Parents Guidebook

2015 ILLINOIS YMCA STATE SWIMMING CHAMPIONSHIPS MARCH 21ST-22ND



Hosted By
Fox Valley Family YMCA
Aqua Force Swim Team

Welcome IL State Families

Aqua Force is proud to present the 2015 Illinois YMCA State Swimming Championship Meet. As we come to the end of the season our goal as the host committee is to give everyone, from swimmer to spectator, a wonderful experience.

The pool is 10 lanes and we will be using 10 for prelims and 8 for finals. We will use both pools for warm-ups and possibly the 8 and under session.

This guide contains information on:

- 1.Scoreboard Shout-Outs
- 2. Invocation and National Anthem Request
- 3. Sponsor Opportunity
- 4. Hotel Information
- 5.Event Information
- 6.Event List
- 7. Time Standards

The meet will take place on March 21st & 22nd. Watch for details on warm ups and start times from your coach in the week before the meet.

Scoreboard Shout outs

- 1. Fill out the form below and email it along with your photo to mattkoppin@gmail.com with the subject line "State Shout outs"
- 2. Then mail your \$3.00 payment to Fox Valley Family YMCA, Attn: Aqua Force, 3875 Eldamain Road, Plano, IL 60545 We must receive all information and payment by March 13th, 2015. If we have not received the payment by March 13th the email portion will not be completed.

| Swimmer's Team Call Lette | ers |
|---------------------------|-----|
| Swimmer's Name | |
| 2 or 3 Word Message | |
| Session Swimmers In | |

Example:



STATE OF STATE OF ST

ONLY \$3.00

Invocation & National Anthem

We are looking for individuals who would be interested in singing or playing the National Anthem at the beginning of each session.

Along with that, we would also like to do an invocation/mission moment at the beginning of each session. Any coaches or individuals who have an inspiring/motivating story about the sport of swim signup to share.

You can volunteer for either of these unique opportunities by emailing:

Melissa Castilla ranger9194@yahoo.com

Slots Available

Saturday & Sunday 7:30 AM Saturday & Sunday 1:30 PM Saturday & Sunday 5:00 PM

2015 YMCA State Swim Meet Sponsor Opportunity

Sponsor Levels:

GOLD = \$250 Printed Sign Outside Event, Full Page Ad in the Heat Sheet, Coupon/Promo to be passed out to all swimmers Silver = \$100 Half Page Ad in the Heat Sheet and Coupon/Promo to be passed out to all swimmers

| Bronze = \$50 Quarter Page Ad in the Heat Sheet |
|--|
| Yes, we would like to sponsor the 2015 YMCA State Swim Meet. |
| We elect to do: |
| Gold |
| Silver |
| Bronze |
| Contact Information |
| Name |
| Address/City/State/Zip |
| Phone () |
| Email |
| Return this form with payment by |
| March 6th, 2015 |
| Chacks Davable Fox Valley Family VMCA |

Checks Payable Fox Valley Family YMCA Fox Valley Family YMCA

3875 Eldamain Road Plano, IL 60545

Hotel Information

Hotels for the 2015 IL YMCA State
Swimming Championships are now
available for reservations through the IN
South Shore Convention and Visitors
Authority. You can find the info and link
to the reservation page at

Www2.mmx2reservations.com/southshore/pc/ymcaswim

Those looking for group reservations please call the South Shore Convention and Visitors Authority directly between 8 AM-5 PM CST,

Monday-Friday at 866-481-5253.

Hotel Information

Additional rooms are available at the Marriott properties in Hammond, IN and can be reserved at discounted rates by asking for the Illinois YMCA State Swimming. Marriott discounted rates will expire on February 27th, 2015.

Fairfield Inn & Suites for 129.99 USD per night 7720 Corinne Drive 219-845-6950

Courtyard for 139.99 USD per night 7730 Corinne Drive 219-845-6350

Residence Inn for 139.99 USD per night 7740 Corinne Drive 219-844-8440

Event Information

Directions

- Lake Central High School is located at 8400 Wicker Avenue, St. John, IN.
- Exit off of I/94. Just over the Illinois/Indiana border.

Parking

- There are three lots in front and back of the school.
- We will have parking attendants directing traffic.
 We will be filling lots in a controlled order.
- There will be a swimmer only drop off at front of building.

Cost

- Admission each day will be \$5.00 per session, non-participating swimmers, and those age 5-18 \$3.00.
- Heat Sheet for each session will be \$5.00.
- All session Heat Sheet (6 sessions) will be \$25.00.

Event Information

Seating

- The pool deck has seating for all swimmers, no spectators are allowed on the pool deck
- Viewing area is above the pool with access by three staircases. During session change there will be one up and two down staircases.
- There is a large family common area that you can bring your chairs and blankets to retreat to.

Food

- · Concessions will be on site
- No outside food allowed in the grand stands
- Healthy Care Package's will be available near the entrance

Vendors

- The Swim Store
- · Bag Tag Heaven
- Maui -Waui
- Sweet Frog Frozen Yogurt
- · Fine Designs T-Shirt
- Action Photography

Event List

Saturday AM

21&Under 400 Fr. Relays (TF)
12&Under 200 IM
Awards
21&Under 400 IM (TF)
12 & Under 100 Breast (TF)
14&Under 100 Breast
21&Under 100 Breast
Awards
12&Under 100 Freestyle

12&Under 100 Freestyle 14&Under 100 Freestyle 21&Under 100 Freestyle 12&Under 200 Medley Relay 14&Under 200 Medley Relay 21&Under 200 Medley Relay 21&Under 200 Back (TF) Awards

12&Under 50 Butterfly 14&Under 100 Butterfly 21&Under 100 Butterfly 12&Under 50 Backstroke 14&Under 200 Freestyle 21&Under 200 Freestyle

Saturday Midday

10&Under 200 Freestyle
8&Under 25 Backstroke
10&Under 50 Backstroke
Awards
8&Under 100 IM
10&Under 100 IM
Awards
8&Under 25 Freestyle
10&Under 50 Freestyle
Awards
8&Under 100 Medley Relay
10&Under 200 Medley Relay
Awards

Saturday Finals

12&Under 200 IM 14&Under 100 Breaststroke 21& Under 100 Breaststroke Awards 12&Under 100 Freestyle 14&Under 100 Freestyle 21&Under 100 Freestyle Awards 12&Under 50 Butterfly 14&Under 100 Butterfly 21&Under 100 Butterfly Awards 12&Under 50 Backstroke 14&Under 200 Freestyle 21&Under 200 Freestyle Awards 12&Under 200 Medley Relay 14&Under 200 Medley Relay 21&Under 200 Medley Relay **Awards**

Sunday AM

21&Under 400 Med. Relay (TF) 12&Under 200 Free Awards 14&Under 100 Backstroke 21&Under 100 Backstroke 12&Under 100 Butterfly (TF) 21&Under 200 Butterfly (TF) 12&Under 50 Freestyle 14&Under 50 Freestyle 21&Under 50 Freestyle Awards 12&Under 200 Free Relay 14&Under 200 Free Relay 21&Under 200 Free Relay 12&Under 50 Breaststroke 21&Under 200 Breaststroke (TF) 12&Under 100 Backstroke (TF) 14&Under 200 IM 21&Under 200 IM

Awards 14&Under 500 Freestyle (TF) 21&Under 500 Freestyle (TF) Awards

Sunday Midday

10&Under 200 IM
8&Under 50 Free
10&Under 100 Free
Awards
8&Under 25 Butterfly
10&Under 50 Butterfly
Awards
8&Under 25 Breaststroke
10&Under 50 Breaststroke
Awards
8&Under 100 Free Relay
10&Under 200 Free Relay
Awards

Sunday Finals

12&Under 200 Free 14&Under 100 Backstroke 21& Under 100 Backstroke Awards 12&Under 50 Freestyle 14&Under 50 Freestyle 21&Under 50 Freestyle Awards 12&Under 50 Breaststroke 14&Under 200 IM 21&Under 200 IM Awards 12&Under 200 Free Relay 14&Under 200 Free Relay 21&Under 200 Free Relay Awards

INDIVIDUAL TIMES FOR YMCA STATE & NATIONAL TIMES

| Men Women | | | | |
|-----------|-----------------------|---------|--|--|
| State | Event State | | | |
| 17.39 | 8 & U 25 Free | 17.39 | | |
| 39.09 | 8 & U 50 Free | | | |
| 21.29 | 8 & U 25 Back | 21.39 | | |
| 24.59 | 8 & U 25 Breast 24.79 | | | |
| 20.59 | 8 & U 25 Fly 20.59 | | | |
| 1:45.29 | 100 IM | 1:44.59 | | |
| 1:26.69 | 100 Free Relay | 1:21.29 | | |
| 1:40.69 | 100 Medley Relay | 1:35.19 | | |
| 31.79 | 10 & U 50 Free | 31.59 | | |
| 1:12.69 | 10 & U 100 Free | 1:12.39 | | |
| 2:40.69 | 10 & U 200 Free | 2:39.09 | | |
| 38.59 | 10 & U 50 Back | 37.49 | | |
| 44.69 | 10 & U 50 Breast | 43.39 | | |
| 38.09 | 10 & U 50 Fly | 36.89 | | |
| 1:23.49 | 10 & U 100 IM | 1:22.49 | | |
| 3:05.59 | 10 & U 200 IM | 3:00.99 | | |
| 2:27.59 | 200 Free Relay | 2:26.79 | | |
| 2:50.19 | 200 Medley Relay | 2:44.19 | | |
| 28.29 | 12 & U 50 Free | 28.39 | | |
| 1:03.79 | 12 & U 100 Free | 1:02.69 | | |
| 2:20.19 | 12 & U 200 Free | 2:17.29 | | |
| 33.79 | 12 & U 50 Back | 32.89 | | |
| 1:14.59 | 12 & U 100 Back | 1:11.79 | | |
| 38.39 | 12 & U 50 Breast | 37.39 | | |
| 1:24.29 | 12 & U 100 Breast | 1:23.29 | | |
| 32.79 | 12 & U 50 Fly | 32.09 | | |
| 1:17.99 | 12 & U 100 Fly | 1:15.99 | | |
| 2:41.89 | 12 & U 200 IM | 2:37.39 | | |
| 2:08.39 | 12 & U 200 FR | 2:02.59 | | |
| 2:27.59 | 12 & U 200 MR | 2:17.09 | | |

| Men | | Women | | |
|----------|---------|-------------------|---------|----------|
| NAT 15 | State | Event | State | NAT 15 |
| 22.09 | 25.29 | 14 & U 50 Free | 27.09 | 24.69 |
| 48.19 | 56.69 | 14 & U 100 Free | 58.79 | 53.59 |
| 1:45.39 | 2:05.29 | 14 & U 200 Free | 2:12.79 | 1:55.99 |
| 4:45.49 | 5:42.29 | 14 & U 500 Free | 5:50.69 | 5:07.69 |
| 54.29 | 1:07.49 | 14 & U 100 Back | 1:07.79 | 59.49 |
| 1:01.09 | 1:16.49 | 14 & U 100 Breast | 1:18.89 | 1:08.29 |
| 53.29 | 1:07.59 | 14 & U 100 Fly | 1:11.79 | 59.09 |
| 1:58.99 | 2:24.09 | 14 & U 200 IM | 2:30.79 | 2:10.79 |
| 1:29.49 | 2:04.59 | 14 & U 200 FR | 1:57.59 | 1:39.99 |
| 1:39.99 | 2:21.29 | 14 & U 200 MR | 2:14.39 | 1:51.69 |
| 22.09 | 23.49 | 21 & U 50 Free | 26.09 | 24.69 |
| 48.19 | 51.99 | 21 & U 100 Free | 56.49 | 53.59 |
| 1:45.39 | 1:57.59 | 21 & U 200 Free | 2:07.39 | 1:55.99 |
| 4:45.49 | 5:17.49 | 21 & U 500 Free | 5:40.59 | 5:07.69 |
| 9:48.29 | | 21 & U 1000 Free | | 10:27.99 |
| 16:27.29 | | 21 & U 1650 Free | | 17:32.99 |
| 54.29 | 1:01.19 | 21 & U 100 Back | 1:05.19 | 59.49 |
| 1:56.99 | 2:12.19 | 21 & U 200 Back | 2:21.59 | 2:07.99 |
| 1:01.09 | 1:10.19 | 21 & U 100 Breast | 1:15.49 | 1:08.29 |
| 2:13.39 | 2:34.29 | 21 & U 200 Breast | 2:42.39 | 2:27.99 |
| 53.29 | 59.39 | 21 & U 100 Fly | 1:07.59 | 59.09 |
| 1:58.99 | 2:20.09 | 21 & U 200 Fly | 2:27.39 | 2:11.69 |
| 1:58.99 | 2:13.29 | 21 & U 200 IM | 2:24.19 | 2:10.79 |
| 4:15.69 | 4:51.69 | 21 & U 400 IM | 5:09.59 | 4:37.29 |
| 1:29.49 | 1:44.89 | 21 & U 200 FR | 1:54.49 | 1:39.99 |
| 3:13.89 | 3:47.69 | 21 & U 400 FR | 4:11.19 | 3:35.59 |
| 7:09.99 | | 21 & U 800 FR | | 7:48.99 |
| 1:39.99 | 1:58.79 | 21 & U 200 MR | 2.08.09 | 1:51.69 |
| 3:37.19 | 4:18.79 | 21 & U 400 MR | 4:41.79 | 4:00.49 |
| | | | | |