

Illinois Long Course YMCA Swimming Championships

MEET ANNOUNCEMENT

About the Championship

Date: July 22-23, 2017

Location: Lake Central High School

Entry Deadline: Monday, July 17, 9:00 am

Hosted by: B.R. Ryall YMCA Swim Team

Meet Director: Chris Flamion

Web Site: ilymcaswim.org

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. 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 YMCA sanctioned and approved by the Indiana LSC of USA Swimming.

YMCA Sanction number: Pending.

USA-S/IN Approval number Pending.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: 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 YMCA Sanctioned Championship and 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

	Preliminaries 21 & Under		Timed Finals 10 & Under		Finals	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
Saturday	6:30 AM	8:00 AM	1:00 PM	2:00 PM	4:45 PM	5:45 PM
Sunday	6:30 AM	8:00 AM	1:00 PM	2:00 PM	4:45 PM	5:45 PM
We will be running 3 warm-up sessions for the preliminaries session. Depending on the number of swimmers entered in the Preliminaries sessions this may be reduced to 2. The Timed Finals session will have 2 warm-up sessions. Start times for Timed Finals and 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 State Committee to address issues as they arise.

LOCATION AND FACILITY

Location: Lake Central High School, 8400 Wicker Drive, St. John, IN 46373

Emergency Phone Number: (217) 502-0461

The Lake Central High School is configured as a 10 lane, 50 Meter indoor pool, permanent starting blocks (with pull bars and a permanent wedge), 8' at starting



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end and 14' at turn end, non-turbulent lane lines, Colorado timing system, Four Color 10 lane electronic timing display, Seating capacity for 650 spectators. "The competition course has not been certified in accordance with 104.2.2C(4).

Balcony spectator seating for 800 is available in the aquatic center with additional seating in the nearby Town Square area. Swimmers will not be allowed in the spectator balcony during the meet. Spectators will be limited to using the eastern most staircase (near the entrance of the school) for all access to the balcony spectator area. Chairs will not be allowed in the balcony and will only be allowed in the Town Square area. Spectators will not be allowed to save seats. Only swimmers will be given admission to the central pool access and primary pool locker rooms. Plenty of free parking will be available at the front of the school.

WEB SITE

Meet Information can be found at: ilymcaswim.org

Online Meet Results: [Meet Mobile](#)

CONTACT INFORMATION

MEET DIRECTOR	ENTRY/SCRATCH CHAIR	MEET REFEREE	ADMINISTRATIVE OFFICIAL
Chris Flamion 630-858-0100 cflamion@ryallymca.org	Chris Flamion 630-858-0100 cflamion@ryallymca.org	Becky Menso 847-212-2932 Mensob2000@yahoo.com	Dave Brtva 815-258-6279 dbrtva@yahoo.com
OFFICIALS COORDINATOR		SAFTY CHAIR	
Joe Roznai Officialschair@ilymcaswim.org		Chris Flamion 630-858-0100 cflamion@ryallymca.org	
Host Club Web Site: www.brryall.com			

NOTICES

DEADLINE AND MEETING SUMMARY:



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Monday	July 3 rd	8:00 AM	Entries Open
Monday	July 17 th	9:00 AM	Entry Deadline
Monday	July 17 th	6:00 PM	Psyche Sheet Posted
Wednesday	July 19 th	12:00 PM	Scratch Deadline
Saturday	July 22 nd	6:45 AM	Officials Meeting
Saturday	July 22 nd	7:35 AM	Coaches Meeting
Saturday	July 22 nd	8:00 AM	Session 1 Starts
Saturday	July 22 nd	2:00 PM	Session 2 Starts
Saturday	July 22 nd	5:45 PM	Session 3 Starts
Sunday	July 23 rd	6:45 AM	Officials Meeting
Sunday	July 23 rd	8:00 AM	Session 4 Starts
Sunday	July 23 rd	2:00 PM	Session 5 Starts
Sunday	July 23 rd	5:45 PM	Session 6 Starts

Racing Start Proficiency: 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.

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.

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 July 22nd, 2017 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 Meet.

YMCA Meet Participation: There is no minimum number of closed meets an athlete must have competed in in order to be eligible to compete in the Illinois Long Course YMCA Swimming Champion Ship. However, if an athlete is using this meet as a sanctioned meet for the YMCA National Long Course



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Championship, the athlete will still need to meet the meet requirements set forth by for National Meet.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of July 1 of the previous year and the entry deadline.

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.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

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 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.



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ENTRY INFORMATION

ENTRY LIMITS:

- 10 & Under session: 5 individual events for the meet.
- Ages 11 to 21: 3 individual events per day.
- A swimmer may not swim in individual events in both the prelim / final session and the 10 & Under timed final session on a specific day.
- **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.

BONUS EVENTS:

Due to the new nature of this meet, we will be allowing Bonus Events. The number of Bonus Events will be as follows.

Athletes with 1 individual event (total not by day) get 3 Bonus Events

Athletes with 2 individual events get 2 Bonus Events

Athletes with 3 individual events get 1 Bonus Event

Athletes with 4 or more individual events do not get Bonus Events

The meet committee reserves the right to remove extra heats in which no athlete has achieved the qualifying standard in order to make timeline.

QUALIFICATION PERIOD: 2017 Illinois Long Course YMCA Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between July 1st, 2016 and July 17th, 2017 at 9:00 PM are eligible for this meet.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays 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



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must obtained in accordance of the requirements in USA-Swimming Technical rules. All times are subject to verification against the ILSWYMS Database. There are no qualifying standards for the 800 Free. Only the top 20 women and men will be entered in the event.

TIMES: No Times (NT) are not allowed. Submit entry times in [Actual time (no conversion), SCY, SCY]. Entered times must be the swimmer's BEST time achieved during the qualifying period and is loaded in the ILSWYMS database to be eligible for this meet.

ENTRY FEES: \$7.00 per individual event; \$25.00 per relay entry. \$12.00 swimmer surcharge: \$2.00 for an IN Swimming surcharge and a \$10.00 surcharge in lieu of admissions and heat sheet fees (no more than \$24.00 will be charged per family).

ENTRY DEADLINE:

All entries must be submitted using either a Team Manager or Team Unify entry file to cflamion@ryallymca.org. Entries may begin to be submitted beginning July 3rd, 2017 and must be completed by 9:00 am July 17th, 2017. Entries submitted before the entry deadline may be updated up to the entry deadline.

ENTRY PROCEDURE:

1. E-mail entry file to cflamion@ryallymca.org
2. E-mail or mail the following (due by July 22nd, 2016.)
 - 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.
3. If any entry fees and/or penalty due from a team are not paid to the host at or before 8:00 AM on the first day of the Meet unless approved by the meet host, will result in the team being scratched from the meet.

ENTRY CHECKLIST:



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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 July 21st, 2017.

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: B.R. Ryall YMCA Swim Team

MAIL PAYMENT TO:	B.R. Ryall YMCA Swim Team 49 Deicke Drive Glen Ellyn, IL	E-MAIL ENTRY QUESTIONS TO	cflamion@ryallymca.org
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OVER-SUBSCRIPTION: The psyche sheet will be posted by 6:00 PM July 18th, 2016 on the Hosted Meets Page of B.R Ryall YMCA Swim Team. Scratches will be due Tuesday July 19th, 2016 by 6:00 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 July 19th, 2017. E-mail Scratches to Chris Flamion at cflamion@ryallymca.org 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 Time 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



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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 and the State Officials Chairman.

Questions about officiating at the meet should be directed to the State Officials Chair, Joe Roznai. 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.

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.

SIGN-UP PROCEDURE: Officials wishing to work the meet should contact the Meet Referee and State Officials Chairman.

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.

CHECK-IN PROCEDURE

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

Each coach with valid credentials will be issued a deck pass. Each team will be given deck passes based on the number of swimmers each team has entered in the meet (see below). Coaches must display their deck pass and credentials card to be allowed on deck.

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



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MEETING SCHEDULE:

Saturday	July 22 nd	6:45 AM	Officials Meeting
Saturday	July 22 nd	7:35 AM	Coaches Meeting
Saturday	July 22 nd	7:30 AM	Session 1 Timers Meeting
Saturday	July 22 nd	1:30 PM	Session 2 Timers Meeting
Saturday	July 22 nd	5:15 PM	Session 3 Timers Meeting
Sunday	July 23 rd	6:45 AM	Officials Meeting
Sunday	July 23 rd	7:30 AM	Session 4 Timers Meeting
Sunday	July 23 rd	1:30 PM	Session 5 Timers Meeting
Sunday	July 23 rd	5:15 PM	Session 6 Timers Meeting

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, District Chairs, Athlete Reps, State Officials Chairman and State Committee Officers.

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

MEET FORMAT:

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 400 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 400 Free, the 800 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 400 Free, the 800 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.



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RELAY EVENTS:

1. Each team is limited to one entry per relay event.
2. Any relay qualifying time swum during the qualifying period of July 1st 2016 to July 17th, 2016 at 9:00 AM 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 relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay.

EVENT SEEDING: All events except for the 800 Free will be seeded Slowest to Fastest. The 800 Free will be seeded Fastest to Slowest. Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (LCM) 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: Long Course Meters (LCM), short course meters (SCM), Short Course Yards (SCY). 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.



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NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups during the preliminary and 10&U sessions. During finals, no team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. 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 required bullpen for **10 & 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. No bullpen will be provided for preliminary and final sessions.

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.

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)

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 of the entrance to the pool.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The



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Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- 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.
- Glass, Food, and Chairs are not permitted on deck. *Coaches' chairs may be located in areas specific to the Meet Referee's instruction.*
- 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.
- Team banners may be hung from the railings of the spectator seating. Please do not tape banners, posters or other items to the walls



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AWARDS AND RECOGNITION

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:

INDIVIDUAL AWARDS: Championship medals will be awarded for 1st through 10th 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). Any awards not picked up at the conclusion of the meet will **not** be mailed.

TEAM AWARDS: Will **not** be awarded.

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.

CONCESSION STAND: Will be available throughout the meet. No outside food is permitted in the grandstands. No coolers allowed.

ATHLETE APPAREL: A commemorative meet T-shirt by Fine Designs will be on sale. Swimmer's Edge will also be available Saturday and Sunday to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

LOST AND FOUND: Illinois YMCA Swimming, the host club, Lake Central High School and Indiana Swimming are not responsible for any lost or stolen property.

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.



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- 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
- Lake Central High School is a No Smoking facility. Absolutely no smoking, drugs, or alcohol are permitted in the swimming complex.

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 granting of the USA-S/IN-LSC approval, it is understood and agreed that USA Swimming and IN-LSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

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



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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.
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.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. The facility policy will be followed at the meet.

LODGING

TBA

PARKING

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

APPENDIX 1: ORDER OF EVENTS

<i>Saturday July 22nd, 2017</i>		
<i>Session 1</i>		
<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
101	21 & Under 400 Freestyle	102
	Relay (TF)	
103	12 & Under 200 IM	104
105	21 & Under 400 IM(TF)	106
	12 & Under 100	
107	Breast(TF)	108



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109	14 & Under 100 Breaststroke	110
111	21 & Under 100 Breaststroke	112
113	12 & Under 100 Freestyle	114
115	14 & Under 100 Freestyle	116
117	21 & Under 100 Freestyle	118
119	12 & Under 200 Medley Relay	120
121	14 & Under 200 Medley Relay	122
123	21 & Under 200 Medley Relay	124
	(10 Minute Awards Break)	
125	21 & Under 200 Backstroke(TF)	126
127	12 & Under 50 Butterfly	128
129	14 & Under 100 Butterfly	130
131	21 & Under 100 Butterfly	132
133	12 & Under 50 Backstroke	134
135	14 & Under 200 Freestyle	136
137	21 & Under 200 Freestyle	138
	(10 Minute Awards Break)	
139	21 & Under 800 Free (Top 20 + Fast to Slow)	140

Saturday July 22nd, 2017

Session 2

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
201A	8 & Under 200 Freestyle	202A
201B	9 - 10 200 Freestyle	202B
203A	8 & Under 50 Backstroke	204A
203B	9-10 50 Backstroke	204B
	(10 Minute Awards Break)	
205A	8 & Under 50 Freestyle	206A
205B	9-10 50 Freestyle	206B
	(10 Minute Awards Break)	



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207 10 & Under 200 Medley
Relay 208

Saturday July 22nd, 2017
Session 3

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
103	12 & Under 200 IM	104
109	14 & Under 100 Breaststroke	110
111	21 & Under 100 Breaststroke	112
	(10 Minute Awards Break)	
113	12 & Under 100 Freestyle	114
115	14 & Under 100 Freestyle	116
117	21 & Under 100 Freestyle	118
	(10 Minute Awards Break)	
127	12 & Under 50 Butterfly	128
129	14 & Under 100 Butterfly	130
130	21 & Under 100 Butterfly	131
	(10 Minute Awards Break)	
129	12 & Under 50 Backstroke	130
131	14 & Under 200 Freestyle	132
133	21 & Under 200 Freestyle	134
	(10 Minute Awards Break)	
119	12 & Under 200 Medley Relay	120
121	14 & Under 200 Medley Relay	122
123	21 & Under 200 Medley Relay	124

Sunday July 23rd, 2017
Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
401	21 & Under 400 Medley Relay	402
403	12 & Under 200 Freestyle	404
405	14 & Under 100	406



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	<i>Backstroke</i>	
407	<i>21 & Under 100</i>	408
	<i>Backstroke</i>	
409	<i>12 & Under 100</i>	410
	<i>Butterfly(TF)</i>	
411	<i>21 & Under 200</i>	412
	<i>Butterfly(TF)</i>	
413	<i>12 & Under 50 Freestyle</i>	414
415	<i>14 & Under 50 Freestyle</i>	416
417	<i>21 & Under 50 Freestyle</i>	418
	<i>(10 Minute Awards Break)</i>	
419	<i>12 & Under 200 Freestyle</i>	420
	<i>Relay</i>	
421	<i>14 & Under 200 Freestyle</i>	422
	<i>Relay</i>	
423	<i>21 & Under 200 Freestyle</i>	424
	<i>Relay</i>	
425	<i>12 & Under 50</i>	426
	<i>Breaststroke</i>	
427	<i>21&Under 200</i>	428
	<i>Breaststroke(TF)</i>	
429	<i>12 & Under 100 Back(TF)</i>	430
431	<i>14 & Under 200 IM</i>	432
433	<i>21 & Under 200 IM</i>	434
	<i>(10 Minute Awards Break)</i>	
435	<i>14 & Under 400</i>	436
	<i>Freestyle(TF)</i>	
437	<i>21 & Under 400</i>	438
	<i>Freestyle(TF)</i>	

Sunday July 23rd, 2017

Session 5

<u><i>Girls Event #</i></u>	<u><i>Event Name</i></u>	<u><i>Boys Event #</i></u>
501A	<i>8 & Under 200 IM</i>	502A
501B	<i>9-10 200 IM</i>	501B
503A	<i>8 & Under 100 Freestyle</i>	504A
503B	<i>9-10 100 Freestyle</i>	504B



Illinois Long Course YMCA Swimming Championships July 22-23, 2017

	<i>(10 Minute Awards Break)</i>	
505A	8 & Under 50 Butterfly	506B
505B	9-10 50 Butterfly	506B
507A	8 & Under 50 Breaststroke	508A
507B	9-10 50 Breaststroke	508B
	<i>(10 Minute Awards Break)</i>	
509	10 & Under 200 Freestyle Relay	510

Sunday July 23rd, 2017

Session 6

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
403	12 & Under 200 Freestyle	404
405	14 & Under 100 Backstroke	406
407	21 & Under 100 Backstroke	408
	<i>(10 Minute Awards Break)</i>	
413	12 & Under 50 Freestyle	414
415	14 & Under 50 Freestyle	416
417	21 & Under 50 Freestyle	418
	<i>(10 Minute Awards Break)</i>	
425	12 & Under 50 Breaststroke	426
429	14 & Under 200 IM	430
431	21 & Under 200 IM	432
	<i>(10 Minute Awards Break)</i>	
419	12 & Under 200 Freestyle Relay	420
421	14 & Under 200 Freestyle Relay	422
423	21 & Under 200 Freestyle Relay	424



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APPENDIX 2: QUALIFYING TIMES

GIRLS			8 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:41.49	00:46.31	00:47.15	50 Free	00:41.29	00:46.08	00:47.46
01:32.99	01:43.78	01:45.67	100 Free	01:31.59	01:42.22	01:45.28
03:30.49	03:54.92	03:57.84	200 Free	03:29.49	03:53.81	03:58.06
00:48.29	00:53.90	00:54.88	50 Back	00:48.29	00:53.90	00:55.51
00:55.29	01:01.71	01:02.83	50 Breast	00:56.59	01:03.16	01:05.05
00:47.89	00:53.45	00:54.42	50 Fly	00:48.29	00:53.90	00:55.51
03:58.09	04:25.73	04:30.56	200 IM	04:03.89	04:32.20	04:41.95
GIRLS			10 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:34.09	00:38.05	00:38.74	50 Free	00:33.89	00:37.82	00:38.95
01:17.39	01:26.37	01:27.94	100 Free	01:16.29	01:25.15	01:27.69
02:55.39	03:15.75	03:18.18	200 Free	02:54.59	03:14.85	03:18.40
00:40.19	00:44.85	00:45.67	50 Back	00:40.19	00:44.85	00:46.20
00:46.09	00:51.44	00:52.38	50 Breast	00:47.09	00:52.56	00:54.13
00:39.89	00:44.52	00:45.33	50 Fly	00:40.19	00:44.85	00:46.20
03:18.39	03:41.42	03:45.44	200 IM	03:23.29	03:46.89	03:55.02
02:38.39	02:56.77	02:59.99	200 Free Relay	02:44.99	03:04.14	03:09.64
03:03.59	03:24.90	03:28.39	200 Medley Relay	03:06.69	03:28.36	03:33.85
GIRLS			12 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:29.79	00:33.25	00:33.85	50 Free	00:29.59	00:33.02	00:34.01
01:06.09	01:13.76	01:15.10	100 Free	01:05.29	01:12.87	01:15.05
02:25.59	02:42.49	02:44.51	200 Free	02:24.19	02:40.93	02:44.79
00:35.09	00:39.16	00:39.88	50 Back	00:34.99	00:39.05	00:40.22
01:16.59	01:25.48	01:26.54	100 Back	01:16.39	01:25.26	01:27.80
00:39.99	00:44.63	00:45.44	50 Breast	00:39.99	00:44.63	00:45.97
01:27.89	01:38.09	01:41.02	100 Breast	01:28.39	01:38.65	01:42.18
00:33.59	00:37.49	00:38.17	50 Fly	00:33.79	00:37.71	00:38.84
01:19.19	01:28.38	01:28.98	100 Fly	01:19.89	01:29.16	01:30.27
02:45.89	03:05.15	03:08.51	200 IM	02:46.39	03:05.70	03:12.36
02:18.99	02:35.12	02:37.94	200 Free Relay	02:19.19	02:35.35	02:39.99
02:38.19	02:56.55	02:59.56	200 Medley Relay	02:39.99	02:58.56	03:03.26
GIRLS			14 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:28.39	00:31.69	00:32.26	50 Free	00:26.79	00:29.90	00:30.79
01:01.79	01:08.96	01:10.22	100 Free	00:59.19	01:06.06	01:08.03
02:18.09	02:34.12	02:36.03	200 Free	02:11.79	02:27.09	02:30.62
06:01.29	05:16.09	05:22.58	500/400 Free	05:53.99	05:09.70	05:16.06
01:10.89	01:19.12	01:20.10	100 Back	01:08.99	01:17.00	01:19.30
01:22.19	01:31.73	01:34.47	100 Breast	01:19.29	01:28.49	01:31.66
01:11.19	01:19.45	01:19.99	100 Fly	01:09.39	01:17.44	01:18.41
02:34.19	02:52.09	02:55.22	200 IM	02:29.69	02:47.06	02:53.05
02:11.69	02:26.98	02:29.65	200 Free Relay	02:12.89	02:28.31	02:32.75
02:26.69	02:43.72	02:46.50	200 Medley Relay	02:34.69	02:52.65	02:57.19
GIRLS			21 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:27.49	00:30.68	00:31.24	50 Free	00:24.59	00:27.44	00:28.26
00:59.89	01:06.84	01:08.06	100 Free	00:53.79	01:00.03	01:01.83
02:11.59	02:26.86	02:28.69	200 Free	02:00.09	02:14.03	02:17.25
05:59.99	05:14.95	05:21.42	500/400 Free	05:31.69	04:50.19	05:00.17
01:09.09	01:17.11	01:18.07	100 Back	01:03.29	01:10.64	01:12.75
02:26.59	02:43.60	02:45.64	200 Back	02:18.79	02:34.90	02:39.53
01:19.89	01:29.16	01:31.83	100 Breast	01:11.89	01:20.23	01:23.11
02:50.19	03:09.94	03:13.40	200 Breast	02:40.89	02:59.56	03:06.00
01:08.59	01:16.55	01:17.07	100 Fly	01:01.79	01:08.96	01:09.82
02:35.09	02:53.09	02:54.26	200 Fly	02:27.99	02:45.17	02:48.17
02:31.29	02:48.85	02:51.92	200 IM	02:16.79	02:32.67	02:38.14
05:17.39	05:54.23	05:58.63	400 IM	05:03.69	05:38.94	05:49.07
02:06.49	02:21.17	02:23.74	200 Free Relay	01:53.19	02:06.33	02:10.10
04:53.89	05:28.00	05:33.97	400 Free Relay	04:28.09	04:59.21	05:08.15
02:24.79	02:41.60	02:44.35	200 Medley Relay	02:09.99	02:25.08	02:28.90
05:27.59	06:05.61	06:11.84	400 Medley Relay	05:01.79	05:36.82	05:45.69



Illinois Long Course YMCA Swimming Championships July 22-23, 2017

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **Illinois Long Course YMCA 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 **Illinois Long Course YMCA 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, **B.R. Ryall YMCA Swim Team** their agents, representatives or assigns, and the **Lake Central High School** for any and all injuries which may be suffered by participants at the **Illinois Long Course YMCA Swimming Championships**. Furthermore, we understand that the YMCA of the USA and **B.R. Ryall YMCA Swim Team** 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



Illinois Long Course YMCA Swimming Championships July 22-23, 2017

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 B.R. Ryall YMCA Swim Team, Lake Central High School, IN 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:

B.R. Ryall YMCA Swim Team
49 Deicke Drive
Glen Ellyn, IL
630-858-0100

SUMMARY OF FEES

Total Women's Events	<input type="text"/>	X	\$7.00 Per Event	=	<input type="text"/>
Total Men's Events	<input type="text"/>	X	\$7.00 Per Event	=	<input type="text"/>
Total Relay Events	<input type="text"/>	X	\$25.00 Per Event	=	<input type="text"/>
Number Of Women Entered in Individual Events	<input type="text"/>	X	\$12.00 Surcharge	=	<input type="text"/>
Number of Men Entered in Individual Events	<input type="text"/>	X	\$12.00 Surcharge	=	<input type="text"/>
Total Amount Due				=	<input type="text"/>

Make checks payable to: **B.R. Ryall YMCA Swim Team**

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, July 21nd, 2017.