

CHICAGO SUBURBAN DISTRICT YMCA

2024 DISTRICT & Jr. DISTRICT CHAMPIONSHIP MEET

MEET ANNOUNCEMENT

About the Championship

Date: March 2, 2024

Location: Sage YMCA

Entry Deadline: February 25, 2024

Hosted by: Chicago Suburban District YMCA Swimming

Meet Director: Dave Brtva

Contents

<i>About The Championship</i>	2
<i>Location and Facility</i>	3
<i>Contact Information</i>	3
<i>Notices</i>	3
<i>Eligibility</i>	3
<i>Entry Information</i>	5
<i>Volunteers/Officials/Timers</i>	6
<i>Check-in Procedure</i>	7
<i>Championship Procedures and Operations</i>	7
<i>Awards and Recognition</i>	9
<i>Spectators</i>	10
<i>Liability, Safety and Emergency Procedures</i>	10
<i>APPENDIX 1: Order of Events</i>	14
<i>APPENDIX 2: Qualifying Times</i>	15
<i>APPENDIX 3: Athletes With Disabilities Classification</i>	16
<i>APPENDIX 4: Events For Athletes With Disabilities</i>	19
<i>APPENDIX 5: YMCA Sanctioned Meet Declaration Form</i>	20
<i>APPENDIX 6: Waiver & Summary Entry Form</i>	21



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

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, Swimming Addendum to the Rules that Govern YMCA Competitive Sports, Illinois YMCA Swimming Rules and the Chicago Suburban District Rules. USA Swimming technical rules will be followed. The meet is approved by the Illinois Swimming of USA Swimming.

YMCA Sanction number: Pending

USA-S/Illinois Swimming 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

Girls' heats (tentative schedule):

7:15 a.m.	Doors open
7:45–8:30 a.m.	Warm-ups assigned lanes
8:30-8:45 a.m.	Starts and one way sprints Competition Pool
8:45a.m	Pool is Cleared
8:00-8:30 a.m.	Coaches' meeting (If needed)
8:00 a.m.	Officials' meeting
8:45 a.m.	Timers' meeting
9:00 a.m.	Meet begins

Boys' Heats

1:45pm–2:30 p.m.	Warm-ups assigned lanes
2:30-2:45 p.m.	Starts and one way sprints Competition Pool
2:45p.m	Pool is Cleared
1:30pm	Coaches' meeting (If needed)
2:00 p.m.	Officials' meeting
2:45 p.m.	Timers' meeting
3:00 p.m.	Meet begins



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

LOCATION AND FACILITY

Location: Sage YMCA – 701 Manor Rd, Crystal Lake, IL 60014 Emergency Phone Number: [\(815\) 459-4455](tel:8154594455)

The Sage YMCA Competition Pool is configured as a 8 lane 25 yard pool with permanent starting blocks (within new USA regulations), 7'1" at starting end, 6' at the turn end, non-turbulent lane lines, Colorado timing system, 8 lane electronic timing display, "The competition course has been certified in accordance with 104.2.2C(4)

The warm up pool is a 6 lane 25 yard pool. 9' at starting end, 3'6" at the turn end. No diving will be allowed from the turn end.

Balcony Seating capacity fits 300 to 350 spectators. There will be no swimmers allowed in the upstairs spectator area. Additional chairs are NOT allowed in the balcony. The area behind the rail will be reserved for wheelchair access. Camping out or saving seats is not permitted.

CONTACT INFORMATION

Meet Director: Dave Brtva 815-258-6279 dbrtva@yahoo.com

Entry Chairperson: Mark Sobieszzyk swimteam@pavymca.org

Meet Referee: Darby Brtva dsbrtva@gmail.com

Administrative Official: Brian Rosemann

Officials Coordinator: Pingo Areas pingoareas@yahoo.com.br

Safety Director: Darby Brtva 847-732-1973 dsbrtva@gmail.com

NOTICES

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.

Theme: Lego

ELIGIBILITY

ATHLETE



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

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: An athlete must not be older than twenty-one (21) years of age as of March 2, 2024.

YMCA Meet Participation: To be eligible for entry in the Chicago Suburban District & Jr. District Championship Meet, a competitor must have represented his / her association in closed YMCA competition at least two times during the current season. Note - Double dual is not acceptable as two meets. Representation in competition must be in a scheduled meet with an opposing team in a mutual pool.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1st 2023 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), Principles of YMCA Competitive Swimming and Diving and Safe Sport requirements. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

Competitive Sport. Coaches must also have a current certification in Athlete Protection Training

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.

Team Payment: There is no team payment for the 2022 – 2023 season only.

ENTRY INFORMATION

ENTRY LIMITS: Swimmers are limited to 3 Individual Events for the Meet. Swimmers may swim across both the division as long as they do not exceed the event limitation.

QUALIFICATION PERIOD: The qualification period is March 1, 2023 through the entry deadline.

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

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 1.



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

TIMES: No Times (NT) are not allowed. Submit entry times in Actual time (no conversion), SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period for both the District and Classic Division.

ENTRY FEES: There are no entry fees; however there is a \$10 per swimmer facility fee and a \$2.00 Illinois Swimming Inc swimmer sur-charge. All entries received after the due date is subject to a \$50.00 fine. No exceptions.

ENTRY DEADLINE: 9:00 p.m. on Sunday, February 25, 2023

ENTRY PROCEDURE: All entries must be via e-mail including the enclosed attached summary form. Please e-mail entries to swimteamt@pavymca.org by 9:00 p.m. on Sunday, February 25, 2024. Entries received early may be updated by this time as well. Payments must be received by Thursday, February 29, 2024.

All entries received after the due date are subject to a \$50.00 fine. No exceptions. All entries must be delivered to the entry chair:

Mark Sobieszzyk
swimteamt@pavymca.org

Fees must also be paid or the team will not be permitted to compete. Checks made payable to the McGaw YMCA.

Registered USA teams within the District are required to provide a copy of their latest USA membership roster from their team portal to the entry chair. 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.

PAYMENT: Checks made payable to the McGaw YMCA.

OVER-SUBSCRIPTION: Swimmers over entered in the meet past the scratch deadline will be removed from their last events until they are under the entry limit.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Please notify your swimmers' parents that they will have responsibility for timing. Timing assignments will be first filled by teams needing to fulfill their team's volunteer commitment. Any remaining spots will



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

then be filled by teams based on meet entries. Teams may staff their lanes as they choose.

All officials shall be experienced and credentialed. All officials shall work under the direction of the Meet Referee and the District Officials Coordinator.

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

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches and Teams must check-in with the meet Director upon arrival.

COACHES MEETINGS: Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm-up and the 15 minute specific warm-up.

OFFICIALS AND TIMERS MEETING: See Meet Schedule for more information.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and individuals appointed by the District Chair.

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, Chicago Suburban District YMCA Swimming, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of March 2, 2024.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserves the right to combine heats.

SCRATCH PROCEDURES: Scratches will be due Wednesday February 28, 2024 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)



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

3. Name, information, and club position of person submitting scratches

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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

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.

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.

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.

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 a public area.

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 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).



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

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.
- 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 to sit in the spectator stands.
- Shaving is not permitted in any areas of the facility.
- 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.
- All swimmers must remain in authorized areas during the meet. Any misconduct may result in immediate expulsion of the swimmer from the meet per the discretion of the Meet Referee.

AWARDS AND RECOGNITION

SCORING: The District Championship Meet will be scored through 16 places as indicated by USA Swimming Technical Rules. Only the top 4 swimmers from each team per event will be scored.



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

AWARDS: Medals are awarded for the 1st through 16th place in all events. Trophies to the teams with the top 6 score totals. Medals for places 1 through 8 will be awarded to the swimmers on deck. Classic swimmers will be awarded 1st through 16th place ribbons in all events.

SPECTATORS

ADMISSION FEE: There will be no admission fee.

HEAT SHEETS/PROGRAMS: Heat Sheets will be emailed to all teams by the Friday before the meet.

CONCESSION STAND: There will be no Concession Stand

ATHLETE APPAREL: Fine Designs will be on hand selling meet apparel.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are **not** allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- 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
- 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/WI Swimming approval, it is understood and agreed that USA Swimming and WI 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 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



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

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 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. This policy will be followed at the meet.



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Safe Sport 360: The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

APPENDIX 1: ORDER OF EVENTS

Session 1

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

Session 2

Event #	Event Name
50	Boys 21 & Under 400 Freestyle Relay
51	Boys 12 & Under 200 Freestyle
52	Boys 14 & Under 200 Freestyle
53	Boys 21 & Under 200 Freestyle
54	Boys 8 & Under 100 Medley Relay
55	Boys 10 & Under 200 Medley Relay
56	Boys 12 & Under 200 Medley Relay
57	Boys 14 & Under 200 Medley Relay
58	Boys 21 & Under 200 Medley Relay
59	Boys 8 & Under 100 IM
60	Boys 10 & Under 100 IM
61	Boys 12 & Under 200 IM
62	Boys 14 & Under 200 IM
63	Boys 21 & Under 200 IM
64	Boys 8 & Under 25 Freestyle
65	Boys 10 & Under 50 Freestyle
66	Boys 12 & Under 50 Freestyle
67	Boys 14 & Under 50 Freestyle
68	Boys 21 & Under 50 Freestyle
69	Boys 8 & Under 25 Butterfly
70	Boys 10 & Under 50 Butterfly
71	Boys 12 & Under 50 Butterfly
72	Boys 14 & Under 100 Butterfly
73	Boys 21 & Under 100 Butterfly
74	Boys 21 & Under 200 Backstroke
75	Boys 8 & Under 50 Freestyle
76	Boys 10 & Under 100 Freestyle
77	Boys 12 & Under 100 Freestyle
78	Boys 14 & Under 100 Freestyle
79	Boys 21 & Under 100 Freestyle
80	Boys 21 & Under 200 Breaststroke
81	Boys 8 & Under 25 Backstroke
82	Boys 10 & Under 50 Backstroke
83	Boys 12 & Under 50 Backstroke
84	Boys 14 & Under 100 Backstroke
85	Boys 21 & Under 100 Backstroke
86	Boys 21 & Under 200 Butterfly
87	Boys 8 & Under 25 Breaststroke
88	Boys 10 & Under 50 Breaststroke
89	Boys 12 & Under 50 Breaststroke
90	Boys 14 & Under 100 Breaststroke
91	Boys 21 & Under 100 Breaststroke
92	Boys 8 & Under 100 Freestyle Relay
93	Boys 10 & Under 200 Freestyle Relay
94	Boys 12 & Under 200 Freestyle Relay
95	Boys 14 & Under 200 Freestyle Relay
96	Boys 21 & Under 200 Freestyle Relay
97	Boys 14 & Under 500 Freestyle
98	Boys 21 & Under 500 Freestyle



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

APPENDIX 2: QUALIFYING TIMES

WOMEN		MEN	
DISTRICTS	Event	DIST	SCY
SCY		SCY	
8 & Under			
24.49	8 & U 25 Free		25.59
55.19	8 & U 50 Free		56.59
28.79	8 & U 25 Back		29.59
34.19	8 & U 25 Breast		34.99
29.49	8 & U 25 Fly		31.09
2:24.59	8 & U 100 IM		2:22.89
1-TEAM DISTRICTS 1-TEAM CLASSIC	8 & U 100 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	8 & U 100 MR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
10 & Under			
42.23	10 & U 50 Free		42.89
1:34.31	10 & U 100 Free		1:36.95
48.69	10 & U 50 Back		50.89
57.59	10 & U 50 Breast		59.89
49.89	10 & U 50 Fly		53.49
1:49.69	10 & U 100 IM		1:5.27
1-TEAM DISTRICTS 1-TEAM CLASSIC	10 & U 200 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	10 & U 200 MR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
12 & Under			
35.89	12 & U 50 Free		36.19
1:20.59	12 & U 100 Free		1:22.09
2:59.39	12 & U 200 Free		3:04.89
42.49	12 & U 50 Back		44.49
49.19	12 & U 50 Breast		49.69
41.19	12 & U 50 Fly		43.29
3:03.89	12 & U 200 IM		3:30.99
1-TEAM DISTRICTS 1-TEAM CLASSIC	12 & U 200 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	12 & U 200 MR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
14 & Under			
	14 & U 50 Free		
	14 & U 100 Free		
	14 & U 200 Free		
6:59.99	14 & U 500/400 Free	6:59.99	
	14 & U 100 Back		
	14 & U 100 Breast		
	14 & U 100 Fly		
	14 & U 200 IM		
1-TEAM DISTRICTS 1-TEAM CLASSIC	14 & U 200 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	14 & U 200 MR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
21 & Under			
	21 & U 50 Free		
	21 & U 100 Free		
	21 & U 200 Free		
6:59.99	21 & U 500/400 Free	6:36.39	
	21 & U 100 Back		
	21 & U 100 Breast		
	21 & U 100 Fly		
	21 & U 200 IM		
1-TEAM DISTRICTS 1-TEAM CLASSIC	21 & U 200 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	21 & U 400 FR	1-TEAM DISTRICTS 1-TEAM CLASSIC	
1-TEAM DISTRICTS 1-TEAM CLASSIC	21 & U 200 MR	1-TEAM DISTRICTS 1-TEAM CLASSIC	



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

APPENDIX 3: ATHLETES WITH DISABILITIES CLASSIFICATION

To ensure competition is fair and equal, all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes.

This process is called classification and its purpose is to minimize the impact of impairment on the activity (sport discipline). Having an impairment thus is not sufficient. The impact of that impairment on the sport must be proved. In IPC Swimming, athletes are grouped by the degree of activity limitation resulting from an impairment. These groups are called 'sport classes'. The process of classification determines which athletes are eligible to compete in IPC Swimming and how athletes are grouped together for competition.

Classification is sport-specific because an impairment affects the ability to perform in different sports to a different extent. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

IPC Swimming caters for three impairment groups - physical, visual and intellectual.

Sport Classes

The sport class names in swimming consist of a prefix "S" or "SB" and a number. The prefixes stand for the strokes and the number indicates the sport classes.

The prefixes stand for:

- S: freestyle, butterfly and backstroke events
- SB: breaststroke
- SM: individual medley. The prefix "SM" is given to athletes competing in individual medley events. It is not a sports class, but an entry index and calculated as $(3 \times S + SB)/4$; for classes S1-4 who have a 3-discipline medley, the formula is $(2S + SB)/3$.

Sport Classes S1-S10 physical impairment

There are ten different sport classes for athletes with physical impairment, numbered 1-10. A lower number indicates a more severe activity limitation than a higher number.

Athletes with different impairments compete against each other, because sport classes are allocated based on the impact the impairment has on swimming, rather than on the impairment itself.

To evaluate the impact of impairments on swimming, classifiers assess all functional body structures using a point system and ask the athlete to complete a water assessment. The total number of points then determines the athlete's S and SB sport classes. Due to the different demands of S and SB events, swimmers are often allocated different S and SB sport classes. The SM sport class is calculated from the S and SB sport class.

The following are general examples of impairments and resulting functional abilities described in each sport class profiles. The below combinations of S and SB sport classes are the most common combinations, but it is possible that that athlete has another combination of sport classes, for example S7 and SB 7.

S1 SB1

Swimmers in this sport class have a significant loss of muscle power or control in legs, arms and hands. Some athletes also have limited trunk control. This may be caused by tetraplegia, for example. Swimmers in this class usually use a wheelchair in daily life.

S2 SB1

Swimmers in this sport class mainly rely on their arms for swimming. Their hand, trunk and leg function is limited due to tetraplegia or co-ordination problems, for example.

S3 SB2



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

This sport class includes athletes with amputations of both arms and legs. Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe co-ordination problems in all limbs are also included in this sport class.

S4 SB3

Swimmers who can use their arms and have fair function in their hands, but who cannot use their trunk or legs would swim in this sport class. Athletes with amputations of three limbs could also swim in this sport class.

S5 SB4

Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.

S6 SB5

This sport class includes swimmers with short stature or amputations of both arms, or moderate co-ordination problems on one side of their body, for example.

S7 SB6

This sport class is designated to athletes with one leg and one arm amputation on opposite sides, or a paralysis of one arm and one leg on the same side.

Moreover, swimmers with full control over arms and trunk and some leg function can compete in this class.

S8 SB7

Swimmers who have an amputation of one arm are eligible to compete in this sport class. Also, athletes with significant restrictions across hip, knee and ankle joints could compete in this sport class.

S9 SB8

Athletes in this sport class, for example, swim with joint restrictions in one leg or with double below-the-knee amputations.

S10 SB9

This class describes minimal physical impairments of eligible swimmers. These include the loss of one hand or a movement restriction in one hip joint.

Sport Classes S/SB11-13 visual impairment

Athletes with a visual impairment compete in three sport classes from S/SB11 to S/SB13.

S/SB11: These athletes have a very low visual acuity and/ or no light perception.

S/SB12: Athletes have a higher visual acuity than athletes competing in the S/SB11 sport class and/ or a visual field of less than 5 degrees radius.

S/SB13: Athletes have the least severe visual impairment eligible for Paralympic sport. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.

In order to ensure a fair competition athletes in the S/SB11 sport class are required to wear blackened goggles. To ensure safety all S/SB11 swimmers must use a tapper, swimmers in the S/SB12 and S/SB13 sport classes may choose whether or not they wish to use one.

Sport Classes S/SB14 intellectual impairment

S14 swimmers have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impact on sport performance in



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

general. Moreover, S14 swimmers show a higher number of strokes relative to their speed than able-bodied elite swimmers.



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

APPENDIX 4: EVENTS FOR ATHLETES WITH DISABILITIES

Short Course

- **S1 SB1 SM1 – S9 SB9 SM9, S11 SB11 SM11 – S14 SB14 SM14**
 - 8&U 25/50 Free, 25 Fly, 25 Back, 25 Breast, 100 IM
 - 10&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 100/200 IM
 - 12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 50/100 Breast, 200 IM
 - 14&U 50/100/200/500 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
 - 21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 100/200 Breast, 200/400 IM

- **S10 SM10**
 - 8&U 25/50 Free, 25 Fly, 25 Back, 100 IM
 - 10&U 50/100/200 Free, 50 Fly, 50 Back, 100/200 IM
 - 12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 200 IM
 - 14&U 50/100/200/500 Free, 100 Fly, 100 Back, 200 IM
 - 21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 200/400 IM



**CHICAGO SUBURBAN DISTRICT YMCA
2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET
March 2, 2024**

APPENDIX 5: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director by February 1st.)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____ 2024 District & Jr. District Championship Meet _____

Meet Date(s): _____ March 2, 2024 _____

Meet Host: _____ Chicago Suburban District _____

Meet Location: _____ Sage YMCA _____

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, Athlete Protection 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 **2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET** 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 **2024 DISTRICT & JR DISTRICT CHAMPIONSHIP MEET**.

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, **Chicago Suburban District YMCA Swimming** their agents, representatives or assigns, and the **Sage YMCA** for any and all injuries which may be suffered by participants at the **2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET**. Furthermore, we understand that the YMCA of the USA and **Chicago Suburban District YMCA Swimming** 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



CHICAGO SUBURBAN DISTRICT YMCA 2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET March 2, 2024

APPENDIX 6: 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 Chicago Suburban District YMCA Swimming, Sage YMCA, IL 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 e-mail it with entry forms to:

Mark Sobieszzyk
swimteamt@pavymca.org

SUMMARY OF ENTRIES

8 & Under number of entries _____ x \$10.00 Facility Charge & \$2.00 ISI Fee = _____

10 & Under number of entries _____ x \$10.00 Facility Charge & \$2.00 ISI Fee = _____

12 & Under number of entries _____ x \$10.00 Facility Charge & \$2.00 ISI Fee = _____

14 & Under number of entries _____ x \$10.00 Facility Charge & \$2.00 ISI Fee = _____

21 & Under number of entries _____ x \$10.00 Facility Charge & \$2.00 ISI Fee = _____

Facility Charge Total _____ ISI Fee Total _____ Total _____

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 Tuesday, February 27, 2024.



**CHICAGO SUBURBAN DISTRICT YMCA
2024 DISTRICT & JR. DISTRICT CHAMPIONSHIP MEET
March 2, 2024**

This is the last page of the Meet Announcement