

ILLINOIS YMCA SWIMMING LONG COURSE CHAMPIONSHIPS

at

Lake Central High School, St. John, Indiana

Guidelines for Coaches

Welcome Illinois YMCA Swimming Coaches

Welcome to the 2025 Illinois YMCA Swimming Long Course Championship! We hope that the following information will help make the meet a positive experience for all swimmers, coaches, officials, and spectators. There are several new procedures that will be in place this year to ensure compliance with Safe Sport and Athlete Protection. We ask you to please remember that the Marshals are volunteers and parents as well and are doing a job to make sure all participants remain safe.

Athlete Tags and entry to the Pool and Locker Rooms

In an effort to make the meet safer for our swimmers and to comply with Federal Safe Sport Laws, the hallway going to the locker rooms will be off limits to everyone except swimmers and authorized personnel. There will be a Marshall posted at the doors leading to this hallway from the lobby and only swimmers with the tag for the meet will be permitted beyond this point.

You will need to give your swimmers their tags in the lobby or Town Center as opposed to on the pool deck like past years. They will not be permitted into the locker rooms or the pool deck without them.

Swimmers will be permitted to "camp out" in the hallway outside the locker rooms if they wish.

Coaches Passes

All teams will be issued a minimum of two (2) coaches deck passes. Passes above this will be issued per the meet packet. All coaches must be properly credentialed to receive a deck pass. Coaches must also be pre-registered on line by June 21st. If you have not done so please do so immediately and contact the Meet Director.

Coaches Deck Chairs

As a reminder Coaches chairs are not permitted 15 meters from the start and turn ends. If you wish to have a chair on deck it must be between the 15 meter marks in the middle of the pool.

Timers

If your team is assigned timing the Timers will enter the pool via the staircase at the start end of the pool. They will have to check in with the Marshal on duty at the bottom of the stairs where they will receive a timers tag. They will have to return this tag to the Marshal when they leave the pool deck.

DFS & Relay Changes

Please make sure that if you have a swimmer that is not at the meet or is not going to swim an event, please make sure you DFS them at the Clerk of the Course so the officials will know they are not swimming. This will help keep the meet going. Also if you have any relay changes or have not listed your relay swimmers turn this into the Clerk of the Course as well. This includes changes between prelim and finals.

Team Areas

Remember Swimmers are **NOT** permitted to have chairs on deck. Also please remember to pick up your team areas. Lake Central will charge us a cleaning fee and we will pass it on to the team who was sitting in that area if there is a mess.

Crash Area

Swimmers will be allowed to crash in the hallway outside of the locker rooms. This will be an area for swimmers only. Again, swimmers are not be permitted to have chairs on the pool deck.

Behind the Blocks During Finals

We are asking the only time swimmers are to be front of the timers chairs is when it is time for them to step up to the block for their event. Aside from the first event of the Finals session the girls should always wait until after the awards to step up to the blocks. This will help the runners and awards people out tremendously. Swimmers also do not need to be behind the timers chairs if they are not in the next block

of events. As an example 21 & Under Swimmers do not need to be behind the block during the 14 & under events. They are more than welcome to proceed there during the awards. Again this is only for the Evening Finals Sessions.

Ready Room

New this year we will be having a ready room for swimmers in finals: All swimmers in the Championship Final must report to the ready room area prior to the start of the Championship Final of the previous event or, if coming out of a break, at the start of the break. Those not checked in will be deemed to have missed their event and will be subject to penalty as set by Illinois YMCA Swimming Rules. Bins will be available in the ready room for the swimmers towels and podium attire. These bins will be brought over to the awards area for the swimmers.

Swimmers that are seeded #1 for each individual event finals will need to speak to Darby Brtva to give their song choice for walk-out.

Awards

Please remind your swimmers that they are to go to the awards area immediately after Timed Finals events and Finals. If there is multiple heats and you and they are confident they are not in the Top 10 then they do not need to be there however, having the Top 10 at the awards area is very important to keeping the meet moving.

Whistle Commands

Please make sure all your athletes know what they are supposed to do for the different Officials whistle commands. An official having to stop to tell swimmers what to do also slows the meet down.

Elsmore Swim Shop

Elsmore Swim Shop will be on hand with a wide variety of swimming equipment and gear. Stop by for all your swimmers needs for during the meet and the future.

Thank you!

With your cooperation, this year's Short Course State Meet will be a lot of fun for everyone. Go swimmers!