

Springfield YMCA Swim Team

2024 Illini District Time Trial**Friday February 23, 2024**

Closed YMCA Invite Approved by USA Swimming, inc. and Illinois Swimming Inc. Sanction:

Meet Director/Meet Entry Chair	Meet Referee
Alex Totura alex@spyswimmers.com	Nick Gilmore maddogchief@yahoo.com
Safety Coordinator	Meet Admin
Alex Totura alex@spyswimmers.com	Anna Evans momaanna@gmail.com

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 Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related to 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 individuals 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 events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned 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: Gus & Flora Kerasotes YMCA, 4550 W. Iles Ave, Springfield IL, 62711

Facility: 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 non turbulent 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. The facility will follow any local or state mandates for large gatherings

Eligibility: The Meet is open to members in good standing of Illini District Teams. This meet is approved by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced. Only athletes who are registered with USA Swimming will have times submitted to Illinois Swimming. Teams need to provide a roster of USA Swimming athletes to ensure those athletes are included in the results sent to IL Swimming. If a team does not submit a roster they will be removed prior to submitting to IL Swimming.

Entry Limits: No contestant shall be permitted to enter more than 3 total events per day including individual and relay events. The host team reserves the right to limit the number of swimmers due to time restrictions and add extra heats time permitting.

Entry Fees and Surcharges: Individual Entry Fees are \$5.00 Per event. Relay Events are \$10.00 Per Relay. \$2 Surcharge per athlete.

Entry Deadline: End of day Wednesday February 21, 2024

Positive Check-in: There will **NOT** be a positive check-in for this meet. All events will be seeded at the 1 hour prior to the start of the meet.

Heat Sheets: Printed Heat Sheets for spectators will not be available at the meet. The meet information, including heat sheets, will be available online at no charge via Meet Mobile as well as PDF versions available on the Event Page at www.spyswimmers.com. Heat Sheets will be posted at various locations on the pool deck and in the hallways and crash areas for athletes and spectators. Coaches and Officials Heat Sheets will be available at the Admin Table on the pool deck.

Seeding: All events will be swum in heats with swimmers seeded from slowest to fastest.

Warm-ups: Specific warm up lanes will be assigned at the conclusion of the entry period. Warm up guidelines will be included with the assignments.

Results: Results will not be posted on site for this meet. Results will be available via Meet Mobile as well as posted on the Event Page at www.spyswimmers.com at the conclusion of the meet.

Awards: There are no awards for this meet.

Coaches: All coaches must be currently registered with USA or YMCA Swimming and must provide proof of current registration at all sessions of this meet. All coaches are required to sign in if they are on deck or if they are off deck and engaging with swimmers.

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.

Athletes/Spectator Seating: The Gym and other rooms will be available as a crash area for athletes and spectators. There is spectator seating for 300 available on the pool deck and additional seating may be offered as necessary in the recreation pool area.

Restrooms/Locker Rooms: Locker Rooms will be available for use by athletes. The Family Changing Rooms and restrooms by the front desk will be available for non-athletes.

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 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.

Parking: Parking is available in any appropriate space in the YMCA parking lot.

Results: Results will not be posted. Results will be available via Meet Mobile as well as posted on the Event Page at www.spyswimmers.com at the conclusion of each day of the meet.

Rules & Safety: 2024 USA Swimming Inc. and ISI rules will govern the meet. All USA Swimming and ISI Swimming rules and the ISI individual scratch rule will be strictly enforced. All USA Swimming and Illinois Swimming safety rules will be enforced. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Order of Events**Session 1 - Friday PM Warm-ups: 5:00 PM Session Start: 6:00 PM****Events below are eligible to be competed. The host will split heats and re-arrange order of events after entries are received to maximize rest opportunities for athletes.****2024 Illini District Time Trial – 2/23/2024****Event List-By Event Number**

- 1 Girls 21 & Under 50 Freestyle
- 2 Boys 21 & Under 50 Freestyle
- 3 Girls 21 & Under 100 Freestyle
- 4 Boys 21 & Under 100 Freestyle
- 5 Girls 21 & Under 200 Freestyle
- 6 Boys 21 & Under 200 Freestyle
- 7 Girls 21 & Under 500 Freestyle
- 8 Boys 21 & Under 500 Freestyle
- 9 Mixed 8 & Under 25 Freestyle
- 10 Mixed 21 & Under 100 Backstroke
- 11 Mixed 21 & Under 100 IM
- 12 Mixed 21 & Under 200 IM
- 13 Mixed 21 & Under 50 Freestyle
- 14 Mixed 21 & Under 100 Butterfly
- 15 Mixed 21 & Under 100 Breaststroke
- 16 Mixed 21 & Under 1000 Freestyle
- 17 Mixed 21 & Under 1650 Freestyle
- 18 Mixed 21 & Under 50 Breaststroke
- 19 Mixed 21 & Under 100 Freestyle
- 20 Mixed 8 & Under 25 Backstroke
- 21 Girls 21 & Under 50 Backstroke
- 22 Boys 21 & Under 50 Backstroke
- 23 Girls 21 & Under 100 Backstroke
- 24 Boys 21 & Under 100 Backstroke
- 25 Mixed 21 & Under 200 Backstroke
- 26 Mixed 21 & Under 200 Freestyle
- 27 Mixed 8 & Under 25 Breaststroke
- 28 Girls 21 & Under 50 Breaststroke
- 29 Boys 21 & Under 50 Breaststroke
- 30 Girls 21 & Under 100 Breaststroke
- 31 Boys 21 & Under 100 Breaststroke
- 32 Mixed 21 & Under 200 Breaststroke
- 33 Mixed 8 & Under 25 Butterfly
- 34 Girls 21 & Under 50 Butterfly
- 35 Boys 21 & Under 50 Butterfly
- 36 Girls 21 & Under 100 Butterfly
- 37 Boys 21 & Under 100 Butterfly
- 38 Mixed 21 & Under 200 Butterfly
- 39 Mixed 21 & Under 100 IM
- 40 Girls 21 & Under 200 IM
- 41 Boys 21 & Under 200 IM
- 42 Mixed 21 & Under 400 IM
- 43/44 Girls/Boys 21 & Under 200 Medley Relay
- 45/46 Girls/Boys 21 & Under 200 Freestyle Relay
- 47/48 Girls/Boys 21 & Under 400 Freestyle Relay
- 49/50 Girls/Boys 21 & Under 400 Medley Relay
- 51/52 Girls/Boys 21 & Under 800 Freestyle Relay