



# **2026 Illinois Swimming Winter Age Group Championships**

**- Sponsored by Speedo -  
March 12-15, 2026**

**Host**

**Illinois Swimming**

**Location**

**Rec Plex**

**Pleasant Prairie, WI**

**Entry Deadline**

**Monday, March 9, 2026 @ 1:00 PM**



# 2026 Illinois Swimming Winter Age Group Championships

## Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming.
- The qualification period for this meet is February 1, 2024, through the entry deadline (Monday, March 9, 2026).
- **2026 Winter Regional Championship event winners in an individual 12&U or 14&U event are awarded entry into the 2026 Winter Age Group Championships in that event regardless of whether or not they achieved the qualifying standard as long as they are still eligible to compete in the corresponding age group.**
- Enter the 2026 Illinois Swimming Winter Age Group Championships via USA Swimming OME 3.0.
- All Individual Events will be swum as prelims and finals with the exception of the following events: 11-12 500 Free, 11-12 1000 Free, 13-14 500 Free, 13-14 1000 Free, 13-14 1650 Free, and 13-14 400 IM. Finals will be the top 20 athletes competing in Consolation Final (10) and Championship Final (10).
- All 13-14 and 11-12 relays with the exception of the 200 Free Relays and 200 Medley Relays will be conducted as timed finals with the fastest heat competing in the evening session. All remaining heats will swim at that day's preliminary session. All 200 Free Relays will be competed on Day 1 at the conclusion of the session. All 200 Medley Relays will be competed during Prelims on Day 2.
- **All relay only swimmers, including alternates, must be entered in the meet on their club's athlete roster prior to the entry deadline.**
- 11-12 Swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- 13-14 Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- The 13-14 50 Butterfly, 50 Breaststroke, and 50 Backstroke events must be entered with the athlete's 100 qualifying time in that stroke.
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Thursday's events.
- There will be positive check-in for the 1000 Freestyle and 1650 Freestyle. Entries for these events that are not checked in or scratched prior to the appropriate deadline for that event will automatically be down-seeded.
- The scratch deadline for Thursday's 11-12 1000 Free, 13-14 1650 Free, and all 200 Free Relays shall be 15 minutes after the conclusion of the Technical Meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Technical Meeting.

### Meet Director

Amie Adams  
amie.adams@ilswim.org  
(847) 275-6045

### Meet Referee

Ann Widdowson  
[widsona@gmail.com](mailto:widsona@gmail.com)  
(224) 633-6363

### Administrative Referee

Angela DeDolph  
[ISIAgegroups@gmail.com](mailto:ISIAgegroups@gmail.com)

### Entry Questions

Pam Lowenthal  
[pam.lowenthal@ilswim.org](mailto:pam.lowenthal@ilswim.org)  
(847) 824-1596

### Email Scratch Contact

Lori Rybaski  
[ISIAgegroups@gmail.com](mailto:ISIAgegroups@gmail.com)

**Sanction:** Wisconsin Swimming Sanction: WI2026-0152S

**Host:** Illinois Swimming [www.ilswim.org](http://www.ilswim.org)

**Location:** Rec Plex 9900 Terwall Terrace, Pleasant Prairie, WI

# 2026 Illinois Swimming Winter Age Group Championships

**Facility:** Two ten (10) Lane, 25 yard indoor competition pools. Permanent starting blocks (within the USA Swimming regulations). Water depth is 7 feet 6 inches at starting end. Non-turbulent lane lines. Colorado timing system. Full color 10 lane electronic timing display. Seating capacity for 650 spectators. The competition course has been certified.

Meet Schedule:	Prelims		Finals	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-Ups</u>	<u>Start</u>
Thursday			3:30 PM	5:00 PM
Friday	7:00 AM	8:30 AM	4:00 PM	5:00 PM
Saturday	7:00 AM	8:30 AM	4:00 PM	5:00 PM
Sunday	7:00 AM	8:30 AM	4:00 PM	5:00 PM

**Rules:** This meet is sanctioned by USA Swimming and Illinois Swimming, Inc and Wisconsin Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All injuries should be reported to the employed RecPlex lifeguard on duty to administer care.

**Eligibility:** All swimmers must be current members in good standing of USA Swimming and Illinois Swimming

**Qualifying Times:** 2026 Age Group Championship Time Standards are included. Only those swimmers who have achieved a qualifying standard between February 1, 2024, and March 9, 2026, at 1:00 PM or finished in first place at the 2026 Winter Regional Championships in an individual 12&U or 14&U event (provided they are eligible to compete in that age group) are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.

**Entries:** All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted online beginning February 4, 2026, (12:01AM CST) and must be completed by Monday, March 9, 2026, at 1:00 PM CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.9.12.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day.

All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

2026 Winter Regional Championship individual events winners in 12&U or 14&U events that did not achieve the qualifying standard will be awarded entry into the 2026 Winter Age Championships, provided they are eligible to compete in that age group. For entry in OME, these athletes will enter at the slowest non-conforming qualifying standard (LCM) as an override time and should list "Regional Champion" as the meet name with the corresponding date of achievement.

IMPORTANT: All custom entry times must be pre-proven prior to the Thursday event scratch deadline.

**Entry Fees:** Individual Events: \$10.00 per entry  
Relay Events: \$20.00 per entry – limited A & B relays only per team.  
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.  
Wisconsin Swimming Surcharge: \$4.00 per athlete entered in the meet.

# 2026 Illinois Swimming Winter Age Group Championships

## Swimmers with Disabilities:

This meet will be open to all disabled athletes age 14 and younger as of March 12, 2026. A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet and no more than three (3) individual events per day. [CLICK HERE TO SUBMIT ENTRIES](#). All entries must be submitted by the initial entry deadline and swimmers must be included as "RELAY ONLY" in the OME entry to verify their membership in good standing. Questions should be sent to the Community Engagement Chair at [dei@ilswim.org](mailto:dei@ilswim.org) and Pam Lowenthal at [pam.lowenthal@ilswim.org](mailto:pam.lowenthal@ilswim.org).

## Events:

1. All 11-12 individual events except the 500 Free and 1000 Free are preliminary/final events with consolation and championship final heats. The 500 Free is a timed final event with the fastest seeded heat swum in the finals session. All remaining heats of the 500 Free will be swum slowest to fastest in the morning preliminary session.
2. All 13-14 individual events except the 500 Free, 1000 Free, 1650 Free and 400 IM are preliminary/final events with consolation and championship final heats. The 500 Free, 1000 Free, 1650 Free and 400 IM are timed final events. The fastest seeded heat of the 500 Free and 400 IM will swim in the finals session. All remaining heats of the 500 Free and 400 IM will be swum slowest to fastest in the morning preliminary session. All heats of the 1000 Freestyle will be swum fastest to slowest in the morning preliminary session.
3. The 50 Butterfly, 50 Backstroke, and 50 Breaststroke events for 13-14 swimmers must be entered using an eligible qualifying time for the 100 of that stroke.
4. Finals will be the top 20 athletes competing in Consolation Final (10) and Championship Final (10). Swimmers in the Championship Finals must report to the ready room area and be checked in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation Finalists will report directly to their assigned starting block.
5. Day 1 (Thursday) events are timed final. Swimmers must be checked in no later than 15 minutes after the conclusion of the Technical Meeting. The 11-12 1000 and 13-14 1650 will be conducted as timed final events. Heats will be swum fastest to slowest. The 11-12 and 13-14 200 Free Relays will be swum slowest to fastest. This session will be conducted in two pools. Swimmers in the 1000 Free and 1650 Free must provide their own counter and timer.
6. Prelim sessions will be conducted in two pools. Pool assignments and session reports will be posted no later than 48 hours prior to the start of the meet.

## Distance Bonus Events:

11-12 Swimmers with a 1650 Free qualifying time may enter the 1000 Free event. 13-14 Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

## Relay Events:

All 200 Free Relay, 200 Medley Relay, 400 Free Relay, 400 Medley Relay, and 13-14 800 Free Relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim at that day's preliminary session. All 200 Free Relays will be conducted on Thursday evening. On Friday there will be a warmup break at the conclusion of prelims prior to the first heat of the 800 Free Relay. Relays swum at the beginning of the session on Friday, Saturday, and Sunday will have a warmup break prior to the first individual event conducted on that day.

Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline. All teams desiring to swim in the AM must enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition.

# 2026 Illinois Swimming Winter Age Group Championships

200 Medley Relay will be entered and seeded using the 400 relay qualifying times.

Each coach shall be responsible for submitting relay names for tabulation approximately one (1) hour prior to the start of the relays in a manner announced by the Meet Referee at the Technical Meeting. However, relays may be changed up to the time of the swim.

**Seeding:** Events shall be seeded in order of SCY, equivalent LCM, non-conforming SCY (distance events), non-conforming LCM (distance events).

**Check-In:** Positive check-in required for the 1000 Freestyle and 1650 Freestyle. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.

***Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.***

**Scratches** Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Check-in and scratch deadlines are as follows:

- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
- All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

***Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.***

**Technical Meeting:** There will be a virtual (Zoom-based) technical meeting Wednesday, March 11, 2026 at 8:30 PM. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

**Warm-up:** Illinois Swimming warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees).

**Meet Jury:** The Meet Referee and the Program Operations Vice-Chair shall appoint a Meet Jury composed of at least one coach, one athlete, and at least one other USA Swimming member in attendance at the meet.

**Scoring:**

SCORING BY PLACE																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INDIVIDUAL EVENT SCORING																			
24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
RELAY EVENT SCORING																			
48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

**Awards:** The Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Top three individual high point awards will be awarded to female and male swimmers in each age group category; 11-12 and 13-14. Awards will be given to the top 10 finishers in each individual event. Awards will be given to the top three finishers in each relay event.

**Meet Results:** Meet results will be available on the Illinois Swimming website ([www.ilswim.org](http://www.ilswim.org)) within 48 hours following the conclusion of the meet.

# 2026 Illinois Swimming Winter Age Group Championships

<b>Deck Access:</b>	Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered in good standing with USA Swimming and must provide proof of current registration at all sessions of this meet. Clubs will be issued deck passes to those coaches listed on the submitted team entry.
<b>Timers:</b>	Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet.
<b>Officials:</b>	Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to the Meet Referee. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.
<b>Admissions:</b>	Thursday PM: \$5.00 Friday-Sunday: \$15.00 per day Heat Sheets: Free on Meet Mobile
<b>Parking:</b>	Parking is located around the facility and outer lots for free.
<b>Concessions and Vendors:</b>	Concessions will not be available for purchase at the venue. Northwest Designs will be on site for swimwear and accessories.
<b>Conduct:</b>	All coaches are responsible for the conduct of their swimmers and will see that their club always has proper supervision. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
<b>Image Authorization:</b>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
<b>Liability:</b>	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Wisconsin Swimming Inc, Rec Plex and Village of Pleasant Prairie, WI, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>MAAPP:</b>	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

# 2026 Illinois Swimming Winter Age Group Championships

Day 1				Day 2				Day 3				Day 4			
				Prelim Session				Prelim Session				Prelim Session			
	9	13-14 200 Medley Relay	10	57	11-12 400 Medley Relay	58	81	11-12 400 Freestyle Relay	82						
	11	11-12 200 Medley Relay	12	59	13-14 400 Medley Relay	60	83	13-14 400 Freestyle Relay	84						
		**Warm-Up Break**						**Warm-Up Break**							
	13	13-14 100 Breaststroke	14	35	13-14 200 IM	36	63	11-12 500 Freestyle	64						
	15	11-12 100 Breaststroke	16	37	11-12 200 IM	38	65	13-14 200 Backstroke	66						
	17	13-14 50 Backstroke	18	39	13-14 50 Freestyle	40	67	11-12 50 Backstroke	68						
	19	11-12 200 Backstroke	20	41	11-12 50 Freestyle	42	69	13-14 50 Breaststroke	70						
	21	13-14 200 Freestyle	22	43	13-14 200 Breaststroke	44	71	11-12 200 Breaststroke	72						
	23	11-12 200 Freestyle	24	45	11-12 50 Breaststroke	46	73	13-14 100 Freestyle	74						
	25	13-14 100 Butterfly	26	47	13-14 50 Butterfly	48	75	11-12 100 Freestyle	76						
	27	11-12 100 Butterfly	28	49	11-12 200 Butterfly	50	77	13-14 200 Butterfly	78						
	29	13-14 400 IM	30	51	13-14 100 Backstroke	52	79	11-12 50 Butterfly	80						
	31	11-12 100 IM	32	53	11-12 100 Backstroke	54		**Warm-Up Break**							
		**Warm-Up Break**				55		13-14 500 Freestyle	56	61	13-14 1000 Freestyle	62			
	33	13-14 800 Freestyle Relay	34												
Finals Session				Finals Session				Finals Session				Finals Session			
1	11-12 1000 Freestyle	2	9	13-14 200 Medley Relay	10	35	13-14 200 IM	36	63	11-12 500 Freestyle	64				
3	13-14 1650 Freestyle	4	11	11-12 200 Medley Relay	12	37	11-12 200 IM	38		**AWARDS**					
	**AWARDS**						**AWARDS**				65	13-14 200 Backstroke	66		
5	11-12 200 Freestyle Relay	6	13	13-14 100 Breaststroke	14	39	13-14 50 Freestyle	40	67	11-12 50 Backstroke	68				
7	13-14 200 Freestyle Relay	8	15	11-12 100 Breaststroke	16	41	11-12 50 Freestyle	42		**AWARDS**					
	**AWARDS**						**AWARDS**				69	13-14 50 Breaststroke	70		
			17	13-14 50 Backstroke	18	43	13-14 200 Breaststroke	44	71	11-12 200 Breaststroke	72				
			19	11-12 200 Backstroke	20	45	11-12 50 Breaststroke	46		**AWARDS**					
				**AWARDS**				**AWARDS**				73	13-14 100 Freestyle	74	
			21	13-14 200 Freestyle	22	47	13-14 50 Butterfly	48	75	11-12 100 Freestyle	76				
			23	11-12 200 Freestyle	24	49	11-12 200 Butterfly	50		**AWARDS**					
				**AWARDS**				**AWARDS**				77	13-14 200 Butterfly	78	
			25	13-14 100 Butterfly	26	51	13-14 100 Backstroke	52	79	11-12 50 Butterfly	80				
			27	11-12 100 Butterfly	28	53	11-12 100 Backstroke	54		**AWARDS**					
				**AWARDS**				**AWARDS**				81	11-12 400 Freestyle Relay	82	
			29	13-14 400 IM	30	55	13-14 500 Freestyle	56	83	13-14 400 Freestyle Relay	84				
			31	11-12 100 IM	32		**AWARDS**				**AWARDS**				
				**AWARDS**				57	11-12 400 Medley Relay	58					
			33	13-14 800 Freestyle Relay	34	59	13-14 400 Medley Relay	60		**AWARDS**					
				**AWARDS**				**AWARDS**							

Day 1 individual events (13-14 1650 Free, 11-12 1000 Free) will be swum fastest to slowest in two pools.

Day 1 relays will be swum slowest to fastest. There will be a 30-minute warm-up break (including awards) prior to the start of the 200 Free Relay events.

Prelims will be conducted in two pools. Session reports will be posted no later than 48 hours prior to the start of the meet.

There will be a relay warm-up break prior to start of the 800 Free Relay events 33 & 34 in the prelim session with the fastest heat swum in finals.

All 11-12 and 13-14 200 Medley, 400 Medley & 400 Freestyle Relays will be swum at the beginning of prelims with the fastest heat swum in finals. There will be a 15-minute warm-up break at the conclusion of these relays.

All heats of the 13-14 1000 Free will be swum at the conclusion of the Day 4 prelim session fastest to slowest. There will be a 30-minute warm-up break prior to the start of these events.