

ILLINOIS YMCA SWIMMING LONG COURSE CHAMPIONSHIPS

at

Lake Central High School, St. John, Indiana

Guidelines for Spectators and Swimmers

Welcome Illinois YMCA Swimming Families,

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. 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.

Locker Rooms

Only swimmers are permitted in boys and girls locker rooms this includes the hallway outside the locker rooms. Swimmers will need to receive their athlete tags from their Coach before they will be permitted on deck or access to the locker rooms. (*No exceptions* –This is for the protection of our swimmers and to comply with athlete protection laws.)

On Deck

The following people are permitted on deck during the meet:

- Swimmers in the current session
- Coaches
- Officials
- Timers
- Marshals assigned to deck duty and other approved Meet Personnel

Bleachers and Area Behind Bleachers

Spectators (including swimmers not in the current session) and all other volunteers may sit in the bleachers. Please follow the signs posted regarding spectator viewing areas. Spectators are only permitted to enter and exit the bleacher area using the main staircase closes to the entrance of the school. The other staircases are for emergencies only. Timers are to enter the pool via door by start end of the pool. You will check-in with the Meet Marshall stationed at that door.

No folding chairs are permitted in the bleacher area (*no exceptions*). Stadium seats are allowed in the bleachers. Coolers are also not permitted in the bleachers.

To keep our viewing space dry, comfortable, and accommodating to all spectators, the bleachers are for spectators only.

- Swimmers competing in the current session should remain on deck or in the hallway behind the locker rooms and arrange to meet parents in the lobby or outside.

So that there is enough space for all of our swimmers' families to sit in the stands, please keep bags, coats, etc. at your feet and not on the bleacher seats. Standing along the glass in the bleachers is not permitted per order of the St. John Fire Marshall.

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.

Fine Designs

Fine Designs will once again be on hand as the official 2024 Illinois YMCA State Swimming Championship apparel provider. Commemorate your swimmers accomplishment with a shirt or sweatshirt.

Safe Sport

This meet is conducted in accordance with Safe Sport Guidelines. Safe Sport is a national movement that keeps athletes safe across all sports in the US.

We ask everyone, if you see something suspicious or something that makes you uncomfortable at the meet, please immediately report this to the Meet Referee or Meet Director. Remember- if you see something, say something!

Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director. Deck changing is prohibited on both the deck and in the stands.

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.

No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. This is on the pool deck and in the stands.

Ready Room

New this year we will be utilizing a Ready Room for Saturday and Sunday night 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. Swimmers will then be paraded out to music right before the start of their event. Please help the swimmers get pumped up for their event by cheering, clapping or singing along to the music.

Respect for all our Swimmers

Please remember this is a championship meet and all our swimmers have worked very hard all season to make it to State Meet. It is very important that we all are quiet for the starts to make sure every swimmer has a fair start. We also ask that you represent your team favorably with positive interaction with other team's fans and swimmers before, during and after the meet. Use positive yells, chants, songs or gestures. Display modesty in victory and graciousness in defeat. Respect the integrity and judgment of officials. Show positive behavior in both personal interaction and on social media.

Thank you!

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