

2024 Illini District Swimming Championships

MEET ANNOUNCEMENT

About the Championship

Date: February 24-25, 2024

Location: YMCA of Springfield, Kerasotes Branch

Entry Deadline: Monday, February 19th, 12:00 PM

Hosted by: YMCA of Springfield

Meet Director: Alex Totura

Web Site: www.spyswimmers.com

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ABOUT THE CHAMPIONSHIP

This meet is a YMCA Championship Sanctioned closed inter-association meet including teams of the Illini District. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is approved by the Indiana LSC of USA Swimming.

YMCA Sanction number: Pending
USA-S/IN Approval number: Pending

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet

	Timed Finals 10 & Under		Timed Finals 21 & Under	
	Warm-ups	Start	Warm-ups	Start
Saturday	Not before 7:30 AM	Not Before 8:30 AM	Not Before 11:30 AM	Not Before 1:00 PM
Sunday	Not before 7:30 AM	Not Before 8:30 AM	Not Before 11:30 AM	Not Before 1:00 PM
Start times for Timed Finals are an approximation. Once entries are processed the above times may be adjusted				

INCLEMENT WEATHER/CANCELTATION: Necessary procedures will be determined by the Meet Referee, Meet Director, and Admin Referee

COVID PROTOCOLS

Disclaimers:

The Springfield YMCA and SPY Swim Team have taken enhanced health and safety measures- for your team and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and



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Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned or approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned or approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION AND FACILITY

Location: Kerasotes YMCA, 4550 W. Iles Ave, Springfield IL, 62704

Emergency Phone Number: (217) 502-0461

The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Eight-lane, 25-yard pool with nonturbulent lane lines, Colorado Time Systems equipment with touchpads at both ends. Starting blocks at both ends, depth is 6 feet at the walls and 9 ½ feet in the middle of the pool. The facility is owned by the Springfield YMCA and facility staff will handle all matters of cleanliness before, during, and after competition.

Web Site



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Meet Information can be found at: www.spyswimmers.com under the District Dashboard

Online Meet Results: [Meet Mobile](#)

CONTACT INFORMATION

MEET DIRECTOR	ENTRY/SCRATCH CHAIR	MEET REFEREE
Alex Totura 217-502-0461 alex@spyswimmers.com	Alex Totura 217-502-0461 alex@spyswimmers.com	Nick Gilmore maddogchief@yahoo.com
Admin Official		SAFETY CHAIR
Anna Evans momaanna@gmail.com		Alex Totura alex@spyswimmers.com
Host Web Site: www.spyswimmers.com		

NOTICES

DEADLINE AND MEET SUMMARY:

Monday	February 12th	8:00 AM	Entries Open
Monday	February 19 th	12:00 PM	Meet Declarations Due
Monday	February 19 th	12:00 PM	Entry Deadline
Tuesday	February 20 th	12:00 PM	Psyche Sheet Posted
Friday	February 23 rd	8:00 PM	Scratch Deadline

Racing Start Proficiency: Any swimmer entered in the meet must be certified by a YMCA certified coach or USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water.



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ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Athlete Protection Training: All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: Swimmer's age as of February 24, 2024 will determine his or her age for the entire meet. An athlete must not be older than twenty-one (21) years of age on the first day of the Meet.

YMCA Meet Participation: Athlete must have competed in a minimum of 2 closed YMCA competitions as defined by the "SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA" in order to participate in the meet.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1st of the previous year and the entry deadline. There are no qualifying times for athletes with a disability.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition. See appendix 4 & 5



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COACH

Required Certifications: Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- BLS/Professional Rescuer CPR
- First Aid
- Safety Training for Swim Coaches Online and In-water training (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content)
- Principles of YMCA Competitive Swimming and Diving
- Athlete Protection Training

A list of the acceptable certifications can be found in the [Swimming Addendum to the Rules That Govern Competitive Sport](#).

All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. 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.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will



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not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS:

- There is a maximum of 6 individual events. There is no limit to the number of relays an athletes can participate in.
- **Swimmers who fail to meet entry limits by the scratch deadline will be scratched from their last event(s) that day/meet**
- There is no individual event limit per team. Teams may enter an unlimited number of swimmers in an individual event as long as they have the qualification time.
- Each team is permitted two entries per relay event.

QUALIFICATION PERIOD: 2024 Illini District Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between March 1st, 2023 and February 19th, 2024 at 12:00 PM are eligible for this meet. All qualifying times must have been submitted to the YMCA ILSWYMS database. There are no qualifying times for athletes with a disability.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Teams with USA Registered Athletes must submit a USA Swimming Roster for athlete's times to be submitted to USA Swimming.

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 2. Per Illinois YMCA Swimming Rule 7.1.2.: Swimmers qualifying swims must be in the ILSWYMS Database and official times must be obtained in accordance of the requirements in USA-Swimming Technical rules. All times are subject to verification against the ILSWYMS Database.



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TIMES: No Times (NT) are not allowed. Entry Times will be allowed in SCY or SCM.

ENTRY FEES: \$3.00 per individual event; \$8.00 per relay entry. \$6.00 swimmer surcharge.

ENTRY DEADLINE: Entries are due to alex@spyswimmers.com by Monday, February 19, 2024 at 12:00 PM. Entries are to be submitted by email in a Hy-Tek CL2 file. A late fee of \$25 per team or \$2 per swimmer (whichever is less) will be assessed for all late entries. Payment for Championship and Time Trial fees is due prior to the first swimmer splashing. Make checks payable to:

Springfield YMCA
Attn: Alex Totura
4550 W Iles Avenue
Springfield, IL 62711

ENTRY PROCEDURE:

1. E-mail entry file to alex@spyswimmers.com
2. E-mail or mail the following (February 19, 2024)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments
 - c. Registered USA teams within the State are required to provide a copy of their latest USA membership roster from their team portal to the host team. Failure to do so will result in USA ID numbers to be removed from any swimmer who is not listed on a current USA roster. For unattached swimmers a copy of their USA Swimming Card will do in place of a roster.

ENTRY CHECKLIST:

All files must be e-mailed to the Entry Chair. All forms can be e-mailed to the Entry Chair or mailed along with payment. If mailed all forms must be received on or before February 23, 2024.

1. Meet Declaration Form
2. Team entry file
3. Team Summary, Release Form, USA Swimming paperwork (if required)
4. Any entry fees and swimmer surcharge payments.

Checks payable to: Springfield YMCA



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MAIL PAYMENT TO:	Springfield YMCA c/o Alex Totura 4550 W. Iles Ave Springfield, IL 62711	E-MAIL ENTRY QUESTIONS TO	alex@spyswimmers.com
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OVER-SUBSCRIPTION: The psych sheet will be posted by 12:00 PM February 20, 2024 on the District Website. Scratches will be due Friday February 23, 2024 by 8:00 PM. Scratches must be e-mailed to the entry chair and must include the following information.

1. Swim Club Information - Club Name, Club Code, Coach of Record and Contact Info (phone & email)
2. Swimmer's Information - Full Name (Last, First, MI), Event Number, Event Name, & Entry Time)
3. Name, information, and club position of person submitting scratches

The deadline for scratches is 8:00 PM Friday February 23, 2024. E-mail Scratches to Alex Totura at alex@spyswimmers.com. The Entry Chair will send a reply stating the scratch e-mail was received. It will be the responsibility of the sender to ensure that the e-mail is received by the entry chair.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: A large number of officials are needed to properly handle a meet like this with multiple pools and sessions. There is a need for both YMCA Level I and YMCA Level II and Administrative Officials during Preliminaries, Finals and Timed Finals each day. All officials are strongly encouraged to sign up to work at the meet.

In order to bring a high degree of consistency to the officiating, officials are asked to work as many sessions as possible. All officials shall be experienced and credentialed. All officials shall work under the direction of the Meet Referee.

Questions about officiating at the meet should be directed to the Meet Referee, Nick Gilmore

SIGN-UP PROCEDURE: Officials wishing to work the meet should contact the [Meet Referee](#) and [fill out this form](#).

ATTIRE: The official's uniform in the Illinois YMCA Swimming will be white shirt over navy bottoms with white shoes and white socks, pants are preferred for finals. Bottoms need to be professional; denim or track pants are not allowed.



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Any official that works a minimum of three (3) sessions will receive an official 2023 Illini District Swimming Championship Officials Polo.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Teams and Coaches check-in on Deck with one of the Meet Director. Officials check-in at Hospitality with the Meet Referee.

MEETING SCHEDULE: Pre-Meet meetings will be held at the discretion of the District Chairperson.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Illini District Championships shall be under the general supervision on the Illinois State YMCA Swim Committee and direct supervision of the Illini District Swim Committee. Any irregularities, protests or unforeseen situations calling for deviation from these rules shall be decided by the District Championship Protest Committee. The District Protest Committee shall consist of the District Committee Officers, the Meet Referee, the Head Coach of the host team, and an athlete representative. The athlete representative will be appointed at the discretion of the district chair. Absences of any member of the protest committee may be filled at the discretion of the district chair or his designee. The district protest committee will be called at the discretion of the district chair, his designate or the meet referee.

RULES: The meet will run under YMCA Rules that Govern Competitive Sport, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, Illinois YMCA Swimming Committee Rules & Regulations, and USA-S Technical Rules.

MEET FORMAT:

1. 8U and 10U Events will be competed in the morning sessions of the meet.
2. 12U, 14U, 21U Events will be competed in the afternoon sessions of the meet.

INDIVIDUAL EVENTS:

1. All Events will be conducted as Timed Finals
2. A no show (NS) and declared false start (DFS) for an event counts as an official entry and against the entry limit.

RELAY EVENTS:

1. Each team is limited to two entries per relay event.



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2. All Relays will be conducted as timed final event.

EVENT SEEDING: All events will be seeded Slowest to Fastest. Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: Short Course Yards (SCY), Short Course Meters (SCM). The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event prior to the scratch deadline. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") at a timed final event will result in no penalty.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups during all sessions. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship should they be assigned to share a lane for warm up.

Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

READY BENCH: There will be a bullpen for 8 and under athletes only. That Bullpen will take place on the recreation pool deck.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.



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SWIM-OFFS: There will be no Swim-offs for final results.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the hallway outside of the entrance to the pool.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- In accordance with the Federal Video Voyeurism Prevention Act of 2004, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers may use locker rooms to change and shower. However, personal items are not to be stored in lockers
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- All swimmers must remain in authorized areas during the meet.

Recording Devices and Swimmer Privacy: Use of audio or visual recording devices, including but not limited to cell phones, is not permitted in changing areas, restrooms, or locker rooms. Cell phones, video and camera devices are not permitted behind the blocks or above swimmers as they enter or depart the pool. Except where venue facilities require otherwise, changing into or out of swimsuits



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other than in locker rooms or other designated areas is not appropriate and is prohibited. Any individual failing to abide by the above may be subject to immediate removal from the venue by Meet Management and could be subject to the USA Swimming Code of Conduct violation as defined in Articles 304, 305 or 306.

Drones: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

AWARDS AND RECOGNITION

SCORING:

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

- Only the first four finishers from any one association in an individual event shall score team points or receive individual awards.
- Only the first finisher from any one association in a relay event shall score team points or receive awards.

AWARDS:

INDIVIDUAL AWARDS: Championship medals will be awarded for 1st through 16th place. 10 and Under awards, including relays, will be given during Sessions 1 and 3 during the meet after every 4th event. Awards for sessions 2 and 4 will be packaged and given at the conclusion of the meet. Any awards not picked up at the conclusion of the meet will **not** be mailed.

RELAY AWARDS: Awards for relays will be given for 1st through 8th place.

TEAM AWARDS: Awards for the 10 & Under and 8 & Under age groups will be awarded at the conclusion of session 3. All other awards will be awarded at the conclusion of session 4. Trophies shall be given to the top teams scoring the most points in each competitive age group in each of the boys and girls at the District Championship. High point Trophies shall be awarded to the three teams scoring the highest, second highest and third highest total number of points in each of the boys, girls and combined at the District Championship. Any awards not picked up at the conclusion of the meet will **not** be mailed.



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SPECTATORS

ADMISSION FEE: No admissions fees.

HEAT SHEETS/PROGRAMS: Heat sheets will be posted online after the scratch deadline and made available on Meet Mobile for free. Heat Sheets will also be posted around the facility

CONCESSION STAND: Will be available throughout the meet.

LOST AND FOUND: SPY Swim Team and the Springfield YMCA are not responsible for any lost or stolen property.

MAAPP: 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. All athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline.

Liability Waiver: 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., Springfield YMCA Swim Team, Springfield YMCA, 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.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- YMCA of Springfield is a No Smoking facility. Absolutely no smoking, drugs, or alcohol are permitted in the building.



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LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS: 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., Springfield YMCA Swim Team, Springfield YMCA, YMCA Swimming, 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.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.



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3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LODGING

There are several hotels in the area for you Lodging needs.

PARKING

Subject to the rules of the facility. Free parking will be available in front of the facility.



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APPENDIX 1: ORDER OF EVENTS

Saturday Morning - 8U, 10U		
Girls	Event	Boys
101	8&U Mixed 100 FR Relay	101
102	10&U Mixed 200 FR Relay	102
103	10&U 200 FR	104
105	8&U 25 BR	106
107	10&U 50 BR	108
109	8&U 100 IM	110
111	10&U 100 IM	112
113	8&U 25 FR	114
115	10&U 50 FR	116
117	8&U 100 Med Relay	118
119	10&U 200 Med Relay	120

Sunday Morning - 8U, 10U		
Girls	Event	Boys
301	8&U Mixed 100 Med Relay	301
302	10&U Mixed 200 Med Relay	302
301	10&U 200 IM	302
303	8&U 25 BK	304
305	10&U 50 BK	306
307	8&U 50 FR	308
309	10&U 100 FR	310
311	8&U 25 FL	312
313	10&U 50 FL	314
315	8&U 100 FR Relay	316
317	10&U 200 FR Relay	318

Saturday Afternoon- 12U, 14U, 21U		
Girls	Event	Boys
201	21U 400 FR Relay	202
203	12&U 200 IM	204
205	14&U 200 IM	206
207	21&U 200 IM	208
209	12&U 50 BR	210
211	14&U 100 BR	212
213	21&U 100 BR	214
215	12&U 100 FR	216
217	14&U 100 FR	218
219	21&U 100 FR	220
221	12&U 100 BK	222
223	21&U 200 BK	224
225	12&U 50 FL	226
227	14&U 100 FL	228
229	21&U 100 FL	230
231	12&U 200 Med Relay	232
233	14&U 200 Med Relay	234
235	21&U 200 Med Relay	236
237	14&U 500 FR 21&U 500 FR	238

Sunday Afternoon - 12U, 14U, 21U		
Girls	Event	Boys
401	21U 400 Med Relay	402
403	12&U 200 FR	404
405	14&U 200 FR	406
407	21&U 200 FR	408
409	12&U 50 BK	410
411	14&U 100 BK	412
413	21&U 100 BK	414
415	12&U 100 FL	146
417	21&U 200 FL	418
419	12&U 50 FR	420
421	14&U 50 FR	422
423	21&U 50 FR	424
425	12&U 100 BR	426
427	21&U 200 BR	428
429	12&U 200 FR Relay	430
431	14&U 200 FR Relay	432
433	21&U 200 FR Relay	434



Illini District Swimming Championships February 24-25, 2024

APPENDIX 2: QUALIFYING TIMES

2023-24 Illini District Time Standards

8 and Under Girls		Events	8 and Under Boys	
SCY	SCM		SCY	SCM
24.29	27.09	25 Free	24.09	26.89
54.39	1:00.69	50 Free	54.09	1:00.29
30.39	33.89	25 Back	30.19	33.69
35.89	39.99	25 Breast	36.49	40.69
31.59	35.19	25 Fly	32.99	36.79
2:22.19	2:38.69	100 IM	2:30.39	2:47.89
10 and Under Girls		Events	10 and Under Boys	
SCY	SCM		SCY	SCM
44.29	49.39	50 Free	43.19	48.19
1:43.19	1:55.19	100 Free	1:40.59	1:52.29
3:51.19	4:18.09	200 Free	3:40.29	4:05.89
54.59	1:00.99	50 Back	54.79	1:01.19
1:02.79	1:10.09	50 Breast	1:02.79	1:10.09
56.49	1:02.99	50 Fly	55.19	1:01.49
1:58.29	2:11.99	100 IM	1:55.79	2:09.19
4:25.69	4:56.59	200 IM	4:18.39	4:48.39
12 and Under Girls		Events	12 and Under Boys	



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SCY	SCM		SCY	SCM
36.79	41.09	50 Free	36.49	40.69
1:21.89	1:31.39	100 Free	1:20.89	1:30.29
3:01.29	3:22.29	200 Free	3:00.69	3:21.69
43.29	48.29	50 Back	43.79	48.89
1:37.69	1:48.99	100 Back	1:37.59	1:48.89
50.09	55.89	50 Breast	50.59	56.49
1:51.19	2:04.09	100 Breast	1:51.09	2:03.99
41.09	45.79	50 Fly	43.39	48.39
1:40.89	1:52.69	100 Fly	1:42.79	1:54.69
3:31.49	3:55.99	200 IM	3:33.89	3:58.69
14 and Under Girls		Events	14 and Under Boys	
SCY	SCM		SCY	SCM
34.99	38.99	50 Free	32.49	36.29
1:16.09	1:24.99	100 Free	1:11.29	1:19.59
2:46.59	3:05.89	200 Free	2:38.19	2:56.59
7:33.79	6:36.99	500/400 Free	7:15.79	6:21.29
1:27.09	1:37.19	100 Back	1:22.59	1:32.09
1:39.49	1:50.99	100 Breast	1:34.19	1:45.09
1:31.99	1:42.59	100 Fly	1:24.99	1:34.79
3:10.29	3:32.39	200 IM	2:58.89	3:19.59
21 and Under Girls		Events	21 and Under Boys	
SCY	SCM		SCY	SCM
33.39	37.29	50 Free	29.49	32.89



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1:12.39	1:20.79	100 Free	1:04.39	1:11.89
2:38.69	2:57.09	200 Free	2:22.79	2:39.39
7:12.19	6:18.19	500/400 Free	6:43.09	5:52.69
1:21.39	1:30.79	100 Back	1:12.69	1:21.09
2:58.59	3:19.29	200 Back	2:44.49	3:03.59
1:35.69	1:46.79	100 Breast	1:24.09	1:33.79
3:25.89	3:49.79	200 Breast	3:06.69	3:28.29
1:21.19	1:30.59	100 Fly	1:11.09	1:19.39
3:08.59	3:30.49	200 Fly	2:48.79	3:08.29
3:00.89	3:21.89	200 IM	2:43.79	3:02.79
6:30.59	7:15.99	400 IM	6:01.89	6:43.89



Illini District Swimming Championships February 24-25, 2024

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the entry chair by **February 19th**)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____2024 Illini District Swimming Championships_____

Meet Date(s): _____February 24-25, 2024_____

Meet Host: _____YMCA of Springfield_____

Meet Location: _____Gus & Flora Kerasotes YMCA_____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privileged members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **2024 Illini District Swimming Championships** for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the **2024 Illini District Swimming Championships**.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, **Illinois YMCA Swimming** their agents, representatives or assigns, and the **YMCA of Springfield** for any and all injuries which may be suffered by participants at the **2024 Illini District Swimming Championships**. Furthermore, we understand that the YMCA of the USA and **Illinois YMCA Swimming** are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



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Waiver & Summary Entry Form (Entries will not be accepted without waiver form)

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against YMCA of Springfield, IL Swimming, USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Complete this form and mail it with entry forms, and fee payment to:

Springfield YMCA
c/o Alex Totura
4550 W. Iles Ave
Springfield, IL 62711

SUMMARY OF FEES

Total Individual Events

X

\$3.00 Per Event

=

\$

Total Relay Events

X

\$8.00 Per Event

=

\$

Number Of Swimmers Entered in the Meet Including Relay
Only Swimmers

X

\$6.00 Surcharge

=

\$

Total Amount Due

=

\$

Make checks payable to: **Springfield YMCA**

CLUB NAME: _____ CLUB CODE _____

Head Coach: _____

Asst. Coaches: _____

Mailing Address:

Name _____

Address _____

City, State, Zip _____

Home Phone: _____

Work Phone: _____

Signed _____

Entry forms must be received no later than Friday February 23, 2024



Illini District Swimming Championships February 24-25, 2024

This is the last Page of the Meet Announcement