



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

The 2017 Illinois YMCA State Short Course Swimming Championships is a closed YMCA meet and is pending sanctioning by YMCA of the USA (Sanction #CAQ-***-IL***) and approval by USA Swimming and Indiana Swimming Inc. (Approval #IN***). In granting this approval it is understood and agreed that USA Swimming 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 event. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports. This meet is conducted in accordance with USA Swimming Technical Rules. Following the meet, the meet results will be sent to the regional representative and Tom Warrick.

LOCATION: Lake Central High School (8400 Wicker Drive, St. John, IN 46373)

FACILITY: Competition Pool: One 50-meter pool with ten 7.5-foot wide lanes each with non-turbulent lane markers divided by bulkheads into two 10-lane, 25-yard pools. Colorado Timing System will be used. A 10-lane electronic timing display with Colorado timing equipment and Meet Manager 6.0 will be used.

The west course (competition side) of the pool has a depth of eight feet (8') at the start end and four feet four inches (4' 4") at the turn end. The east course (diving well, non-competitive side) of the pool has a minimum depth of fourteen feet (14') at the start end and four feet eight inches (4' 8") at the turn end. Given the depth of the pool at the turn end is less than five feet (5'), in accordance with YMCA requirements, all 100 yard relays will have the 2nd and 4th leg swimmers start in the water. The east end (diving well) of the pool will be available for coach-supervised warm-up / cool-down throughout the meet.

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.

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.

MEET DIRECTOR	ENTRY/SCRATCH CHAIR	MEET REFEREE
Alex Totura alex@spyswimmers.com	Dave Brtva entries@ilymcaswim.org	TBD
Host Club Website: spyswimmers.com		

MEET SCHEDULE:

	Preliminaries 21 & Under		Timed Finals 10 & Under		Finals	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
Saturday	6:15 AM	8:00 AM	1:00 PM	2:00 PM	4:30 PM	5:30 PM
Sunday	6:15 AM	8:00 AM	1:00 PM	2:00 PM	4:30 PM	5:30 PM

MEET SCHEDULE CHANGES: Changes to the meet may be made in order to ensure a reasonable timeline. Such changes will be determined by majority vote of a committee consisting of the four district chairs, meet referee, IL YMCA State Committee Chair and the State Championship Meet Director.



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

WARM UPS:

For preliminary session warm ups, teams will be divided into 2 groups, each receiving 35 minutes in assigned lanes. Group A will warm up from 6:15-6:50am and Group B will warm up from 6:50-7:25am. Teams are welcome to use the diving blocks in their assigned lanes during this period (there will be diving blocks in all lanes in the competition pool and warm up pool). Requests for Group A warm ups will be taken until the entry deadline. There will be a 25 minute specific warm up period from 7:25-7:50am. During specific warm up in the competition pool, lanes 1 and 10 will be push pace lanes; lanes 2, 3, 4, 7, 8 and 9 will be one-way sprint lanes; lanes 5 and 6 will be open for general warm up in addition to all lanes in the warm up side of the pool and the lanes between the bulkheads.

For the 10 & Under warm ups, teams will receive 25 minutes in assigned lanes from 1:00-1:25pm followed by a 25 minute specific warm up period as defined above from 1:25-1:50pm.

Warm up for finals will not begin before 4:30pm 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:

Wednesday	February 1	8:00 AM	Entries Open
Tuesday	March 7	9:00 PM	Entry Deadline
Saturday	March 11	8:00 AM	Psyche Sheet Posted
Wednesday	March 15	12:00 PM	Scratch Deadline
Friday	March 17	8:00 PM	Coaches Meeting (in Hospitality)
Saturday	March 18	6:45 AM	Officials Meeting (in Hospitality)
Saturday	March 18	1:00 PM	Officials Meeting (in Hospitality)
Saturday	March 18	4:30 PM	Officials Meeting (in Hospitality)
Sunday	March 19	6:45 AM	Officials Meeting (in Hospitality)
Sunday	March 19	1:00 PM	Officials Meeting (in Hospitality)
Sunday	March 19	4:30 PM	Officials Meeting (in Hospitality)

ENTRY CHECKLIST: All files must be e-mailed to the Entry Chair. All forms can be e-mailed to the Meet Director or mailed. If mailed, all forms must be received on or before March 13, 2016. Payment must be received before your team splashes at warm ups.

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: Springfield YMCA

MAIL PAYMENT TO:	Springfield YMCA 701 S 4 th Street Springfield, IL 62703	E-MAIL ENTRY QUESTIONS TO	Dave Brtva entries@ilymcaswim.org
------------------	---	------------------------------	--

QUALIFYING TIMES: 2017 Illinois YMCA State Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between March 1, 2016 and March 7, 2017 at 9:00 PM, or at their district meet if held after the entry deadline, and is loaded in the ILSWYMS database are eligible for this meet.

ENTRY FEES: \$5.00 per individual event; \$20.00 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).

ELIGIBILITY:

1. The swimmer's age as of December 1, 2016 will determine his/her age for the entire meet.
2. For a period of 90 days prior to the first day of the meet, all swimmers must have been full privilege members of their YMCA and have represented only their YMCA in competition (with the exception of closed interscholastic competition).
3. Swimmers entered into the IL YMCA State 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.



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

4. Swimmers and teams must meet all qualifications as outlined in the Swimming Addendum to the Rules That Govern YMCA Competitive Sports and must have competed in 3 closed YMCA competitions (2 for swimmers competing with their high school).
5. 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.
6. All entries must include a provable seed time. Relays may use a provable aggregate time. "No time" (NT) entries will not be accepted.
7. The executive director of each participating YMCA will sign an acknowledgement that all swimmers and coaches representing his/her YMCA satisfy the eligibility requirements.

ENTRY PROCESS:

1. E-mail entry file (Team Manager or Team Unify) to entries@ilymcaswim.org by the entry deadline. Entries may be updated until the entry deadline.
2. Email or mail the following required documents by March 9, 2016:
 - 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 9, 2016.
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 18, unless approved by the meet host, will result in the team being scratched from the meet.

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.

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 11, 2017 on the Illinois YMCA Swimming website. Coaches will have to log on to view the psyche sheet. Scratches will be due Wednesday March 15, 2017 by 12:00 PM. Scratches must be e-mailed to the entry chair and must include the following information.

1. Swim Club Info: Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Info: 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 15, 2017.

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.



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

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.

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).

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:

- All 8 & Under and 10 & Under events will be conducted as timed final events.
- 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.
- 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.
- 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.
- A no show (NS) and declared false start (DFS) for an event counts as an official entry and against the entry limit.

RELAY EVENTS:

- Each team is limited to one entry per relay event.
- Any relay qualifying time swum during the qualifying period of March 1, 2015 until the entry deadline is a time owned by the team and is eligible as a qualifying time for YMCA State. Aggregated times are acceptable but must be provable.
- All 8 & Under and 10 & Under relays will be conducted as timed final events.
- All 12 & Under and 14 & Under relays will be conducted as preliminary / final events with a championship final heat.
- 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.
- 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.

BULLPEN:

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.

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). Consolation awards for 11th through 20th places will be available to team coaches, or their designated representatives, after completion of the meet. Any awards not picked up at the conclusion of the meet will be mailed to the appropriate association.



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District

March 18-19, 2017

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, 2017. The largest 50% of teams will be considered "large teams" with the smallest 50% of teams considered "small teams." Ties will be rounded down. Awards will be given to the top 3 combined teams as well as the top 3 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: Changing into or out of swimsuits other than in locker rooms or other designated areas 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 athlete touches the wall at the finish of a race and is waiting for the next heat to start, he/she should move to a corner of the lane prior to the "take your mark" command and remain still. Given that the depth of the pool at the turn end is less than five feet (5'), in accordance with YMCA requirements, all 100 yard relays will have the 2nd and 4th leg swimmers start in the water.

DECK ACCESS AND RESTRICTIONS: Only coaches with current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online test) and Principles of YMCA Competitive Swimming and Diving certifications are permitted on deck. All participating teams must have completed the YMCA Team Registration for the current season. All participating coaches must have completed the online YMCA coach registration for the current season. Coaches will be required to display a valid coaches credential card at all times, which may be obtained through our National Group Representative; alternatively, a USA Swimming Membership card with the Y printed on it may be used. **NO credential cards will be issued at the meet.**

Each coach with valid credentials 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 (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 - 30	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: This meet will be conducted by a minimum of four certified officials (more are strongly recommended wherever possible):

- At least two of the officials must be certified YMCA Swim Officials; USA-S certified Swim Officials may fill the other deck positions.
- One of the YMCA certified officials must be a certified YMCA Level II Official and serve as the meet referee
- One of the officials must serve solely as the Administrative Official

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



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

ADMISSION FEE: No admissions will be charged.

HEAT SHEETS: Heat sheets will be posted online after the scratch deadline and will be made available for free through Meet Mobile.

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. Coolers are NOT 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 swim supplies, swimwear and other novelty or souvenir items.

PARKING: Subject to the rules of the facility. Free parking will be available in front of 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 the YMCA National Championships. Direct link to hotel reservations is here:
<https://mmxreservations.com/southshore/pc/YMCA2017>

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



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

Saturday March 18, 2017 Session 1 Preliminaries (except where noted TF = Timed Finals)

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
101	21 & Under 400 Freestyle Relay (TF)	102
103	12 & Under 200 IM	104
105	21 & Under 400 IM (TF)	106
107	12 & Under 100 Breaststroke (TF)	108
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
AWARDS BREAK (Events 101, 102, 105, 106, 107 & 108)		
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
AWARDS (Events 125 & 126)		

Saturday March 18, 2017 Session 2 Timed Finals

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
201	10 & Under 200 Freestyle	202
AWARDS BREAK		
203	8 & Under 25 Backstroke	204
205	10 & Under 50 Backstroke	206
AWARDS BREAK		
207	8 & Under 100 IM	208
209	10 & Under 100 IM	210
AWARDS BREAK		
211	8 & Under 25 Freestyle	212
213	10 & Under 50 Freestyle	214
AWARDS BREAK		
215	8 & Under 100 Medley Relay	216
217	10 & Under 200 Medley Relay	218
AWARDS BREAK		



**ILLINOIS YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIPS**

Hosted by the Illini District
March 18-19, 2017

**Saturday March 18, 2017
Session 3 Finals**

<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
	AWARDS BREAK	
113	12 & Under 100 Freestyle	114
115	14 & Under 100 Freestyle	116
117	21 & Under 100 Freestyle	118
	AWARDS BREAK	
127	12 & Under 50 Butterfly	128
129	14 & Under 100 Butterfly	130
131	21 & Under 100 Butterfly	132
	AWARDS BREAK	
133	12 & Under 50 Backstroke	134
135	14 & Under 200 Freestyle	136
137	21 & Under 200 Freestyle	138
	AWARDS BREAK	
119	12 & Under 200 Medley Relay	120
121	14 & Under 200 Medley Relay	122
123	21 & Under 200 Medley Relay	124
	AWARDS BREAK	



**ILLINOIS YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIPS**

Hosted by the Illini District
March 18-19, 2017

**Sunday March 19, 2017
Session 4 Preliminaries (except where noted TF = Timed Finals)**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
401	21 & Under 400 Medley Relay (TF)	402
403	12 & Under 200 Freestyle	404
405	14 & Under 100 Backstroke	406
407	21 & Under 100 Backstroke	408
409	12 & Under 100 Butterfly (TF)	410
411	21 & Under 200 Butterfly (TF)	412
413	12 & Under 50 Freestyle	414
415	14 & Under 50 Freestyle	416
417	21 & Under 50 Freestyle	418
419	12 & Under 200 Freestyle Relay	420
421	14 & Under 200 Freestyle Relay	422
423	21 & Under 200 Freestyle Relay	424
AWARDS BREAK (Events 401, 402, 409, 410, 411 & 412)		
425	12 & Under 50 Breaststroke	426
427	21 & Under 200 Breaststroke (TF)	428
429	12 & Under 100 Backstroke (TF)	430
431	14 & Under 200 IM	432
433	21 & Under 200 IM	434
AWARDS BREAK (Events 427, 428, 429 & 430)		
435	14 & Under 500 Freestyle (TF)	436
437	21 & Under 500 Freestyle (TF)	438
AWARDS BREAK (Events 435, 436, 437 & 438)		

**Sunday March 19, 2017
Session 5 Timed Finals**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
501	10 & Under 200 IM	502
AWARDS BREAK		
503	8 & Under 50 Freestyle	504
505	10 & Under 100 Freestyle	506
AWARDS BREAK		
507	8 & Under 25 Butterfly	508
509	10 & Under 50 Butterfly	510
AWARDS BREAK		
511	8 & Under 25 Breaststroke	512
513	10 & Under 50 Breaststroke	514
AWARDS BREAK		
515	8 & Under 100 Freestyle Relay	516
517	10 & Under 200 Freestyle Relay	518
AWARDS BREAK		



**ILLINOIS YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIPS**

Hosted by the Illini District
March 18-19, 2017

**Sunday March 19, 2017
Session 6 Finals**

<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
AWARDS BREAK		
413	12 & Under 50 Freestyle	414
415	14 & Under 50 Freestyle	416
417	21 & Under 50 Freestyle	418
AWARDS BREAK		
425	12 & Under 50 Breaststroke	426
431	14 & Under 200 IM	432
433	21 & Under 200 IM	434
AWARDS BREAK		
419	12 & Under 200 Freestyle Relay	420
421	14 & Under 200 Freestyle Relay	422
423	21 & Under 200 Freestyle Relay	424

RELAY AWARDS & TEAM AWARDS PRESENTATIONS



**ILLINOIS YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIPS**

Hosted by the Illini District

March 18-19, 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 the Springfield YMCA Swim Team, the YMCA of Springfield IL, the Illini District Swimming Committee, 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:

Springfield YMCA
701 S 4th Street
Springfield, IL 62703

SUMMARY OF FEES			
Total Women's Events	<input type="text"/>	X \$5.00 Per Event	= \$ <input type="text"/>
Total Men's Events	<input type="text"/>	X \$5.00 Per Event	= \$ <input type="text"/>
Total Relay Events	<input type="text"/>	X \$20.00 Per Event	= \$ <input type="text"/>
Number Of Women Entered in meet (including relay only)	<input type="text"/>	X \$12.00 Surcharge	= \$ <input type="text"/>
Number of Men Entered in meet (including relay only)	<input type="text"/>	X \$12.00 Surcharge	= \$ <input type="text"/>
Total Amount Due			= \$ <input type="text"/>

Make checks payable to: **Springfield YMCA**

Club Name: _____ Club Code: _____ LSC: _____

Head Coach: _____

Additional Coaches in Attendance: _____

Mailing Address

Name: _____

Street: _____

City, State, Zip: _____

Home Phone: _____

Cell Phone: _____

Signed: _____

Date: _____

Entry forms must be received no later than Thursday, March 11 2017.



**ILLINOIS YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIPS**

Hosted by the Illini District

March 18-19, 2017

YMCA Sanctioned Championship Meet Declaration Form

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2017 IL YMCA State Short Course Swimming Championships

Meet Date(s): March 18-19, 2017

Meet Host: Illini District Swimming Committee/YMCA of Springfield IL

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

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 2016 IL YMCA State Short Course Swimming 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 2016 IL YMCA State Short Course 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, the Springfield YMCA Swim Team, the YMCA of Springfield IL, the Illini District Swimming Committee, 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 2017 IL YMCA Swimming State Championships. Furthermore we understand that the YMCA of the USA, the Springfield YMCA Swim Team, the YMCA of Springfield IL, the Illini District Swimming Committee 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

Date

Name and Signature of YMCA Executive Director or Designee

Date



ILLINOIS YMCA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by the Illini District
March 18-19, 2017

2017 Illinois YMCA State Swimming Championship Time Standards

GIRLS			8 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:17.49	00:19.52		25 Free	00:17.29	00:19.30	
00:39.49	00:44.07	00:44.88	50 Free	00:39.29	00:43.85	00:45.16
00:21.29	00:23.76		25 Back	00:21.19	00:23.65	
00:24.59	00:27.44		25 Breast	00:24.79	00:27.67	
00:20.69	00:23.09		25 Fly	00:21.49	00:23.98	
01:45.29	01:57.51		100 IM	01:44.79	01:56.95	
01:17.89	01:26.93		100 Free Relay	01:30.69	01:41.22	
01:32.09	01:42.78		100 Medley Relay	01:44.69	01:56.84	
GIRLS			10 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:32.49	00:36.26	00:36.92	50 Free	00:32.29	00:36.04	00:37.11
01:13.69	01:22.24	01:23.74	100 Free	01:12.69	01:21.13	01:23.55
02:47.09	03:06.48	03:08.80	200 Free	02:46.29	03:05.59	03:08.97
00:38.29	00:42.73	00:43.51	50 Back	00:38.29	00:42.73	00:44.01
00:43.89	00:48.98	00:49.87	50 Breast	00:44.89	00:50.10	00:51.60
00:37.99	00:42.40	00:43.17	50 Fly	00:38.29	00:42.73	00:44.01
01:24.99	01:34.85		100 IM	01:25.09	01:34.97	
03:08.99	03:30.93	03:34.76	200 IM	03:13.59	03:36.06	03:43.80
02:23.99	02:40.70	02:43.62	200 Free Relay	02:29.99	02:47.40	02:52.40
02:46.89	03:06.26	03:09.43	200 Medley Relay	02:49.69	03:09.39	03:14.38
GIRLS			12 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:28.39	00:31.69	00:32.26	50 Free	00:28.19	00:31.46	00:32.40
01:02.99	01:10.30	01:11.58	100 Free	01:02.19	01:09.41	01:11.48
02:18.69	02:34.79	02:36.71	200 Free	02:17.29	02:33.23	02:36.90
00:33.39	00:37.27	00:37.94	50 Back	00:33.29	00:37.15	00:38.26
01:12.99	01:21.46	01:22.47	100 Back	01:12.99	01:21.46	01:23.90
00:38.09	00:42.51	00:43.28	50 Breast	00:38.09	00:42.51	00:43.78
01:23.69	01:33.40	01:36.20	100 Breast	01:24.19	01:33.96	01:37.33
00:31.99	00:35.70	00:36.35	50 Fly	00:32.19	00:35.93	00:37.00
01:15.39	01:24.14	01:24.71	100 Fly	01:16.09	01:24.92	01:25.98
02:37.99	02:56.33	02:59.53	200 IM	02:38.49	02:56.89	03:03.23
02:06.39	02:21.06	02:23.62	200 Free Relay	02:06.49	02:21.17	02:25.39
02:23.79	02:40.48	02:43.21	200 Medley Relay	02:25.49	02:42.38	02:46.66
GIRLS			14 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:27.09	00:30.23	00:30.78	50 Free	00:25.49	00:28.45	00:29.30
00:58.89	01:05.73	01:06.92	100 Free	00:56.39	01:02.94	01:04.82
02:11.49	02:26.75	02:28.58	200 Free	02:05.49	02:20.06	02:23.42
05:44.09	05:01.04	05:07.22	500/400 Free	05:37.09	04:54.92	05:00.97
01:07.49	01:15.32	01:16.26	100 Back	01:05.69	01:13.31	01:15.51
01:18.29	01:27.38	01:29.99	100 Breast	01:15.49	01:24.25	01:27.27
01:07.79	01:15.66	01:16.17	100 Fly	01:06.09	01:13.76	01:14.68
02:26.89	02:43.94	02:46.92	200 IM	02:22.59	02:39.14	02:44.84
01:59.69	02:13.58	02:16.01	200 Free Relay	02:00.79	02:14.81	02:18.84
02:13.39	02:28.87	02:31.41	200 Medley Relay	02:20.59	02:36.91	02:41.04
GIRLS			21 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:26.19	00:29.23	00:29.76	50 Free	00:23.39	00:26.10	00:26.89
00:57.09	01:03.72	01:04.87	100 Free	00:51.19	00:57.13	00:58.84
02:05.29	02:19.83	02:21.57	200 Free	01:54.39	02:07.67	02:10.73
05:42.89	04:59.99	05:06.15	500/400 Free	05:15.89	04:36.37	04:45.87
01:05.79	01:13.43	01:14.34	100 Back	01:00.49	01:07.51	01:09.53
02:19.59	02:35.79	02:37.73	200 Back	02:12.19	02:27.53	02:31.94
01:16.09	01:24.92	01:27.46	100 Breast	01:08.49	01:16.44	01:19.18
02:42.09	03:00.90	03:04.19	200 Breast	02:33.19	02:50.97	02:57.10
01:05.29	01:12.87	01:13.36	100 Fly	00:58.89	01:05.73	01:06.54
02:27.69	02:44.83	02:45.94	200 Fly	02:20.99	02:37.35	02:40.22
02:24.09	02:40.81	02:43.74	200 IM	02:10.29	02:25.41	02:30.62
05:02.29	05:37.38	05:41.57	400 IM	04:49.19	05:22.76	05:32.40
01:54.99	02:08.34	02:10.67	200 Free Relay	01:42.89	01:54.83	01:58.26
04:27.19	04:58.20	05:03.62	400 Free Relay	04:03.69	04:31.98	04:40.10
02:11.59	02:26.86	02:29.36	200 Medley Relay	01:58.19	02:11.91	02:15.38
04:57.79	05:32.35	05:38.01	400 Medley Relay	04:34.39	05:06.24	05:14.31