winter/Spring Regionals (7 locations): Feb 28 – March 1, 2026**
 - TIDE, BSC, MAVS, PAC, PAWW, LWSA, HSC
 - **2026 SC 10 & Under championships:** March 7-8, 2026, hosted at Glenbrook High School
 - **2026 SC Senior Champs:** March 5-8, 2026, hosted by Illinois Swimming at UIC
 - **2026 SC Age Group Champs:** March 12-15, 2026, hosted by Illinois Swimming at RecPlex

5. High School Observe Swims:

- If you would like your Conference or Sectional Meets (Girls & Boys) observed for submission of times to SWIMS 3.0 – please contact Pam Lowenthal in the ISI office for the request form. This form **MUST** be submitted at least **10 days** prior to the start of the meet. If a meet is not observed, times for backstroke and IM swims will **NOT** be added to SWIMS 3.0.
- If approved for observation, times from a Conference or Sectional Meet to count and be added to the USAS SWIMS 3.0 database, if all of the following must be met:
 - i. **TWO (2)** USAS certified officials (can be S&T, SR or Ref) must be pre-assigned to the meet.
 - ii. The 2 officials must be in their standard uniform (white over blue) and be provided with a heat sheet for the session and a location to observe the swims on deck.
 - iii. The 2 USAS officials **CANNOT** be working in any other capacity during the meet (for instance they can't be working as a USAS official and also be the IHSA Starter for the meet).
 - iv. The marked heat sheet for **BOTH** officials must be submitted with infractions to officials@ilswim.org within 24 hours of the completion of the High School meet in order for the times and sessions to count (swimmers and officials).

- v. USAS officials **WILL NOT** make calls and/or raise their hands for infractions during the meets/sessions. Infractions will be noted on the heat sheet and provided to the Officials Committee for tabulation and submission to the ISI office (Pam).

6. Plans for 2025:

- Continue to monitor OTS updates.
- Continue to monitor updates from USAS regarding Open Water clinic training and certifications.
- Continue to provide officials, teams, and coaches with support regarding their sanctioned meets.
- Look for ways to improve on deck training to ensure new officials understand their role and are not simply “checking the box.”
- Work with teams to increase ‘required’ volunteer sessions as R9 only requires 4 sessions over 3 years (IL used to be 10 sessions per year to recertify).



Illinois Swimming Open Water Chair Report



- Open Water State meet at Lake Manteno on Aug 5, 2025
 - Athlete participation increase from 109 in 2022, 165 in 2023, 209 in 2024, 251 in 2025.
 - Congratulations to Barrington Swim Club for taking 1st place and earning the honors of being the 2025 Illinois Open Water State Champions. St Charles took 2nd & FMC took 3rd.
 - Congratulations to the following individual champions who won their respective race:
 - Girls Open 5K: Abby Hill (BSC)
 - Boys Open 5K: Luke Bucaro (BSC)
 - Girls 13-14 3K: Molly Wideikis (HSC)
 - Boys 13-14 3K: Daniel Nikonchuk (NTA)
 - Girls 11-12 2K: Gabriela Sojka (HWSA)
 - Boys 11-12 2K: Jax-Ryan Love (HFSC)
 - Girls 10 & Under 1K: Maddie Dill (FMC)
 - Boys 10 & Under 1K: Troy Marshall (LIFE)
 - No proposed changes to the 2025 IL OW format.
- Meet Schedule for Illinois Open Water Swimming in 2026
 - Central Zones: Clinic 6/11/26 & Event 6/12/26 @ Lake Andrea, WI
 - Multi LSC Meet: 6/25/26 @ Lake Andrea, WI
 - Illinois Open Water State: Tuesday 8/4/26 @ Lake Manteno, IL
- The proposed Open Water budget for 2025-26 includes operating costs for Central Zones, Multi LSC event, Illinois Open Water State, & Illinois Open Water Team Trip to Kentucky Open Water event.
- 2026 USA Swimming Open Water Nationals & JR Nationals
 - April 2-4, 2026
 - Venue: Nathan Benderson Park, Sarasota, FL
 - Qualifications are in the supporting pages.





Illinois Swimming Open Water Chair Report



- Team Illinois Open Water All-Stars trip – Kentucky Open Water Championship
 - This will be a Illinois Swimming team travel event
 - Date: Tuesday June 30, 2026
 - Location: Taylorsville Lake State Park, Possum Ridge Boat Ramp – 1320 Park Road, Mt. Eden, KY 40046.
 - Events
 - Mixed Gender Relays
 - 12 & Under / 13 & Over
 - Individual Events
 - 10 & Under 1K, 11-12 2K, 13-14 3K, 15 & Over 4K
 - 4 swimmers from each gender/age-group, 32 total
 - Selection criteria
 - 1st wave invites to Illinois Swimming athletes who participate(s) at 2025 and/or 2026 Open Water Nationals/Junior Nationals
 - 2nd wave invites to Illinois Swimming athletes who participated at 2025 Central Zones Open Water Championships
 - 3rd wave invites to Illinois Swimming athletes who participated at 2025 Illinois Swimming Open Water State.
 - First come, first serve when accepting invitations.
- Looking to add 1 coach to the Open Water Committee. Please contact Tom Rieman (HWSA) if interested.

Sincerely,

Tom Rieman

Illinois Open Water Chair

tom.rieman@hwsadolphins.org

312.301.1870



2026 USA Swimming-Open Water

Additional Criteria for Qualification of National Level Events

Athletes may qualify for USA Swimming's national level open water meets (10K/5K National Championships, 7.5K/5K Junior National Championships) via time standards set by USA Swimming, posted on its website. This document defines additional criteria for qualification, if an athlete does not meet the set time standard. For the purposes of these Selection Procedures, the men's and women's components will be considered separately. Qualification by means of the Zone Championships outlined below can only result in a single entry at the USA Swimming Open Water Junior National Championship in the corresponding event, as listed below, unless the athlete has achieved the necessary time standards for additional events.

Time standards for national level meets can be found at www.usaswimming.org/Home/times/time-standards.

USA Swimming reserves the right to add additional criteria for qualification based on the needs of the USA Swimming National Team Program. Any additional criteria will be communicated by USA Swimming via posted changes to these Selection Procedures. Any questions regarding these criteria can be directed toward Bryce Elser (belser@usaswimming.org).

2026 USA Swimming Open Water National Championships

5K Qualification

- Finished in the top 5 at the 2025 CSCAA 5K National Championships; or
- Finished in the top 3 at the 2025 Mountain Pacific Sports Federation 5K Open Water Championship.

2026 USA Swimming Open Water Junior National Championships

7.5K Qualification (Birth year: 2009 & 2010)

- Finished in the top 10 overall** at the 2025 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

5K Qualification (Birth year: 2011 & 2012)

- Finished in the top 15 overall** at the 2025 USA Swimming 5K Open Water Zone Championships (Open Division Only).*

**** The "Open" Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming's National Level Events. Qualification from age group events will not be allowed.***

*****Overall place finish is the athlete's finish position amongst all competitors, regardless of age.***



Program Director - Amie Adams

2025 Fall House of Delegates

October 5, 2025

Thank you to everyone on the board, committees, camp coaches and volunteers for all you do to help move Illinois Swimming forward. Really takes a village and appreciate your time and effort.

Congratulations! To our Athlete Committee on winning Most Outstanding LSC Runner Up!

General Recap:

- **Athlete Rep Retreat:** Hosted first one in Chicago in December focused on team building and Athlete Strategic Planning, built the foundation for Athlete Rep Collaboration.
- **Internship Program:** The Pilot "Internship" Program proved to be a valuable and mutually beneficial experience as Tanner Stumpfenhorst significantly contributed to the success of our activities - Project LA, Road Trip, Aim for the Stars. He also worked with Pam, met with Officials Committee Athlete Members regarding Junior Officials and assisted at Senior Champs & 10&U Champs. The program has demonstrated its potential to enhance professional development while strengthening our organization's capacity to deliver exceptional programming.
- **Newsletters:** Congratulations to the Easter Egg Winners... now up to 20+ submissions each newsletter. Prizes have included a massage (thank you Elements Geneva for the Donation), coffee, Illinois Swimming Swag.
- **Club Visits:** Continuing club visits to learn about your club and talk to athletes about involvement in Illinois Swimming and initiatives.

Camp/Event Programming:

- All events moved to electronic waivers, forms and electronic payment systems.
- See below for 2025 Event Recap

Coach/Parent/Athlete Engagement:

- **Commitments:** Tuesdays, featuring class of 2026 and 2027. Featured 55 Athletes to date.
- **Coach Engagement:** Mastered amateur video editing. Also, thank you Joe Jeffers for his time with editing athlete and coach content.
- **Parent Education:** Interview with Amy Oliphant and Article, promoted during champ meets + Parent Easter Egg Raffle
- **Athlete Engagement**
 - Elections:** 12 Athlete Candidates
 - Banquet:** 242 Individual Athletes invited to Brunch October 5th.
 - Team Illinois Shirts:** Coordinated for Futures and Summer Juniors

Upcoming Events/Projects in the Pipeline

- **Parent Webinars** in collaboration with Amy Oliphant, Positive Performance Mindset Coach
- **2026 Programming Schedule**

2025 Event Recap:

Date	Event	Athlete
Sept (Boys) Jan (Girls) Combined (April)	Senior Quad Challenge Parent Session with Amy Oliphant	64 64 105
April 12	Girls Clinic with In Depth Swim Academy (O. Smoliga) Women's Clinic - Sessions with Amy Oliphant, Olivia Smoliga + Roundtable with Rachel Stratton-Mills	40 Girls 5 Athlete Reps 30 Coaches
April 13	Age Group Select Camp with In Depth Swim Academy Parent Session with Olivia Smoliga	60
May 16-18	Duel in the Pool in Dallas - Congrats on 5th win!	72
June 6-8	Project LA - Local LC Focus Coach Track featuring Gregg Troy and Beth Winkowski Parent Session with Gregg/Beth/Amy O.	80 Athletes 20 Coaches
June 9-12	Senior College Road Trip - Wisconsin System Carthage, Milwaukee, Whitewater, Madison	40
June 23	Open Water Camp featuring in-water station & classroom session with John Dussliere	60
June 27	Aim for the Stars - Increased to 3 sites Senior Leadership - Increase in application/nominations	140 (150 available) 35
October 4-5	Ambassador Camp for current and emerging Leaders	60
	Total Athlete Opportunities Coach Education (not including '24 HOD Coach Roundtable/ CSSC & Grant Incentives) Parent Sessions Coach/Staff Opportunities	825 50 Offered to 250 40+

Survey Responses: 97% Satisfied/Very Satisfied

39 responded with rating overall experience

32 Very Satisfied, 6 Satisfied, 1 Unsatisfied

15% Satisfied, 82% Very Satisfied



SENIOR VICE CHAIR REPORT



10/5/25 - HOD

BY: Kevin Zakrzewski - Patriot Aquatic Club

*COMMITTEE - Rob Emary (BSC), Joe Myhre (SCST), Deidre Morgan (DUND), Jeff Debettoncourt (WILD)
Tanner Stumpfenhorst, Elyse Newlands, and Hannah Arce*

VISION: To inspire excellence through innovation and leadership

SPECIAL THANKS!

Thank you Mark Townsend for his work with the Senior Committee. He has been a great resource and ambassador for Senior level swimming for a long time. We are incredibly grateful for his time and his knowledge over the years.

SENIOR CHAMPIONSHIPS

- A lot of positive feedback about the 50's and 200 Relays for Summer
- Removing the 'Super Final' for Winter Championship
- A lot of positive feedback about 16 & U restricted Final
- 2025-2026 [Time Standards](#)

SENIOR QUAD CHALLENGE

- More focus on LCM training and racing.
- Brought back Culinary class
- Dryland focusing on fundamental core movements and skills to help with mobility & recovery
 - Patriot Wellness Team Members: Kevin Zakrzewski, CSCS & Holly Bonde, CSCS
- HS BOYS 9/27-9/28
- FALL COACHES:
 - Jeff deBettencourt (WILD)
 - Matt Elliot (PPD)
 - Alex Gridlow (MAVS)
 - Jame Wike (WAC)
- WINTER Girls Camp 1/3 - 1/4/2026

2026 SUMMER SENIOR CAMP

- Exploring options like Ocala, FL, College campuses
- 17y or rising seniors camp
 - Members who cannot attend DIP or PLA
- 12 Female and 12 male
- Futures Qualifiers and above
- Training is the focus but also exploring the idea of including a meet



ISI Age Group Committee Fall 2025 HOD Report

I am grateful to now be in my fourth year as your Age Group chair and I am immensely proud of the work that the Age Group Committee has done over the past 12 months. A big thank you to Melissa Healy, Dustin Thompson, Megan Mau, Chance McQuigg and Chris Kearney for serving as coaches on the committee, as well as to our athlete representatives. A big thank you as well to Amie Adams for her great work on ensuring all of our camps run smoothly. We are proud to have again successfully executed one of the most comprehensive age group camp programming lineups in the country and are excited to continue our work to promote excitement, investment and retention in our LSC's 14U athletes. Please see below for highlights and upcoming plans and considerations for future age group programming.

Camp Programming

1. Project LA: 80 athletes were selected and participated in the second stage of our Project LA camp series and has continued to receive positive feedback. Over 30 coaches attending our coaches track with Gregg Troy and Beth Winkowski
2. Age Group Select Camp: Over 50 swimmers attended our Age Group Select Camp this year at Stevenson High School, which included guest clinician Olivia Smoliga.
3. Aim for the Stars Camp: Our 10U camp continues to grow, expanding to 3 locations (St. Charles, Peoria, Willowbrook) with 140 athletes this year, all of which had great energy and participation. 10U swimmers were led by club senior athlete reps from the Senior Leadership camp, an excellent opportunity for our emerging athlete leaders and youngest swimmers alike.

Championship Meet restructure recap

1. Over 1000 additional athletes competed in Regionals YOY, ~50% athlete increase in 11-14 Champs, ~100% participation in 10U Champs
2. Short course champs, Regional and 10U LCM champ timelines were all good, LCM 11-14 champs ran a bit long
 - a. Time standards have generally been tightened a bit at LSC Champ level to help with summer timelines, Regionals remaining consistent for the year
3. What are we still looking for?
 - a. Impact on athlete retention rates and LSC registration growth
 - i. Both of these data points are lagging indicators due to USA Swimming reporting timelines. We will be able to have early indications on how we are performing at Fall 2026 HOD

2026 Championship Meets

1. Site approval for Summer 2026 Championship Meets
 - a. 10&U- RISE @ Libertyville HS
 - b. Age Groups- No bid. ISI will host at Hobart High School



ISI Age Group Committee Fall 2025 HOD Report

- c. Regionals: BNSC @ Normal Community HS, PAC @ SHS, SCST @ Norris Rec Center, DLTA @ Oswego East HS, HPAC @ HPHS, ECST @ Centre of Elgin
- 2. Spring 2025 Regional site assignments are attached
- 3. Proposed time standards
 - a. Proposed time standards are attached

I look forward to seeing you all on the deck soon!

Michael Hamann
AG Vice Chair

HSC	TIDE	LWSA	PAC	BSC	PAWW	MAVS
CLSC	EXPR	BSA	BDSC	AA	BNSC	ACAD
CPD	FOX	CWAC	COHO	BSC	BNY	BTS
DST	JETS	GILS	GSC	CORE	CAAP	DCST
FMC	LYON	HFSC	HPAC	DAWG	DDST	DLTA
HSC	NRWL	HWSA	LFSC	DUND	EMSC	EST
IGSC	RISE (WB)	LHSC	MYST	ECST	GGST	FVFY
LPD	SCST	LWSA	PAC	MAC	HEAT	HOSC
LSF	TIDE	NAC	SCT	MMAC	HHSC	JPD
M3A	WCS	OFSA	SWAQ	MMSC	ILVY	LIFE
MANN		OLSA	VHST	NTA	JAXY	MAVS
NEPT		PASS	WILD	PPD	KNCY	WAC
SAMK		POSA	WSO	RA	MLSC	
SSC		POWR	YWFF	RISE (L)	MSSC	
TOPS		RASC		RMSC	OCS	
TSSC				SAGE	PAWW	
Y2K				SPD	RAID	
				WDST	SBD	
				WHTN	SPY	
				YRRV	SST	
					T3	
					YDSC	



AGE GROUP SWIMMING

2026 REGIONAL TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10 and Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:39.99	:41.69	:37.59	:41.19	:34.69	:37.39	50 Free	:36.09	:34.69	:39.79	:38.09	:41.69	:39.89
1:29.09	1:40.79	1:24.39	1:29.89	1:16.79	1:25.69	100 free	1:22.19	1:16.79	1:24.99	1:24.39	1:36.89	1:28.59
3:15.29	3:50.99	3:08.39	3:37.69	2:50.29	3:18.79	200 Free	3:09.59	2:46.19	3:29.59	3:02.79	3:37.09	3:11.09
7:06.69	7:49.09	6:54.99	7:31.99	7:53.09	8:37.39	400/500 Free	8:24.49	7:53.79	7:19.99	6:57.69	7:38.99	7:06.99
:47.39	:50.89	:44.39	:48.19	:40.69	:43.79	50 Back	:42.29	:40.89	:46.59	:45.09	:50.29	:48.09
1:42.19	1:53.69	1:36.49	1:40.99	1:27.79	1:37.09	100 Back	1:35.79	1:27.29	1:40.39	1:36.39	1:52.19	1:41.09
:53.09	:59.09	:50.29	:55.79	:46.39	:50.69	50 Breast	:50.19	:46.09	:55.29	:50.79	1:00.49	:54.29
1:58.19	2:12.09	1:53.19	1:56.49	1:41.09	1:50.89	100 Breast	1:53.19	1:42.19	2:04.59	1:52.99	2:13.09	1:58.49
:45.59	:54.49	:42.59	:50.69	:39.29	:46.09	50 Fly	:44.89	:39.39	:49.39	:43.69	:52.29	:45.09
1:42.39	2:13.39	1:43.39	2:03.39	1:34.09	1:56.69	100 Fly	1:53.89	1:33.19	2:05.29	1:43.09	2:09.59	1:49.19
		1:37.09	1:42.49	1:27.69	1:36.79	100 IM	1:35.59	1:27.79	1:40.19	1:35.49		
3:35.29	4:16.19	3:30.59	4:06.29	3:11.39	3:42.99	200 IM	3:38.59	3:08.39	4:00.49	3:29.79	4:09.89	3:37.19
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:34.69	:35.29	:33.69	:34.09	:30.29	:30.59	50 Free	:30.89	:30.19	:33.99	:33.79	:36.39	:35.29
1:14.69	1:20.19	1:11.59	1:12.29	1:05.69	1:08.69	100 Free	1:09.09	1:05.89	1:12.79	1:11.89	1:21.49	1:17.79
2:46.99	2:59.19	2:39.49	2:44.69	2:25.09	2:29.69	200 Free	2:33.09	2:24.49	2:48.49	2:31.69	2:56.19	2:50.79
5:47.99	6:19.49	5:33.49	6:08.89	6:21.99	7:01.59	400/500 Free	6:54.39	6:19.59	6:02.89	5:43.09	6:13.09	5:57.09
12:30.89	13:26.29	12:11.59	12:55.99	12:51.99	14:36.99	800/1000 Free	14:31.69	12:58.69	12:15.59	11:21.39	13:06.19	12:46.09
22:55.59	25:57.59	22:24.69	24:47.99	21:55.69	24:50.29	1500/1650 Free	24:38.39	21:56.59	24:34.59	22:35.59	25:26.89	23:31.69
:40.59	:43.09	:38.19	:39.89	:34.69	:36.19	50 Back	:36.69	:34.69	:40.39	:38.79	:43.99	:41.89
1:28.19	1:32.69	1:21.69	1:23.09	1:15.59	1:18.49	100 Back	1:20.89	1:15.59	1:25.09	1:22.59	1:39.19	1:29.69
2:56.09	3:24.79	2:51.59	3:15.89	2:36.39	2:56.19	200 Back	2:54.19	2:39.59	3:11.69	2:54.59	3:21.49	2:59.79
:46.89	:48.59	:43.59	:46.19	:39.99	:41.99	50 Breast	:42.89	:40.39	:47.19	:44.69	:49.19	:48.19
1:43.19	1:47.29	1:33.69	1:34.89	1:26.39	1:30.59	100 Breast	1:32.59	1:27.09	1:36.79	1:33.19	1:48.19	1:44.19
3:22.39	3:50.59	3:19.89	3:38.79	3:01.69	3:19.99	200 Breast	3:18.89	3:11.29	3:36.79	3:30.19	3:49.99	3:38.09
:38.59	:40.49	:37.59	:38.79	:33.79	:35.19	50 Fly	:36.79	:33.39	:40.49	:37.09	:41.59	:38.89
1:29.79	1:35.09	1:22.99	1:26.49	1:15.89	1:23.49	100 Fly	1:22.99	1:15.59	1:27.29	1:23.69	1:34.99	1:30.99
3:33.09	3:40.69	3:25.89	3:34.99	3:08.29	3:15.39	200 Fly	3:13.09	3:06.69	3:31.89	3:24.09	3:36.49	3:30.99
		1:23.49	1:26.29	1:15.69	1:20.39	100 IM	1:21.69	1:16.69	1:25.89	1:24.29		
3:10.49	3:24.89	3:01.49	3:06.49	2:43.49	2:49.49	200 IM	2:57.39	2:43.39	3:15.19	2:58.59	3:24.09	3:12.49
7:32.09	7:40.99	7:15.79	7:18.79	6:34.39	6:40.69	400 IM	6:34.79	6:27.29	7:17.29	7:07.99	7:35.29	7:28.29
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:31.79	:31.99	:30.79	:30.89	:27.79	:27.99	50 Free	:26.39	:26.29	:29.19	:29.09	:30.89	:30.39
1:09.19	1:10.39	1:04.39	1:06.99	1:00.29	1:01.19	100 Free	:57.89	:56.99	1:03.79	1:01.69	1:07.79	1:06.39
2:31.59	2:36.09	2:25.29	2:25.39	2:10.89	2:12.09	200 Free	2:07.99	2:04.99	2:18.99	2:18.79	2:32.59	2:25.09
5:21.79	5:44.49	5:09.49	5:17.29	5:53.59	6:02.79	400/500 Free	5:55.29	5:35.19	5:10.89	4:59.59	5:34.19	5:11.19
10:57.99	12:09.89	10:46.59	11:51.29	12:03.59	13:33.29	800/1000 Free	12:45.99	11:35.89	11:09.69	10:35.49	11:37.69	10:46.89
21:03.39	23:21.19	20:41.49	22:29.99	20:44.49	22:32.69	1500/1650 Free	21:28.39	20:10.99	21:26.99	20:20.09	22:16.19	20:42.09
1:18.69	1:23.69	1:13.69	1:14.59	1:06.89	1:10.59	100 Back	1:08.29	1:05.69	1:11.49	1:11.19	1:21.09	1:18.19
2:49.89	3:04.29	2:42.69	2:46.39	2:25.79	2:31.19	200 Back	2:27.09	2:21.19	2:42.89	2:36.69	2:56.19	2:46.59
1:30.59	1:37.29	1:25.09	1:26.79	1:17.19	1:21.99	100 Breast	1:18.29	1:14.19	1:22.19	1:21.29	1:30.29	1:24.59
3:18.29	3:29.69	3:09.59	3:16.99	2:50.39	2:57.19	200 Breast	2:49.89	2:40.89	3:05.89	2:59.79	3:18.09	3:11.89
1:16.89	1:23.49	1:14.49	1:14.69	1:06.89	1:11.49	100 Fly	1:08.49	1:03.69	1:11.39	1:10.49	1:18.09	1:13.89
2:55.79	3:06.89	2:49.09	2:59.09	2:32.69	2:43.69	200 Fly	2:33.49	2:25.89	2:47.89	2:42.39	2:55.49	2:50.19
2:51.79	2:59.89	2:45.39	2:46.79	2:28.79	2:31.59	200 IM	2:26.29	2:22.79	2:41.79	2:37.49	2:54.39	2:46.39
6:07.09	6:39.19	5:52.99	6:17.59	5:19.99	5:43.19	400 IM	5:27.59	5:07.19	6:01.99	5:46.39	6:17.69	6:00.29



AGE GROUP SWIMMING

2026 CHAMPIONSHIP TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10 and Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:35.29	:37.69	:33.39	:37.79	:30.89	:34.29	50 Free	:33.19	:30.59	:36.59	:33.69	:36.69	:34.89
1:19.29	1:22.39	1:15.99	1:24.19	1:09.09	1:16.49	100 free	1:14.19	1:08.19	1:21.69	1:15.09	1:22.29	1:18.29
2:54.09	3:05.39	2:47.99	2:57.09	2:32.69	2:40.99	200 Free	2:36.79	2:27.39	2:52.49	2:42.19	3:04.89	2:49.09
6:05.39	6:55.49	5:54.29	6:26.89	6:38.69	7:16.19	400/500 Free	7:17.39	6:31.99	6:23.19	5:49.49	6:53.09	5:55.79
:41.99	:44.99	:39.49	:44.39	:36.29	:40.29	50 Back	:38.59	:36.19	:42.49	:40.19	:43.19	:41.99
1:31.19	1:36.59	1:26.99	1:31.39	1:19.09	1:23.99	100 Back	1:22.79	1:17.49	1:30.09	1:26.69	1:33.99	1:29.49
:46.99	:50.59	:44.99	:49.89	:41.59	:45.29	50 Breast	:45.19	:41.09	:49.79	:45.39	:51.69	:47.09
1:44.09	1:52.09	1:39.39	1:45.59	1:30.29	1:35.99	100 Breast	1:36.19	1:28.89	1:45.89	1:39.89	1:55.29	1:42.89
:40.09	:43.49	:37.89	:42.79	:35.09	:38.89	50 Fly	:37.29	:34.79	:41.09	:38.99	:42.99	:39.39
1:35.69	1:45.89	1:30.79	1:38.59	1:22.49	1:29.59	100 Fly	1:26.99	1:21.29	1:35.69	1:31.09	1:48.39	1:34.39
		1:27.49	1:34.39	1:19.49	1:25.79	100 IM	1:22.69	1:17.69	1:30.99	1:26.89		
3:13.69	3:36.19	3:07.59	3:21.49	2:50.49	3:03.09	200 IM	2:59.39	2:48.39	3:17.39	3:08.89	3:28.89	3:12.49
2:30.79		2:22.59		2:10.99		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:55.89		2:41.19		2:32.39		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:30.79	:32.39	:29.79	:31.09	:27.09	:29.09	50 Free	:28.69	:26.59	:31.59	:29.29	:31.79	29.89
1:07.19	1:11.79	1:04.79	1:10.19	:58.89	1:03.79	100 Free	1:02.49	:58.09	1:08.79	1:03.79	1:09.89	1:05.79
2:27.59	2:35.69	2:19.89	2:28.29	2:09.49	2:15.69	200 Free	2:15.09	2:06.29	2:28.29	2:18.99	2:32.49	2:24.39
5:12.09	5:31.49	5:00.29	5:18.49	5:45.59	6:00.69	400/500 Free	5:53.29	5:40.29	5:16.39	4:57.79	5:22.29	5:05.89
11:15.59	11:53.29	10:37.69	11:21.69	12:08.69	12:55.79	800/1000 Free	12:48.19	11:43.79	11:15.19	11:05.59	11:35.49	10:59.19
21:15.09	22:30.79	20:47.09	21:56.99	20:38.19	21:58.39	1500/1650 Free	21:47.79	20:06.39	21:46.49	21:01.39	22:30.79	21:14.69
:36.29	:38.49	:34.49	:36.79	:31.29	:33.39	50 Back	:33.09	:30.89	:36.39	:33.99	:37.79	34.69
1:18.09	1:22.69	1:13.69	1:19.19	1:06.99	1:11.99	100 Back	1:10.79	1:06.09	1:17.09	1:12.79	1:21.09	1:15.19
2:47.19	3:01.19	2:37.19	2:47.59	2:25.29	2:32.29	200 Back	2:31.79	2:22.09	2:46.99	2:36.29	2:58.19	2:43.39
:40.89	:42.99	:38.99	:41.19	:35.39	:37.39	50 Breast	:37.09	:34.99	:40.79	:38.49	:42.89	39.49
1:29.09	1:34.49	1:24.49	1:29.99	1:16.79	1:21.79	100 Breast	1:19.79	1:15.49	1:27.79	1:23.09	1:33.59	1:28.29
3:14.19	3:23.99	3:02.29	3:12.19	2:45.69	2:54.69	200 Breast	2:51.99	2:47.29	3:06.19	2:57.59	3:23.39	3:09.39
:33.79	:35.59	:32.69	:35.19	:29.69	:31.99	50 Fly	:31.69	:29.49	:34.89	:32.49	:35.69	32.79
1:17.89	1:22.69	1:13.69	1:17.99	1:06.99	1:10.89	100 Fly	1:09.69	1:05.19	1:16.69	1:11.79	1:22.19	1:15.79
2:55.59	3:06.39	2:50.09	2:55.59	2:34.59	2:41.39	200 Fly	2:37.49	2:31.09	2:53.29	2:46.29	3:01.79	2:52.99
		1:15.09	1:19.09	1:08.19	1:12.79	100 IM	1:11.59	1:06.59	1:18.79	1:13.29		
2:47.79	2:58.19	2:41.19	2:47.49	2:26.99	2:32.19	200 IM	2:32.09	2:24.29	2:48.49	2:38.79	2:55.69	2:45.49
2:06.99		2:05.49		1:54.09		200 Fr Relay	1:53.69		2:05.09		2:05.79	
4:40.89		4:30.09		4:09.19		400 Fr Relay	4:07.99		4:34.99		4:45.99	
5:19.69		5:07.39		4:42.19		400 Med Relay	4:42.59		5:15.29		5:30.39	
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:29.29	:29.89	:28.19	:28.89	:25.59	:26.19	50 Free	:24.79	:23.69	:27.29	:26.09	:28.19	:26.89
1:03.79	1:04.99	1:01.39	1:02.89	:55.79	:57.09	100 Free	:54.29	:51.59	:59.79	:56.79	1:01.69	:58.99
2:17.89	2:21.79	2:13.19	2:15.29	2:00.69	2:03.89	200 Free	1:57.39	1:52.29	2:09.19	2:03.59	2:16.49	2:09.29
4:52.49	4:59.79	4:41.29	4:48.79	5:23.89	5:30.49	400/500 Free	5:17.09	5:07.59	4:37.19	4:29.19	4:50.49	4:38.09
10:01.49	10:45.69	9:47.79	10:01.69	11:08.69	11:28.39	800/1000 Free	11:06.49	10:32.59	9:43.19	9:13.59	10:17.19	9:48.09
19:13.69	20:39.49	18:45.59	19:45.59	18:49.19	19:26.29	1500/1650 Free	18:45.99	17:55.69	18:36.99	18:28.39	19:41.99	18:45.29
1:10.69	1:13.29	1:06.79	1:10.39	1:00.99	1:03.99	100 Back	1:01.09	:58.39	1:06.29	1:04.29	1:11.49	1:07.19
2:35.09	2:39.49	2:25.89	2:28.59	2:12.59	2:15.09	200 Back	2:10.19	2:06.79	2:23.29	2:19.49	2:35.89	2:26.99
1:22.69	1:24.89	1:17.99	1:21.09	1:10.89	1:13.69	100 Breast	1:09.29	1:05.09	1:12.29	1:11.59	1:19.89	1:15.99
2:58.09	3:05.49	2:49.89	2:53.29	2:34.49	2:37.49	200 Breast	2:28.59	2:23.79	2:43.49	2:38.19	2:55.29	2:45.49
1:09.49	1:11.89	1:06.49	1:08.29	1:00.69	1:02.09	100 Fly	1:00.19	:56.09	1:05.59	1:01.69	1:08.79	1:05.49
2:39.79	2:45.39	2:32.69	2:34.79	2:18.79	2:22.09	200 Fly	2:15.79	2:11.69	2:29.39	2:24.89	2:35.19	2:29.39
2:35.19	2:40.09	2:29.59	2:33.59	2:16.09	2:19.79	200 IM	2:12.69	2:07.29	2:23.99	2:20.09	2:34.59	2:27.49
5:33.69	5:49.79	5:19.99	5:23.39	4:50.89	4:53.99	400 IM	4:45.29	4:35.29	5:13.89	5:02.89	5:34.09	5:19.99
2:00.79		1:56.29		1:45.69		200 Fr Relay	1:39.89		1:49.89		1:54.89	
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	



Open Water Travel Support Program

The Illinois Swimming Open Water Travel Support Program provides financial support for those participating in designated USA Swimming Open Water national championship meets and other competitions previously approved.

The Open Water Travel Support Program requires a submitted application for funding for all designated and preparation competitions. This application requires receipts to be attached with all other required documents/proof of performance and must be submitted no later than fourteen (14) days after the conclusion of the competition.

**Purpose:**

The Illinois Swimming Open Water Travel Support Program provides financial support for those participating in designated USA Swimming National Championship Meets. Other competitions *may* be designated for support based upon recommendation by the Open Water committee and upon approval by the House of Delegates or the Board of Directors.

Method Of Funding:

Eligible athletes/clubs will receive funding according to the formula approved by the House of Delegates or Board of Directors. On an annual basis, the Board of Directors will determine the schedule for disbursement of funding.

Eligible Club:

All clubs receiving funding through the Open Water Event Travel Support Program must be members in good standing of USA Swimming and Illinois Swimming at the time of competition and participate in the competition designated for funding.

Eligible Athletes:

- Athletes must have been continuously registered with ISI for 18 months immediately preceding the competition.
- Athletes participating in collegiate programs (NCAA, NJCAA, NAIA and others) are not considered eligible during the period September 1 – May 31 of each year. Athletes participating in collegiate programs may be considered eligible during the period June 1 – August 31 provided they are a member of and training with an Eligible Club. The Board of Directors may request verification of membership and training status.
- Only Eligible Athletes representing an Eligible Club may be considered for funding unless otherwise exempted in the approved funding formula. Eligible Clubs may request that the Board of Directors designate an athlete competing with UNATTACHED status as an Eligible Athlete.
- Eligible Athletes may only be considered once, at the highest level of competition, each season in the approved funding formula.

All competitions, both designated and preparation, must have an application submitted for reimbursement with receipts. Application must be received 14 days after the last day of competition. Please contact travelsupport@ilswim.org or the Performance Committee if you have any questions.

Designated Competitions (September 1, 2025 – August 31, 2026):

To be considered for funding in a Designated Competition, Eligible Athletes must compete in one or more individual events. “Relay Only” participants are not Eligible Athletes.

USA Swimming Championships

USA Swimming Open Water National Championships
10K Race
Sarasota, FL April 2-4, 2026
\$500.00 per Eligible Athlete

USA Swimming Open Water National/Junior National Championships
7.5K or 5K Races
Sarasota, FL April 2-4, 2026
\$400.00 per Eligible Athlete

Coaches:

- Clubs with an eligible swimmer participating in a “Designated Competition” will be eligible for one (1) coach to receive travel support.
- Coaches eligible for support can receive the assigned value for their eligible swimmer at that competition. Coaches may apply once per year for support if swimmers are qualified & compete in the meets listed above.

Payout Timelines:

- Checks will be issued no more than sixty (60) days after submission and no later than August 31, 2026.



Paralympic Travel Support Program

The Illinois Swimming Paralympic Travel Support Program provides financial support for those participating in designated US Paralympic championship meets and other competitions previously approved.

The Paralympic Travel Support Program requires a submitted application for funding for all designated and preparation competitions. This application requires receipts to be attached with all other required documents/proof of performance and must be submitted no later than fourteen (14) days after the conclusion of the competition.

**Purpose:**

The Illinois Swimming Paralympic Travel Support Program provides financial support for those participating in designated U.S. Paralympic events. Other competitions may be designated for support based upon recommendation by the Diversity/Inclusion Coordinator and upon approval by the House of Delegates or the Board of Directors.

Method Of Funding:

Eligible athletes/clubs will receive funding according to the formula approved by the House of Delegates or Board of Directors. On an annual basis, the Board of Directors will determine the schedule for disbursement of funding.

Eligible Club:

All clubs receiving funding through the Paralympic Travel Support Program must be members in good standing of USA Swimming and Illinois Swimming at the time of competition and participate in the competition designated for funding.

Eligible Athletes:

- Athletes must have been continuously registered with ISI for 18 months immediately preceding the competition.
- Athletes participating in collegiate programs (NCAA, NJCAA, NAIA and others) are not considered eligible during the period September 1 – May 31 of each year. Athletes participating in collegiate programs may be considered eligible during the period June 1 – August 31 provided they are a member of and training with an Eligible Club. The Board of Directors may request verification of membership and training status.
- Only Eligible Athletes representing an Eligible Club may be considered for funding unless otherwise exempted in the approved funding formula. Eligible Clubs may request that the Board of Directors designate an athlete competing with UNATTACHED status as an Eligible Athlete.

All competitions, both designated and preparation, must have an application submitted for reimbursement with receipts. Application must be received 14 days after the last day of competition. Please contact travelsupport@ilswim.org or the Performance Committee if you have any questions.

Designated Competitions (September 1, 2025 – August 31, 2026):

To be considered for funding in a Designated Competition, Eligible Athletes must compete in one or more individual events. "Relay Only" participants are not Eligible Athletes.

US Paralympic National Championships

Orlando, FL December 13-15, 2024

\$400.00 per Eligible Athlete

Coaches:

- Clubs with an eligible swimmer participating in a "Designated Competition" will be eligible for one (1) coach to receive travel support.
- Coaches eligible for support can receive up to the assigned value for their eligible swimmer at that competition. Coaches may apply for support if swimmers are qualified & compete in the meets listed above.

Payout Timelines:

- Checks will be issued no more than sixty (60) days after submission and no later than August 31, 2026.



National Event Travel Support Program

The Illinois Swimming National Event Travel Support Program provides financial support for those participating in designated USA Swimming national championship meets and other competitions previously approved.

The National Event Travel Support Program requires a submitted application for funding for all designated and preparation competitions. This application requires receipts to be attached with all other required documents/proof of performance and must be submitted no later than fourteen (14) days after the conclusion of the competition.



Purpose:

The Illinois Swimming National Event Travel Support Program provides financial support for those participating in designated USA Swimming National Championship Meets. Other competitions may be designated for support based upon recommendation by the Performance Committee and upon approval by the House of Delegates or the Board of Directors.

Method Of Funding:

Eligible athletes/clubs will receive funding according to the formula approved by the House of Delegates or Board of Directors. On an annual basis, the Board of Directors will determine the schedule for disbursement of funding.

Eligible Club:

All clubs receiving funding through the National Event Travel Support Program must be members in good standing of USA Swimming and Illinois Swimming at the time of competition and participate in the competition designated for funding.

Eligible Athletes:

- Athletes must have been continuously registered with ISI for 18 months immediately preceding the competition.
- Athletes participating in collegiate programs (NCAA, NJCAA, NAIA and others) are not considered eligible during the period September 1 – May 31 of each year. Athletes participating in collegiate programs may be considered eligible during the period June 1 – August 31 provided they are a member of and training with an Eligible Club. The Board of Directors may request verification of membership and training status.
- Only Eligible Athletes representing an Eligible Club may be considered for funding unless otherwise exempted in the approved funding formula. Eligible Clubs may request that the Board of Directors designate an athlete competing with UNATTACHED status as an Eligible Athlete.
- Eligible Athletes may only be considered once, at the highest level of competition, each season in the approved funding formula.

All competitions, both designated and preparation, must have an application submitted for reimbursement with receipts. Application must be received 14 days after the last day of competition. Please contact travelsupport@ilswim.org or the Performance Committee if you have any questions.

Designated Competitions (September 1, 2025 – August 31, 2026):

To be considered for funding in a Designated Competition, Eligible Athletes must compete in one or more individual events. "Relay Only" participants are not Eligible Athletes.

Short Course Season (Sept. 1-Mar. 31):

Toyota U.S. Open
Austin, TX December 3-6, 2025
\$500.00 per Eligible Athlete

Speedo Winter Junior Championships
Austin, TX December 10-13, 2025
\$400.00 per Eligible Athlete

2026 Short Course National Support (Sept.- Mar.)
Location of Club's Choice
\$150.00 per Eligible Athlete*
Futures Qualifier -> Summer Jr National Qualifier Only
See Complete Details & Qualifications directly below

Long Course Season (April 1-Aug. 31):

Speedo Junior National Championships
Irvine, CA August 3-7, 2026
\$500.00 per Eligible Athlete

TYR Pro Championships
Irvine, CA July 28 – August 1, 2026
\$500.00 per Eligible Athlete

2026 Long Course National Support (April – Aug.)
Location of Club's Choice
\$150.00 per Eligible Athlete*
Futures Qualifier -> Summer Jr National Qualifier Only
See Complete Details & Qualifications directly below



2026 Short Course/Long Course National Support:

- Funding for Summer Sectional or equivalent caliber of competition per club at coach discretion.
- Athletes must have a current USA Swimming Futures Championship time standard to be eligible for support.
- Athletes may not have achieved a 2025 Speedo Junior National Championship standard in an individual event to be eligible for support.
- Assistance is a maximum of \$150.00 per Eligible Athlete per season and the athlete may not have received funding for any other designated competitions during the LC season.
- Submission of qualifying standard above and verification of time achieved at submitted meet must be attached to the proper application for each Eligible Athlete request.

Preparation Competition Support:

- Funding for Summer Sectional or equivalent caliber of competition per club coach discretion
- Athlete must meet the current qualifying standard (USA Swimming 2024 Speedo Winter Junior Championships) in an individual event to be eligible for support
- Assistance is a maximum funding of \$300.00 per competition per Eligible Athlete
- Submission for assistance is a maximum of three (3) times for the year with no more than two (2) submissions in a given season (short course / long course).
- Submission of qualifying standard and verification of time achieved at submitted meet must be attached to the proper application for each Eligible Athlete requested.
- National competitions may be allowed as preparatory meets as long as it is not the athlete's highest level of competition within the designated season.

Coaches:

- Clubs with an eligible swimmer participating in a "Designated Competition" (not including Short Course or Long Course National Support) will be eligible for one (1) coach to receive travel support.
- Coaches eligible for support can receive the assigned value for their eligible swimmer at that competition. Coaches may apply for support at all "Designated Competitions" (not including Short Course or Long Course National Support) if swimmers are qualified & compete in the meets listed.
- Clubs/Coaches may also submit for one (1) preparation competition per season for a maximum funding equivalent to that of an Eligible Athlete.

Payout Timelines:

- Checks will be issued no more than sixty (60) days after submission and no later than August 31, 2026.



**ILLINOIS SWIMMING
RULES AND REGULATIONS COMMITTEE
2025 FALL HOUSE OF DELEGATES
PROPOSED AMENDMENTS/CHANGES TO
RULES AND REGULATIONS and BYLAWS**

Rule Proposals			
NUMBER	DESCRIPTION	LOCATION	PULLED
The following require a vote of 50%+1 to pass			
R-1	Illinois Senior and 11-14 Championships shall follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.	Rule 206.11.11 C.(2) – Check-in and Scratch Procedures for LSC Championship Meets	
R-2	Remove penalty for missed swims at Regional Championships	Rule 206.11 A.(2) - Regional Championships	
The following require a vote of two-thirds+1 to pass			
	None Submitted		
The following are housekeeping matters requiring a vote of 50%+1 to pass			
	None Submitted		
The following are for advisory purposes – Passage at the USA Swimming House of Delegates will require inclusion of these changes in our Bylaws. If they do not pass, they may be withdrawn.			
R-13	To bring LSC Bylaws into alignment and conformity with USA Swimming desired practices.	7.4.3 7.4.4 Required LSC Bylaws	
HK-4	To correct a reference to Article 404 that no longer exists, and to remove references to specific policy numbers in the Operating Policy Manual.	Multiple Occurrences Required LSC Bylaws	

LOCATION: Rule 206.11.11 C.(2) – Check-in and Scratch Procedures for LSC Championship Meets

PROPOSED BY: Michael Lawrence

PURPOSE/RATIONALE: Illinois Senior and 11-14 Championships shall follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

PROPOSED CHANGE:

.11 C. (2) ~~The scratch deadline for the first day's events shall be specified in the Meet Announcement. The scratch deadline for all subsequent days' events shall be 30 (thirty) minutes after the time established for the start of the finals sessions.~~ **The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.**

EFFECTIVE DATE: November 5, 2025

LOCATION: Rule 206.11.11 A.(2) – Regional Championships

PROPOSED BY: Michael Lawrence

PURPOSE/RATIONALE: Change penalty for missed swims at Regional Championships

PROPOSED CHANGE:

~~.11 C. (2) After the events have been seeded, an athlete 11 and Older who fails to compete in an individual event in which they are entered will be barred from their next individual event of that day, subject to the exceptions in Section D below.~~ At Regional Championship Meets there shall be no penalty for missed swims.

EFFECTIVE DATE: November 5, 2025