ILLINOIS STATE
YMCA SWIMMING CHAMPIONSHIPS
Hosted Fox Valley Family YMCA
March $21^{\text {st }}$ and $22^{\text {nd }}, 2015$

The 2015 Illinois State YMCA Swimming Championships is sanctioned by YMCA of the USA (Sanction \# CAQ-2015IN344526) and Approved by USA Swimming and Indiana Swimming Inc. (Sanction \#\#IN15206A)). This meet is conducted according to the National YMCA "Rules that Govern YMCA Competitive Sports", YMCA Swimming Black Book, USA Swimming Technical Rules, and Rules Governing Illinois YMCA Swimming Competition. The preceding rules will be used if there is any variance between the meet packet and any of the preceding rules.

LOCATION: Lake Central High School 8400 Wicker Dr., St. John, IN

FACILITY: Competition Pool: One 50-meter pool with ten-7.5-foot wide lanes each with non-turbulent lane markers divided by bulkheads into 2 - 10 lane, 25 yard pools. Colorado Timing System will be used. A 10 lane electronic timing display with Colorado timing equipment and Meet Manager 4.0 will be used. Balcony spectator seating for 800 is available in the aquatic center with additional seating in the adjacent gym. Swimmers will not be allowed in the spectator balcony during the meet.

The west end (competition end) of the pool has a depth of Eight feet ( $8^{\prime}$ ) at the start end and five ( $5^{\prime}$ ) feet at the turn end. The East (diving well) end of the pool has a minimum depth of fourteen feet ( $14^{\prime}$ ) at the start end and five feet ( $5^{\prime}$ ) at the turn end.

The competition course has not been certified in accordance with 104.2.2C (4). Where a moveable bulkhead is used, course measurement of the lane in which the record was set (American, US Open, or National Age Group Records) must be confirmed at the conclusion of the session during which the time was achieved.

| MEET DIRECTOR | ENTRY/SCRATCH CHAIR | MEET REFEREE |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jonathan Meier | Dave Brtva | Tom Merlin |  |  |  |  |  |
| 630-552-4100 ext 237 <br> imeier@foxvalleyymca.orq | $815-258-6279$ | $847-819-7465$ |  |  |  |  |  |
| Host Club Web Site: www.foxvalleyymca.org/aquaforce |  |  |  |  |  |  |  |

ANTICIPATED MEET SCHEDULE:

|  | Preliminaries <br> $\mathbf{2 1}$ \& Under |  | Timed Finals <br> 10 \& Under |  | Finals |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Warm-ups | Start | Warm-ups | Start | Warm-ups | Start |
| Saturday | $6: 30 \mathrm{AM}$ | $8: 00 \mathrm{AM}$ | $1: 00 \mathrm{PM}$ | $2: 00 \mathrm{PM}$ | $4: 30 \mathrm{PM}$ | $5: 30 \mathrm{PM}$ |
| Sunday | $6: 30 \mathrm{AM}$ | $8: 00 \mathrm{AM}$ | $1: 00 \mathrm{PM}$ | $2: 00 \mathrm{PM}$ | $4: 30 \mathrm{PM}$ | $5: 30 \mathrm{PM}$ |

MEET SCHEDULE CHANGES: Changes to the meet based on running a reasonable timeline will be determined by a majority of a committee consisting of the four district chairs, meet referee, IL YMCA State Swimming Committee Chair, and the Championship Meet Director to allow for a reasonable meet timeline.

WARM UPS: Warm up for the preliminary and finals session will be divided into 3 sessions. The first two will be assigned by team starting at 6:30 AM (preliminaries) and 7:00 AM. At 7:30 (preliminaries) and 5:00 (finals) we will begin a 20 minute specific warm up in the competition pool (preliminaries). Lanes 1 and 10 will be pace lanes, lanes $2,3,4,7,8$, and 9 will be one way spring lanes, lanes 5 and 6 , the diving well pool, and the lanes between the bulkheads will be for general warm up.

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Warm up for the 10 and under timed finals session will be assigned by teams with each team receiving equal time in the competition pool.

Warm up for finals will not begin before $4: 30$ and will be run as an open warm up for the first 30 minutes and specific warm up as defined above for the last 20 minutes.

DEADLINE AND MEETING SUMMARY:

| Monday | February 2 |  |  |
| :---: | :---: | :---: | :---: |
| nd | $8: 00 \mathrm{AM}$ | Entries Open |  |
| Saturday | March $10^{\text {th }}$ | $9: 00 \mathrm{PM}$ | Entry Deadline |
| Wednesday | March $14^{\text {th }}$ | $8: 00 \mathrm{AM}$ | Psyche Sheet Posted |
| Friday | March $18^{\text {th }}$ | $12: 00 \mathrm{PM}$ | Scratch Deadline |
| Saturday | March $20^{\text {th }}$ | $8: 00 \mathrm{PM}$ | Coaches Meeting |
| Saturday | March 21 st | $6: 45 \mathrm{AM}$ | Officials Meeting |
| Saturday | March 21st | $1: 00 \mathrm{PM}$ | Officials Meeting |
| Sunday | March 21st | $4: 30 \mathrm{PM}$ | Officials Meeting |
| Sunday | March 22 | nd | $6: 45 \mathrm{AM}$ |
| Sunday | March 21 st | $1: 00 \mathrm{PM}$ | Officials Meeting |
|  | March 21st | $4: 30 \mathrm{PM}$ | Officials Meeting |
|  |  | Officials Meeting |  |

ENTRY CHECKLIST: All files must be e-mailed to the Entry Chair. All forms can be e-mailed to the Meet Director or mailed to the host team along with payment. If mailed all forms must be received on or before March 12, 2015.

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

Checks payable to: Fox Valley Family YMCA Aqua Force

| MAIL PAYMENT TO: | Fox Valley Family YMCA Aqua Force <br> 3875 Eldamain Rd. <br> Plano, IL 60545 | E-MAIL ENTRY <br> QUESTONS TO | dbrtva@yahoo.com |
| :--- | :--- | :--- | :--- |

QUALIFYING TIMES: 2015 Illinois State YMCA Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between March $1^{\text {st }}, 2014$ and March 10 th, 2015 at 9:00 PM or their district meet if held after the entry deadline and is loaded in the ILSWYMS database are eligible for this meet.

ENTRY FEES: $\quad \$ 5.00$ per individual event, $\$ 20.00$ per relay entry. A $\$ 2.00$ swimmer surcharge per swimmer is charged per Indiana Swimming Inc.

ELIGIBILITY:

1. Swimmers are eligible for any individual event in which they have met or surpassed the qualifying time in the qualifying window with provable results loaded into ILSWYMS.
2. Swimmers entered into the IL State YMCA Swimming Championships must have been entered and competed (splashed) in their corresponding district championships. Exceptions for medical or religious scratches must be accepted by the respective district meet referee.
3. Swimmers must meet YMCA swimming and diving Black Book qualification as it regards YMCA and team representation and have competed in 3 closed YMCA competitions (2 for swimmers competing with their high school).

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4. All entries must include a provable seed time. Relays may use a provable aggregate time. "No time" (NT) entries will not be accepted.
5. All swimmers 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. If unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

## ENTRY PROCESS:

1. E-mail entry file (TM or Team unify) to jmeier@foxvalleyymca.org by the entry deadline.
a. Entries may be updated until the entry deadline
2. Email or mail the following required documents by March $12^{\text {th, }} 2015$
a. Team summary and release form
b. USA swimming roster (if you want times loaded into SWIMS database)
3. Mail entry and swimmer surcharge fees to be received by March $12^{\text {th }} 2015$
4. Teams will be subject to a $\$ 50$ late payment fee if paid after the deadline. Any team not paid by 7:59 AM on March $21^{\text {st }}$ will be scratched from the meet.

## ENTRY LIMITS:

- 10 and under session - 5 individual events and 6 total events for the meet.
- 11 to 21 - 3 individual events per day and up to 8 total entries.
- A swimmer may not swim in individual events in both the prelim / final session and the 10 and under timed final session on a specific day.
- Swimmers who fail to meet entry limits by the scratch deadline will be scratched from the latest 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.

SEEDING: 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), long course meters (LCM).

SCRATCH PROCEDURES: The psyche sheet will be posted by 8:00 AM March 14 ${ }^{\text {TH }}, 2015$ on the Illinois YMCA Swimming website. Coaches will have to log on to view the psyche sheet. Scratches will be due Wednesday March $18^{\text {th }}, 2015$ by 12:00 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, 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 12:00 PM Wednesday March 18th, 2015.
Dave Brtva
815-258-6279
dbrtva@yahoo.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.

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SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

SCRATCH FROM FINALS: An athlete shall have 30 minutes to scratch from finals without penalty. The 30 minutes will start once the announcements of the results are made.

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 |

## INDIVIDUAL EVENTS:

1. All 8 \& under and 10 \& under events will be conducted as timed final events.
2. All 12 \& under events except the 100 's of Backstroke, Breaststroke and Butterfly will be conducted as preliminary / final events with a championship final heat. The 100's of Backstroke, Breaststroke and Butterfly will be conducted as timed final events and swum during the preliminary heats.
3. All 14 \& under events except the 500 Free will be conducted as preliminary/final events with a championship final heat. The 500 Free will be conducted as timed final event and swum during the preliminary heats.
4. All 21 \& under events except the 500 Free, the 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as preliminary/final events with a championship final heat. The 500 Free, the 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as timed final event and swum during the preliminary heats.
5. A no show (NS) and declared false start (DFS)for an event counts as an official entry and against the entry limit.

## RELAY EVENTS:

## BULLPEN:

1. Each YMCA Association is limited to one entry per relay event.
2. Any relay qualifying time swum during the qualifying period of March $1^{\text {st }} 2014$ to entry deadline is a time owned by the team and is eligible as a qualifying time for Y state. Aggregated times are acceptable but must be provable.
3. All $8 \&$ under and 10 \& under relays will be conducted as timed final event.
4. All 12 \& under and 14 \& under relays will be conducted as preliminary /final events with a championship final heat.
5. All 21 \& under relays except the 400 Free and 400 Medley will be conducted as preliminary/final events with a championship final heat. The 400 Free and 400 Medley relays will be conducted as timed final events and swum during the preliminary heats.
6. Each coach shall pick up and turn in relay entry forms at the Clerk of Course. Each relay entry form shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. No changes will be permitted once the first heat of the event is called to the block.

There will be a required bullpen for 10 and under swimmers during the mid day timed finals session. Swimmers must report to the bullpen, which will be located in the hallway at the west end of the pool. There will be an optional bullpen for preliminary and final sessions.

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INDIVIDUAL AWARDS: Championship medals will be awarded for first through tenth place and will be presented after the event cycle (example: awards for boys and girls 12 and under, 14 and under, 21 and under 50 free will be presented after the 21 and under boys 50 free). Consolation awards for eleventh through twentieth places will be available to team coaches, or their designated representatives, after completion of the meet. All awards must be picked up at the end of the meet. The host team will not be mailing any awards.

TEAM AWARDS: Team awards will be awarded to small and large teams. Team size will be based on practice roster including high school swimmers as of February $1^{\text {st }} 2015$. The largest $50 \%$ of teams will be considered "large team" with the smallest $50 \%$ of teams considered small teams. Ties will be rounded down. Awards will be given to the Top three combined teams as well as the top three boys and girls teams for both large and small teams. The top team in each age group will be given an award for both large and small teams.

AUDIO/VISUAL RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

DECK CHANGING: 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.

STARTS:
We will be using fly-over starts. Please instruct your swimmers prior to the meet to remain in the water at the completion of their events with the exception of the backstroke events. After the athletes touches the wall at the finish of a race and is waiting for the next heat to start, they should move to a corner of their lane prior to the "take your mark" command and remain still.

DECK ACCESS AND RESTRICTIONS: Only coaches registered via www.ymcacompetitiveswimming.org or sent certifications and payment to Aaron Heiss (Group Rep) and possess a valid YMCA Championship Credential card or a USA Swimming Membership card with the Y indicating YMCA Principles of Competitive
Swimming \& Diving will be allowed on deck. NO credential cards will be issued at the meet. Each coach with a current YMCA Championship Credential card will be issued a deck pass at the mandatory coaches meeting on Friday evening. Each team will be given deck passes based on the number of swimmers each team has entered in the meet. Coaches must have the deck pass to be allowed on deck. All coaches should have their current credential card on hand during the meet.

Coach's certification requirements are as follows:

1. Current certification in CPR
2. Current certification in First Aid
3. Safety Training for Swim Coaches and/or Lifeguarding Certification
4. YMCA Principles of Competitive Swimming \& Diving

For more information about coaches' certifications, contact:

Aaron Heiss<br>Director of Pool Operations \& Competitive Swimming<br>Marshfield Area YMCA<br>410 W McMillan St<br>Marshfield WI 54449<br>715.387.4900<br>aheiss@mfldymca.org<br>ymca.aheiss@gmail.com

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DECK PASSES FOR COACHES: Teams will be limited to the following number of coach deck passes according to the number of swimmers they have individual entered in the meet.

| Individual Qualifiers | Deck Passes |
| :---: | :---: |
| $1-5$ | 1 |
| $6-10$ | 2 |
| $11-20$ | 3 |
| $21-31$ | 4 |
| $31+$ | 5 |

TIMERS: Please notify your swimmers' parents that they will have responsibility for timing. Timing assignments will be made proportionate to the number of entries to the meet per day. Teams may staff their lanes as they choose. No refunds of admission fee will be made.

OFFICIALS: The State Officials Chair is Becky Menso. Only those YMCA officials invited by the YMCA State Committee will be allowed on deck. 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. Officials meeting will be held at 6:45 for each preliminary session and at the start of warm ups for all finals and timed finals sessions.

ADMISSION FEE: Adults $\$ 5.00$, Students, non-participating swimmers, and those $5-18 \$ 3.00$.
HEAT SHEETS: $\quad \$ 5.00$ per session or $\$ 25.00$ for all 6 sessions.
LOCKER ROOMS: Swimmers may use locker rooms to change and shower. However, personal items are not to be stored in lockers.

FOOD: Food will be available throughout the day in the concession area. No outside food is permitted in the grandstands. No coolers allowed.

SWIMMER CONDUCT: All swimmers must remain in authorized areas during the meet. Parental supervision of swimmers is expected. Any misconduct may result in immediate expulsion of the swimmer from the meet per the discretion of the Meet Referee. Swimmers will not be permitted to sit in the grand stands during the meet. 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.

## SMOKING: Lake Central High School is a No Smoking campus.

SOUVENIRS: A commemorative meet T-shirt will be on sale. The Swim Team Store will also be available Saturday and Sunday to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

PARKING: Subject to the rules of the facility. Parking will be available both in front and behind the facility
TEAM BANNERS: Team banners may be hung from the railings of the spectator seating. Please do not tape banners, posters or other items to the walls.

HOTELS: Rooms at various hotels have been blocked at special rates for the event through the South Shore Convention and Visitors Authority. Teams will be able to make block reservations through the South Shore Convention and Visitors Authority similar to the housing program offered at both YMCA national championships. You can find the link on the 2015 IL YMCA State Championship page under the "Hosted Meets" tab at www.foxvalleyymca.orq/aquaforce.

PHOTOGRAPHY: There will be no flash photography during the meet inside the aquatic center.


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## Saturday March 21, 2015 <br> Session 1 Preliminaries (except when noted)

Girls Event \#
101
103
105
107
109
111
113
115
117
119
121
123
125
127
129
131
133
135
137

Event Name
21 \& Under 400 Freestyle Relay (TF)
12 \& Under 200 IM
21 \& Under 400 IM (TF)
12 \& Under 100 Breaststroke (TF)
14 \& Under 100 Breaststroke 110
21 \& Under 100 Breaststroke 112
12 \& Under 100 Freestyle 114
14 \& Under 100 Freestyle 116
21 \& Under 100 Freestyle 118
12 \& Under 200 Medley Relay 120
14 \& Under 200 Medley Relay 122
21 \& Under 200 Medley Relay 124
21 \& Under 200 Backstroke (TF) 126
12 \& Under 50 Butterfly 128
14 \& Under 100 Butterfly 130
21 \& Under 100 Butterfly 132
12 \& Under 50 Backstroke 134
14 \& Under 200 Freestyle 136
21 \& Under 200 Freestyle 138

Saturday March 21, 2015
Session 2 Timed Finals

Girls Event \#
201
203
205
207
209
211
213
215
217

Event Name
10 \& Under 200 Freestyle
Boys Event \#
202
8 \& Under 25 Backstroke 204
10 \& Under 50 Backstroke
206
8 \& Under 100 IM 208
10 \& Under 100 IM 210
8 \& Under 25 Freestyle 212
10 \& Under 50 Freestyle 214
8 \& Under 100 Medley Relay 216
10 \& Under 200 Medley Relay 218


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Saturday March 21, 2015
Session 3 Finals

| Girls Event \# | Event Name |  |
| :---: | :---: | :---: |
| 103 | 12 \& Under 200 IM | Boys Event \# |
| 109 | $21 \&$ Under 100 Breaststroke | 104 |
| 111 | $21 \&$ Under 100 Breaststroke | 110 |
| 113 | $12 \&$ Under 100 Freestyle | 112 |
| 115 | 14 \& Under 100 Freestyle | 114 |
| 117 | $21 \&$ Under 100 Freestyle | 116 |
| 127 | $12 \&$ Under 50 Butterfly | 118 |
| 129 | $14 \&$ Under 100 Butterfly | 128 |
| 131 | $21 \&$ Under 100 Butterfly | 130 |
| 133 | $12 \&$ Under 50 Backstroke | 132 |
| 135 | $14 \&$ Under 200 Freestyle | 134 |
| 137 | $21 \&$ Under 200 Freestyle | 136 |
| 119 | $12 \&$ Under 200 Medley Relay | 138 |
| 121 | $14 \&$ Under 200 Medley Relay | 120 |
| 123 | $21 \&$ Under 200 Medley Relay | 122 |
|  |  |  |

## Sunday March 22, 2015 <br> Session 4 Preliminaries (except when noted)

Girls Event \#
301
303
305
307
309
311
313
315
317
319
321
323
325
327
329
331
333
335
337

Event Name
21 \& Under 400 Medley Relay (TF)
Boys Event \#
302
12 \& Under 200 Freestyle 304
14 \& Under 100 Backstroke 306
21 \& Under 100 Backstroke 308
12 \& Under 100 Butterfly (TF) 310
21 \& Under 200 Butterfly (TF) 312
12 \& Under 50 Freestyle 314
14 \& Under 50 Freestyle 316
21 \& Under 50 Freestyle 318
12 \& Under 200 Freestyle Relay 320
14 \& Under 200 Freestyle Relay 322
21 \& Under 200 Freestyle Relay 324
12 \& Under 50 Breaststroke 326
21 \& Under 200 Breaststroke (TF) 328
12 \& Under 100 Backstroke (TF) 330
14 \& Under 200 IM 332
21 \& Under 200 IM 334
14 \& Under 500 Freestyle (TF) 336
21 \& Under 500 Freestyle (TF) 338


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| Sunday March 22, 2015 Session 5 Timed Finals |  |  |
| :---: | :---: | :---: |
| Girls Event \# | Event Name | Boys Event \# |
| 401 | 10 \& Under 200 IM | 402 |
| 403 | 8 \& Under 50 Freestyle | 404 |
| 405 | 10 \& Under 100 Freestyle | 406 |
| 407 | 8 \& Under 25 Butterfly | 408 |
| 409 | 10 \& Under 50 Butterfly | 410 |
| 411 | 8 \& Under 25 Breaststroke | 412 |
| 413 | 10 \& Under 50 Breaststroke | 414 |
| 415 | 8 \& Under 100 Freestyle Relay | 416 |
| 417 | 10 \& Under 200 Freestyle Relay | 418 |
|  | Sunday March 22, 2015 Session 6 Finals |  |
| Girls Event \# | Event Name | Boys Event \# |
| 303 | 12 \& Under 200 Freestyle | 304 |
| 305 | 14 \& Under 100 Backstroke | 306 |
| 307 | 21 \& Under 100 Backstroke | 308 |
| 313 | 12 \& Under 50 Freestyle | 314 |
| 315 | 14 \& Under 50 Freestyle | 316 |
| 317 | 21 \& Under 50 Freestyle | 318 |
| 325 | 12 \& Under 50 Breaststroke | 326 |
| 331 | 14 \& Under 200 IM | 332 |
| 333 | 21 \& Under 200 IM | 334 |
| 319 | 12 \& Under 200 Freestyle Relay | 320 |
| 321 | 14 \& Under 200 Freestyle Relay | 322 |
| 323 | 21 \& Under 200 Freestyle Relay | 324 |



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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 the Fox Valley Family YMCA, Fox Valley Family YMCA Aqua Force Swim Team, Lake Central High School, Lake Central School Cooperation, IN Swimming, USA Swimming, and their staffs, volunteers and representatives 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:
Fox Valley Family YMCA Aqua Force
3875 Eldamain Rd.
Plano, IL 60545

## SUMMARY OF FEES

Total Women's Events
Total Men's Events
Total Relay Events


Number Of Women Entered in Individual Events
Number of Men Entered in Individual Events


Total Amount Due
\$

Make checks payable to: Fox Valley Family YMCA Aqua Force
CLUB NAME: $\qquad$ CLUB CODE $\qquad$ LSC $\qquad$
Head Coach: $\qquad$
Asst. Coaches: $\qquad$

Mailing Address: Name $\qquad$
Address $\qquad$
City, State, Zip
Home Phone: $\qquad$
Work Phone: $\qquad$
Signed $\qquad$ Date $\qquad$

Entry forms must be received no later than Thursday, March12, 2015.

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# YMCA Sanctioned Championship Meet Declaration Form 

## Participating YMCA:

YMCA Address:
Meet Name: 2015 IL YMCA Swimming State Championships
Meet Date(s): March 21st and 22nd 2015
Meet Host: Fox Valley Family YMCA
Meet Location: Lake Central High School 8400 Wicker Dr., St. John, IN

We the undersigned attest to the following:
SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety 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 2015 IL YMCA Swimming State Championships for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 travel to and from and during their participation in the 2015 IL YMCA Swimming State 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, Fox Valley Family YMCA, Indiana Swimming, their agents, representatives or assigns, and the Lake Central School District for any and all injuries which may be suffered by participants at the 2015 IL YMCA Swimming State Championships. Furthermore we understand that the YMCA of the USA and Fox Valley Family YMCA 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

## Date

Date

## ILLINOIS STATE

YMCA SWIMMING CHAMPIONSHIPS
Hosted Fox Valley Family YMCA
March $21^{\text {st }}$ and 22 nd, 2015


