

Illinois YMCA Swimming Long Course Championships

MEET ANNOUNCEMENT

About the Championship

Date: July 21-23, 2023

Location: Lake Central High School

Entry Deadline: Monday, July 17, 2023 12:00 pm

Hosted by: Illinois YMCA Swimming

Meet Director: Dave Brtva

Web Site: ilymcaswim.org

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ABOUT THE CHAMPIONSHIP

This meet is a closed inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is approved by the Indiana LSC of USA Swimming.

YMCA Sanction number: Pending
USA-S/IN Approval number: Pending

In applying for this sanction Illinois YMCA Swimming Long Course Championship, the Host, Illinois YMCA Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, and local health department.

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: 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 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

	Preliminaries 21 & Under			Timed Finals 10 & Under		Finals		
	Doors Open	Warm-ups	Start	Warm-ups	Start	Doors Open	Warm- ups	Start
Friday 1500s						2:15 PM	2:45 PM	4:15 PM
Friday						At conclusion of 1500s		45 minutes after conclusion of 1500s
Saturday	6:30 AM	7:00 AM	8:15 AM	1:00 PM	1:40 PM		4:30 PM	5:15 PM
Sunday	6:30 AM	7:00 AM	8:15 AM	1:00 PM	1:40 PM		4:30 PM	5:15 PM
Start times for Timed Finals and Finals are an approximation. Once entries are processed the above times may be adjusted								

Theme: This year's theme is **Wizarding World**.



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New Events: New events have been added to the Championship Program this year. They are 10 & Under 200 Mixed Medley and Free Relays, 14 & Under 50 Backstroke, 50 Breast Stroke, 50 Butterfly, 21 & Under 50 Backstroke, 50 Breast Stroke, 50 Butterfly

INCLEMENT WEATHER/CANCELTATION: Necessary procedures will be determined by the Meet Referee, Meet Director and State Committee to address issues as they arise.

LOCATION AND FACILITY

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

Emergency Phone Number: (217) 502-0461

The Lake Central High School is configured as a 10 lane, 50 Meter indoor pool, permanent starting blocks (with pull bars and a permanent wedge), 8' at starting end and 14' at turn end, non-turbulent lane lines, Colorado timing system, Four Color 10 lane electronic timing display. "The competition course has not been certified in accordance with 104.2.2C(4).

Balcony spectator seating for 800 is available in the aquatic center. 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. 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.

Web Site

Meet Information can be found at: ilymcaswim.org

Online Meet Results: [Meet Mobile](#)



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CONTACT INFORMATION

MEET DIRECTOR	ENTRY/SCRATCH CHAIR	MEET REFEREE	ADMINISTRATIVE OFFICIAL
Dave Brtva 815-258-6279 meetdirector@ilymcaswim.org	Alex Totura 217-502-0461 entries@ilymcaswim.org	John Williams meetref@ilymcaswim.org	Paula Hastings adminref@ilymcaswim.org
OFFICIALS COORDINATOR		SAFTEY CHAIR	
John Williams Officialschair@ilymcaswim.org		Darby Brtva 847-732-1973 facilitycord@ilymcaswim.org	
Host Web Site: www.ilymcaswim.org			

NOTICES

DEADLINE AND MEETING SUMMARY:

Monday	June 26 th	8:00 AM	Entries Open
Monday	June 26 th	10:00 PM	Meet Declarations Due
Friday	June 30 th	10:00 PM	Online Coaches Registration
Monday	July 17 th	12:00 PM	Entry Deadline
Tuesday	July 18 th	12:00 AM	Psyche Sheet Posted
Wednesday	July 19 th	12:00 PM	Scratch Deadline
Friday	July 21 st	3:00 PM	Officials Meeting
Friday	July 21 st	4:15 PM	Session 1 Starts
Saturday	July 22 nd	7:15 AM	Officials Meeting
Saturday	July 22 nd	8:15 AM	Session 2 Starts
Saturday	July 22 nd	1:40 PM	Session 3 Starts
Saturday	July 22 nd	5:15 PM	Session 4 Starts
Sunday	July 23 rd	7:15 AM	Officials Meeting
Sunday	July 23 rd	8:15 AM	Session 5 Starts
Sunday	July 23 rd	1:40 PM	Session 6 Starts
Sunday	July 23 rd	5:15 PM	Session 7 Starts

Racing Start Proficiency: 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. When unaccompanied by a member-coach, it is



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the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY

ATHLETE

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: Swimmer's age as of July 21st, 2023 will determine his or her age for the entire meet. An athlete must not be older than twenty-one (21) years of age on the first day of the Meet.

YMCA Meet Participation: For the Long Course Swimming Championships there is **NO** requirement for participation in closed YMCA competition as defined by the "SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of July 1 of 2022 and the entry deadline. There are no qualifying times for athletes with a disability. Per Illinois YMCA Swimming Rules all time must be in the ILSWYMS Database.

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. See appendix 4 & 5

COACH



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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) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport. **All Coaches must have completed Athlete Protection Training and be current throughout the entire meet.**

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. Coaches must also be pre-registered with Illinois YMCA Swimming on line by June 30th.

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

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.

ENTRY INFORMATION

ENTRY LIMITS:

- 10 & Under session: 5 individual events for the meet.
- Ages 11 to 21: 6 individual events for the meet.
- 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**



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- 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.
- Each team is permitted one entry per relay event.

BONUS EVENTS:

Due to the nature of this meet, we will be allowing Bonus Events. For an athlete to be entered into an event as a Bonus Event an athlete must achieve the minimum bonus event time standard for each event in which he/she enters during the period of July 1 of 2022 and the entry deadline. The number of Bonus Events will be as follows.

Athletes with 1 individual event (total not by day) get 3 Bonus Events

Athletes with 2 individual events get 2 Bonus Events

Athletes with 3 individual events get 1 Bonus Event

Athletes with 4 or more individual events do not get Bonus Events

The meet committee reserves the right to remove extra heats in which no athlete has achieved the qualifying standard in order to make timeline.

QUALIFICATION PERIOD: 2023 Illinois Long Course YMCA Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between July 1st, 2022 and July 17th, 2023 at 12:00 PM are eligible for this meet. **All qualifying times must have been submitted to the YMCA ILSWYMS database.** There are no qualifying times for athletes with a disability.

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

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 2. Per Illinois YMCA Swimming Rule 7.1.2.: Swimmers qualifying swims must be in the ILSWYMS Database and official times must be obtained in accordance of the requirements in USA-Swimming Technical rules. All times are subject to verification against the ILSWYMS Database.

TIMES: No Times (NT) are not allowed. Submit entry times in **[Actual time (no conversion) LCM, SCM, SCY]**. Entered times must be the swimmer's BEST time achieved during the qualifying period and is loaded in the ILSWYMS database to be eligible for this meet.



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ENTRY FEES: \$7.00 per individual event; \$20.00 per relay entry. \$18.00 swimmer surcharge: \$5.00 for an IN Swimming surcharge and a \$13.00 surcharge in lieu of admissions and heat sheet. The \$13 surcharge in lieu of admissions will be waved for each swimmer over 2 in a family of which more than 2 family members are competing in the meet.

ENTRY DEADLINE:

All entries must be submitted using either a Team Manager or Team Unify entry file to entries@ilymcasim.org. Entries may begin to be submitted beginning June 26th, 2023 and must be completed by 12:00 am July 17th, 2023. Entries submitted before the entry deadline may be updated up to the entry deadline.

ENTRY PROCEDURE:

1. E-mail entry file to entries@ilymcaswim.org
2. E-mail or mail the following (due by July 19th, 2023.)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments
 - c. Registered USA teams within the State are required to provide a copy of their latest USA membership roster from their team portal to the host team. 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.
3. Per Illinois YMCA Swimming Rules 7.4.1 Failure to pay all meet entry fees and any outstanding fines (see Rule 5.4) by the start of the state championship meet will be fined \$50 at the discretion of the State Treasurer.
 1. Each Month that passes without all fees and fines being paid will result in an additional \$50 fine per month.
 2. A team that has outstanding meet fees and fines will not be permitted to enter any future State Championship Meets until all fees and fines are paid in full.



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ENTRY CHECKLIST:

All files must be e-mailed to the Entry Chair. All forms can be e-mailed to the Entry Chair or mailed along with payment. If mailed all forms must be received on or before July 19th, 2023. **Meet Declaration Forms Due June 26th.**

1. Meet Declaration Form
2. Team entry file
3. Team Summary, Release Form, USA Swimming paperwork (if required)
4. Any entry fees and swimmer surcharge payments.

Checks payable to: Springfield YMCA

MAIL PAYMENT TO:	Springfield YMCA c/o Alex Totura 4550 W. Iles Ave Springfield, IL 62711	E-MAIL ENTRY QUESTIONS TO	entries@ilymcaswim.org
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OVER-SUBSCRIPTION: The psyche sheet will be posted by 12:00 AM July 17th, 2023 on the State Website. Scratches will be due Wednesday July 19th, 2023 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 and Contact Info (phone & email)
2. Swimmer's Information - 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 July 19th, 2023. E-mail Scratches to Alex Totura at entries@ilymcaswim.org. 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.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: A large number of officials are needed to properly handle a meet like this with multiple pools and sessions. There is a need for both YMCA Level I and YMCA Level II and Administrative Officials during Preliminaries, Finals and Timed Finals each day. All officials are strongly encouraged to sign up to work at the meet.



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In order to bring a high degree of consistency to the officiating, officials are asked to work as many sessions as possible. All officials shall be experienced and credentialed. All officials shall work under the direction of the Meet Referee and the State Officials Chairman.

Questions about officiating at the meet should be directed to the State Officials Chair, John Williams. Officials meetings will be held at 3:45 for Friday night Timed Final session, 7:15 for each preliminary session and at the start of warm ups for all finals and timed finals sessions.

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

ATTIRE: The official's uniform in the Illinois YMCA Swimming will be white shirt over navy bottoms with white shoes and white socks, pants are preferred for finals. Bottoms need to be professional; denim or track pants are not allowed.

Any Official that signs up by July 1st to work a minimum of three (3) sessions and then works at least those sessions will receive an Official 2023 Illinois YMCA Swimming Long Course Championship Officials Polo. Sign-up information should be emailed to Officialschair@Ilymcaswim.org identifying your Name, Sessions that will be worked, YMCA/USA Certification(s), and shirt size including gender.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Teams and Coaches check-in at Hospitality with the Meet Director. Officials check-in at Hospitality with the Meet Referee. Athletes check-in with Coaches in the main lobby or near the hallway to the locker rooms.

Each coach with valid credentials will be issued a deck pass. In order for a coach to be issued a deck pass, the coach will have to be registered online with the State Championship Meet Committee. Information on the registration process will be provided to all Head Coaches prior to the entry deadline. Each team will be given deck passes based on the number of swimmers each team has entered in the meet (see below). Additional deck passes may be purchased for \$20 each for credentialed coaches. Coaches must display their deck pass and credentials card to be allowed on deck.



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Individual Qualifiers	Deck Passes
1-10	2
11-20	3
21-35	4
35 - 50	5
50 +	6

MEETING SCHEDULE:

Friday	July 21 st	3:00 PM	Officials Meeting
Friday	July 21 st	4:15 PM	Session 1 Timers Meeting
Saturday	July 22 nd	7:15 AM	Officials Meeting
Saturday	July 22 nd	7:45 AM	Session 2 Timers Meeting
Saturday	July 22 nd	1:10 PM	Session 3 Timers Meeting
Saturday	July 22 nd	4:45 PM	Session 4 Timers Meeting
Sunday	July 23 rd	7:15 AM	Officials Meeting
Sunday	July 23 rd	7:45 AM	Session 5 Timers Meeting
Sunday	July 23 rd	1:10 PM	Session 6 Timers Meeting
Sunday	July 23 rd	4:45 PM	Session 7 Timers Meeting

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, District Chairs, Athlete Reps, State Officials Chairman, State Committee Officers, Facilities Coordinator, Volunteer Coordinator and Entry Chair.

RULES: The meet will run under YMCA Rules that Govern Competitive Sport, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, Illinois YMCA Swimming Committee Rules & Regulations, and USA-S Technical Rules.

MEET FORMAT:

INDIVIDUAL EVENTS:

1. All 8 & Under and 10 & Under events will be conducted as timed final events.
2. All 12 & Under events except the 100's of Backstroke, Breaststroke, Butterfly -and 400 Free will be conducted as preliminary/final events with a championship final heat. The 400 Free and 100's of Backstroke,



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Breaststroke and Butterfly will be conducted as timed final events and swum either during the preliminary heats or the Friday timed final session.

3. All 14 & Under events except the 400 Free will be conducted as preliminary/final events with a championship final heat. The 400 Free will be conducted as timed final event and swum during the Friday timed final session.
4. All 21 & Under events except the 400 Free, the 1500 Free, the 50's and 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as preliminary/final events with a championship final heat. The 400 Free, the 1500 free, the 50's and 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as timed final event and swum either during the preliminary heats or the Friday timed final session.
5. A no show (NS) and declared false start (DFS) for an event counts as an official entry and against the entry limit.

RELAY EVENTS:

1. Each team is limited to one entry per relay event.
2. Any relay qualifying time swum during the qualifying period of July 1st 2022 to July 17th, 2023 at 12:00 PM is a time owned by the team and is eligible as a qualifying time for Y state. Aggregated times are acceptable but must be provable.
3. All 10 & Under relays will be conducted as timed final event.
4. All 10 & Under Mixed Relays must be swum by 2 Males and 2 Females. The order in of the swimmers is up to the individual coach
5. All 12 & Under and 14 & Under relays will be conducted as preliminary /final events with a championship final heat.
6. 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.
7. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay.

EVENT SEEDING: All events except for the 1500 Free will be seeded Slowest to Fastest. The 1500 Free will be seeded Fastest to Slowest alternating heats of girls/boys. Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (LCM) shall be



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considered “conforming times”. All other times meeting the appropriate standard shall be considered “non-conforming times”. The order of seeding for this meet is: Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event prior to the scratch deadline. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete’s total number of events for the meet.

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.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) at a preliminary or timed final event will result in no penalty. An athlete shall have 30 minutes to scratch from finals. The 30 minutes will start once the announcement of the results is made. An athlete that is a no show for a final event in the finals session shall lose the remainder of their individual events for the day.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups during the preliminary and 10&U sessions. During finals, no team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

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.

READY BENCH: There will **not** be a bullpen for **any sessions**

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.



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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)

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 the hallway of the entrance to the pool.

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).

All Protest shall be directed to the Meet Referee.

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.
- Glass and Chairs are not permitted on deck. *Coaches' chairs may be located in areas specific to the Meet Committees instruction.*



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- In accordance with the Federal Video Voyeurism Prevention Act of 2004, 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 in the spectator stands
- Shaving is not permitted in any areas of the facility.
- All swimmers must remain in authorized areas during the meet.
- Team banners may be hung from the railings of the spectator seating. Please do not tape banners, posters or other items to the walls

AWARDS AND RECOGNITION

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

AWARDS:

INDIVIDUAL AWARDS: Championship medals will be awarded for 1st through 10th place and will be presented after every two (2) timed final or final events (example: awards for boys and girls 12 and Under 100 Fly will be presented after the 12 and Under boys 100 fly). 11th - 20th place for the 8 & Under and 10 & Under events may be picked up at the conclusion of session 6 on Sunday. Any awards not picked up at the conclusion of the meet will **not** be mailed.

TEAM AWARDS: Awards for the 10 & Under and 8 & Under age groups will be awarded at the conclusion of session 6. All other awards will be awarded at the conclusion of session 7. Banners shall be given to the top teams scoring the most points in each competitive age group in each of the boys and girls at the State



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Championship. High point banners shall be awarded to the three teams scoring the highest, second highest and third highest total number of points in each of the boys, girls and combined at the State Championship. Any awards not picked up at the conclusion of the meet will **not** be mailed.

SPECTATORS

ADMISSION FEE: No admissions fees.

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

CONCESSION STAND: Will be available throughout the meet. No outside food is permitted in the grandstands. No coolers allowed.

ATHLETE APPAREL: A commemorative meet T-shirt by Fine Designs will be on sale. A swim vendor will also be available Saturday and Sunday to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

LOST AND FOUND: Illinois YMCA Swimming, Lake Central High School and Indiana Swimming are not responsible for any lost or stolen property.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs or coolers are 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
- Lake Central High School is a No Smoking facility. Absolutely 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:



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- In granting of the USA-S/IN-LSC approval, it is understood and agreed that USA Swimming and IN-LSC 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 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.



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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. The facility policy will be followed at the meet.

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 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.

LODGING

There are several hotels in the area for you Lodging needs.



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PARKING

Subject to the rules of the facility. Free parking will be available in front of the facility.

ON DECK SEATING

Per Illinois YMCA Swimming rule 11.10. No outside seating, except as granted by the State Chair, will be permitted on the competition pool deck, **for long course, 15 meters from the start and turn ends**. The only seating permitted on the pool deck in these areas will be that provided by the facility or the State Championship Meet Committee.

Swimmers **are not permitted** to bring or use bag chairs on the pool deck.



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APPENDIX 1: ORDER OF EVENTS

Friday July 21 st , 2023 Session 1		
<u>Girls Event</u> #	<u>Event Name</u>	<u>Boys Event</u> #
101	21 & Under 1500 Freestyle (TF) Awards	102
103	14 & Under 50 Breaststroke (TF) Awards	104
105	21 & Under 50 Breaststroke (TF) Awards	106
107	14 & Under 400 Freestyle (TF) Awards	108
109	12 & Under 400 Freestyle (TF) Awards	110
111	21 & Under 200 Breaststroke (TF) Awards	112
113	12 & Under 100 Breaststroke (TF) Awards	114

Saturday July 22 nd , 2023 Session 2		
<u>Girls Event</u> #	<u>Event Name</u>	<u>Boys Event</u> #
201	21 & Under 400 Freestyle Relay (TF) Awards	202
203	21 & Under 400 IM(TF) Awards	204
205	14 & Under 50 Backstroke (TF) Awards	206
207	21 & Under 50 Backstroke (TF) Awards	208
209	12 & Under 200 Freestyle	210
211	14 & Under 200 Freestyle	212
213	21 & Under 200 Freestyle	214
215	12 & Under 50 Breaststroke	216

Sunday July 23 rd , 2023 Session 5		
<u>Girls Event</u> #	<u>Event Name</u>	<u>Boys Event</u> #
501	21 & Under 400 Medley Relay (TF) Awards	502
503	14 & Under 50 Butterfly (TF) Awards	504
505	21 & Under 50 Butterfly (TF) Awards	506
507	21 & Under 400 Freestyle (TF) Awards	508
509	12 & Under 200 IM	510
511	14 & Under 200 IM	512
513	21 & Under 200 IM	514
515	12 & Under 100 Freestyle	516



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217	14 & Under 100 Breaststroke	218	517	14 & Under 100 Freestyle	518
219	21 & Under 100 Breaststroke	220	519	21 & Under 100 Freestyle	520
221	12 & Under 50 Freestyle	222	521	12 & Under 100 Butterfly (TF)	522
223	14 & Under 50 Freestyle	224		Awards	
225	21 & Under 50 Freestyle	226	523	21 & Under 200 Butterfly (TF)	524
227	12 & Under 100 Backstroke (TF)	228		Awards	
	Awards		525	12 & Under 50 Backstroke	526
229	21 & Under 200 Backstroke (TF)	230	527	14 & Under 100 Backstroke	528
	Awards		529	21 & Under 100 Backstroke	530
231	12 & Under 50 Butterfly	232	531	12 & Under 200 Freestyle Relay	532
233	14 & Under 100 Butterfly	234	533	14 & Under 200 Freestyle Relay	534
235	21 & Under 100 Butterfly	236	535	21 & Under 200 Freestyle Relay	536
237	12 & Under 200 Medley Relay	238			
239	14 & Under 200 Medley Relay	240			
241	21 & Under 200 Medley Relay	242			

Saturday July 22nd, 2022 Session 3

<u>Girls Event</u>	<u>Event Name</u>	<u>Boys Event</u>
#		#
300	10 & Under 200 Mixed Free Relay (TF)	300
301A	8 & Under 200 Freestyle (TF)	302A
301B	9-10 200 Freestyle (TF)	302B
	Awards	
303A	8 & Under 50 Breaststroke (TF)	304A
303B	9-10 50 Breaststroke (TF)	304B
	Awards	
305A	8 & Under 50 Freestyle (TF)	306A
305B	9-10 50 Freestyle (TF)	306B
	Awards	
307	10 & Under 200 Medley Relay (TF)	308
	Awards	

Sunday July 23rd, 2022 Session 6

<u>Girls Event</u>	<u>Event Name</u>	<u>Boys Event</u>
#		#
600	10 & Under 200 Mixed Medley Relay (TF)	600
601A	8 & Under 200 IM (TF)	602A
601B	9-10 200 IM (TF)	602B
	Awards	
603A	8 & Under 50 Backstroke (TF)	604A
603B	9-10 50 Backstroke	604B
	Awards	
605A	8 & Under 100 Freestyle (TF)	606A
605B	9-10 100 Freestyle (TF)	606B
	Awards	
607A	8 & Under 50 Butterfly (TF)	608A
607B	9-10 50 Butterfly (TF)	608B
	Awards	
609	10 & Under 200 Freestyle Relay	610



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Saturday July 16th, 2022 Session 4			Awards Sunday July 17, 2022 Session 7		
<u>Girls Event</u> <u>#</u>	<u>Event Name</u>	<u>Boys Event</u> <u>#</u>	<u>Girls Event</u> <u>#</u>	<u>Event Name</u>	<u>Boys Event</u> <u>#</u>
209	12 & Under 200 Freestyle Awards	210	509	12 & Under 200 IM Awards	510
211	14 & Under 200 Freestyle Awards	212	511	14 & Under 200 IM Awards	512
213	21 & Under 200 Freestyle Awards	214	513	21 & Under 200 IM Awards	514
215	12 & Under 50 Breaststroke Awards	216	515	12 & Under 100 Freestyle Awards	516
217	14 & Under 100 Breaststroke Awards	218	517	14 & Under 100 Freestyle Awards	518
219	21 & Under 100 Breaststroke Awards	220	519	21 & Under 100 Freestyle Awards	520
221	12 & Under 50 Freestyle Awards	222	525	12 & Under 50 Backstroke Awards	526
223	14 & Under 50 Freestyle Awards	224	527	14 & Under 100 Backstroke Awards	528
225	21 & Under 50 Freestyle Awards	226	529	21 & Under 100 Backstroke Awards	530
231	12 & Under 50 Butterfly Awards	232	531	12 & Under 200 Freestyle Relay Awards	532
233	14 & Under 100 Butterfly Awards	234	533	14 & Under 200 Freestyle Relay Awards	534
235	21 & Under 100 Butterfly Awards	236	535	21 & Under 200 Freestyle Relay Awards	536
237	12 & Under 200 Medley Relay Awards	238			
239	14 & Under 200 Medley Relay Awards	240			
241	21 & Under 200 Medley Relay Awards	242			



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APPENDIX 2: QUALIFYING TIMES

GIRLS			8 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:47.19	00:52.67	00:53.63	50 Free	00:48.49	00:54.12	00:55.74
01:37.89	01:49.25	01:51.24	100 Free	01:39.29	01:50.81	01:54.13
03:52.00	04:18.93	04:22.15	200 Free	03:58.09	04:25.73	04:30.56
00:50.99	00:56.91	00:57.94	50 Back	00:51.99	00:58.02	00:59.76
00:58.09	01:04.83	01:06.01	50 Breast	01:01.59	01:08.74	01:10.79
00:51.09	00:57.02	00:58.06	50 Fly	00:54.89	01:01.26	01:03.09
04:24.49	04:55.19	05:00.56	200 IM	04:39.19	05:11.60	05:22.76
GIRLS			10 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:36.19	00:40.39	00:41.13	50 Free	00:36.69	00:40.95	00:42.17
01:21.59	01:31.06	01:32.72	100 Free	01:22.69	01:32.29	01:35.05
03:13.69	03:36.17	03:38.86	200 Free	03:18.39	03:41.42	03:45.44
00:42.49	00:47.42	00:48.28	50 Back	00:43.39	00:48.43	00:49.87
00:48.39	00:54.01	00:54.99	50 Breast	00:51.29	00:57.24	00:58.95
00:42.59	00:47.53	00:48.40	50 Fly	00:45.79	00:51.10	00:52.63
03:40.39	04:05.97	04:10.44	200 IM	03:52.69	04:19.70	04:29.01
02:54.19	03:14.41	03:17.94	200 Free Relay	03:12.19	03:34.50	03:40.91
03:12.19	03:34.50	03:38.40	200 Mixed Free Relay	03:12.19	03:34.50	03:40.91
03:16.49	03:39.30	03:43.03	200 Medley Relay	03:32.59	03:57.27	04:03.52
03:32.59	03:57.27	04:01.31	200 Mixed Medley Relay	03:32.59	03:57.27	04:03.52
GIRLS			12 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:31.09	00:34.70	00:35.33	50 Free	00:31.69	00:35.37	00:36.43
01:09.39	01:17.44	01:18.85	100 Free	01:11.09	01:19.34	01:21.71
02:34.59	02:52.53	02:54.68	200 Free	02:40.69	02:59.34	03:03.65
07:16.99	06:22.32	06:30.17	500/400 Free	07:26.49	06:30.63	06:44.06
00:36.99	00:41.28	00:42.03	50 Back	00:38.59	00:43.07	00:44.36
01:20.89	01:30.28	01:31.40	100 Back	01:24.59	01:34.41	01:37.23
00:42.59	00:47.53	00:48.40	50 Breast	00:43.29	00:48.31	00:49.76
01:33.99	01:44.90	01:48.03	100 Breast	01:36.29	01:47.47	01:51.32
00:35.49	00:39.61	00:40.33	50 Fly	00:37.39	00:41.73	00:42.98
01:26.39	01:36.42	01:37.07	100 Fly	01:30.79	01:41.33	01:42.59
02:55.39	03:15.75	03:19.31	200 IM	03:01.79	03:22.89	03:30.16
02:29.19	02:46.51	02:49.53	200 Free Relay	02:42.59	03:01.46	03:06.89
02:51.29	03:11.17	03:14.43	200 Medley Relay	03:20.69	03:43.98	03:49.89
GIRLS			14 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:29.39	00:32.80	00:33.40	50 Free	00:27.29	00:30.46	00:31.37
01:03.69	01:11.08	01:12.38	100 Free	00:59.49	01:06.40	01:08.38
02:22.59	02:39.14	02:41.12	200 Free	02:18.49	02:34.56	02:38.27
06:32.39	05:43.30	05:50.35	500/400 Free	06:35.19	05:45.75	05:52.85
00:35.19	00:39.27	00:39.76	50 Back	00:33.19	00:37.04	00:38.15
01:14.99	01:23.69	01:24.73	100 Back	01:12.69	01:21.13	01:23.55
00:40.49	00:45.19	00:46.54	50 Breast	00:37.29	00:41.62	00:43.11
01:26.59	01:36.64	01:39.53	100 Breast	01:23.79	01:33.52	01:36.87
00:33.79	00:37.71	00:37.97	50 Fly	00:32.19	00:35.93	00:36.37
01:16.19	01:25.03	01:25.61	100 Fly	01:13.39	01:21.91	01:22.93
02:42.49	03:01.35	03:04.65	200 IM	02:37.59	02:55.88	03:02.18
02:20.89	02:37.24	02:40.10	200 Free Relay	02:21.09	02:37.47	02:42.17
02:42.19	03:01.02	03:04.10	200 Medley Relay	02:43.09	03:02.02	03:06.82
GIRLS			21 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:27.89	00:31.13	00:31.69	50 Free	00:24.69	00:27.56	00:28.38
01:00.69	01:07.73	01:08.97	100 Free	00:53.89	01:00.15	01:01.94
02:13.79	02:29.32	02:31.18	200 Free	02:01.19	02:15.26	02:18.50
06:09.29	05:23.09	05:29.72	500/400 Free	05:46.59	05:03.23	05:13.66
23:09.09	23:04.94	23:30.24	1650/1500 Free	22:35.29	22:31.24	23:10.04
00:33.39	00:37.27	00:37.73	50 Back	00:29.89	00:33.36	00:34.36
01:10.09	01:18.23	01:19.20	100 Back	01:02.79	01:10.08	01:12.17
02:33.29	02:51.08	02:53.21	200 Back	02:22.09	02:38.58	02:43.32
00:38.49	00:42.96	00:44.24	50 Breast	00:33.59	00:37.49	00:38.83
01:21.79	01:31.28	01:34.01	100 Breast	01:11.69	01:20.01	01:22.88
02:55.29	03:15.64	03:19.19	200 Breast	02:42.19	03:01.02	03:07.50
00:32.09	00:35.81	00:36.06	50 Fly	00:27.69	00:30.90	00:31.29
01:10.19	01:18.34	01:18.87	100 Fly	01:01.09	01:08.18	01:09.03
02:45.39	03:04.59	03:05.83	200 Fly	02:36.69	02:54.88	02:58.06
02:35.09	02:53.09	02:56.24	200 IM	02:17.39	02:33.34	02:38.83
05:35.89	06:14.88	06:19.54	400 IM	05:21.79	05:59.14	06:09.87
02:10.99	02:26.19	02:28.85	200 Free Relay	02:05.19	02:19.72	02:23.90
05:06.29	05:41.84	05:48.06	400 Free Relay	04:38.99	05:11.37	05:20.68
02:34.69	02:52.65	02:55.58	200 Medley Relay	02:20.79	02:37.13	02:41.27
05:46.09	06:26.26	06:32.84	400 Medley Relay	05:30.19	06:08.52	06:18.22



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Bonus Cuts

GIRLS			8 & Under		BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
00:51.89	00:57.91	00:58.97	50 Free		00:53.29	00:59.48	01:01.25
01:47.69	02:00.19	02:02.37	100 Free		01:49.19	02:01.86	02:05.51
04:15.69	04:45.37	04:48.92	200 Free		04:21.89	04:52.29	04:57.60
00:56.09	01:02.60	01:03.74	50 Back		00:57.19	01:03.83	01:05.74
01:03.89	01:11.31	01:12.60	50 Breast		01:07.79	01:15.66	01:17.92
00:56.19	01:02.71	01:03.85	50 Fly		01:00.39	01:07.40	01:09.41
04:50.89	05:24.65	05:30.56	200 IM		05:07.09	05:42.73	05:55.02
GIRLS			10 & Under		BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
00:39.79	00:44.41	00:45.22	50 Free		00:40.39	00:45.08	00:46.43
01:29.79	01:40.21	01:42.03	100 Free		01:30.99	01:41.55	01:44.59
03:33.09	03:57.82	04:00.78	200 Free		03:38.19	04:03.52	04:07.94
00:46.69	00:52.11	00:53.06	50 Back		00:47.69	00:53.23	00:54.82
00:53.19	00:59.36	01:00.44	50 Breast		00:56.39	01:02.94	01:04.82
00:46.89	00:52.33	00:53.28	50 Fly		00:50.39	00:56.24	00:57.92
04:02.39	04:30.52	04:35.44	200 IM		04:15.99	04:45.70	04:55.94
N/A	N/A	N/A	200 Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Mixed Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Mixed Medley Relay		N/A	N/A	N/A
GIRLS			12 & Under		BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
00:34.19	00:38.16	00:38.85	50 Free		00:34.89	00:38.94	00:40.10
01:16.29	01:25.15	01:26.69	100 Free		01:18.19	01:27.27	01:29.87
02:50.09	03:09.83	03:12.19	200 Free		02:56.79	03:17.31	03:22.05
08:00.69	07:00.55	07:09.19	500/400 Free		08:11.09	07:09.65	07:24.43
00:40.69	00:45.41	00:46.24	50 Back		00:42.49	00:47.42	00:48.84
01:28.99	01:39.32	01:40.55	100 Back		01:33.09	01:43.90	01:47.00
00:46.89	00:52.33	00:53.28	50 Breast		00:47.59	00:53.11	00:54.70
01:43.39	01:55.39	01:58.84	100 Breast		01:45.89	01:58.18	02:02.42
00:38.99	00:43.52	00:44.31	50 Fly		00:41.09	00:45.86	00:47.23
01:34.99	01:46.02	01:46.73	100 Fly		01:39.89	01:51.48	01:52.87
03:12.89	03:35.28	03:39.19	200 IM		03:19.99	03:43.20	03:51.20
N/A	N/A	N/A	200 Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay		N/A	N/A	N/A
GIRLS			14 & Under		BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
00:32.29	00:36.04	00:36.69	50 Free		00:30.59	00:34.14	00:35.16
01:10.09	01:18.23	01:19.65	100 Free		01:05.39	01:12.98	01:15.16
02:36.89	02:55.10	02:57.28	200 Free		02:32.29	02:49.97	02:54.05
07:11.59	06:17.59	06:25.35	500/400 Free		07:14.69	06:20.31	06:28.12
00:38.69	00:43.18	00:43.72	50 Back		00:36.49	00:40.73	00:41.94
01:22.49	01:32.06	01:33.21	100 Back		01:19.99	01:29.27	01:31.94
00:44.49	00:49.65	00:51.14	50 Breast		00:39.99	00:44.63	00:46.23
01:35.29	01:46.35	01:49.53	100 Breast		01:32.19	01:42.89	01:46.58
00:37.19	00:41.51	00:41.79	50 Fly		00:35.39	00:39.50	00:39.99
01:23.79	01:33.52	01:34.15	100 Fly		01:20.69	01:30.06	01:31.18
02:58.69	03:19.43	03:23.06	200 IM		02:53.39	03:13.52	03:20.45
N/A	N/A	N/A	200 Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay		N/A	N/A	N/A
GIRLS			21 & Under		BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
00:30.69	00:34.25	00:34.88	50 Free		00:27.19	00:30.35	00:31.25
01:06.79	01:14.54	01:15.90	100 Free		00:59.29	01:06.17	01:08.15
02:27.19	02:44.27	02:46.32	200 Free		02:13.29	02:28.76	02:32.33
06:46.19	05:55.37	06:02.67	500/400 Free		06:21.29	05:33.59	05:45.06
25:27.99	25:23.42	25:51.26	1650/1500 Free		24:50.79	24:46.33	25:29.02
00:36.69	00:40.95	00:41.46	50 Back		00:32.89	00:36.71	00:37.80
01:17.09	01:26.04	01:27.11	100 Back		01:09.09	01:17.11	01:19.41
02:48.59	03:08.16	03:10.50	200 Back		02:36.29	02:54.43	02:59.64
00:42.29	00:47.20	00:48.61	50 Breast		00:36.89	00:41.17	00:42.65
01:29.99	01:40.44	01:43.44	100 Breast		01:18.89	01:28.05	01:31.20
03:12.79	03:35.17	03:39.08	200 Breast		02:58.39	03:19.10	03:26.23
00:35.29	00:39.39	00:39.65	50 Fly		00:30.49	00:34.03	00:34.45
01:17.19	01:26.15	01:26.73	100 Fly		01:07.19	01:14.99	01:15.92
03:01.89	03:23.00	03:24.37	200 Fly		02:52.39	03:12.40	03:15.90
02:50.59	03:10.39	03:13.85	200 IM		02:31.09	02:48.63	02:54.67
06:09.49	06:52.38	06:57.50	400 IM		05:53.99	06:35.08	06:46.89
N/A	N/A	N/A	200 Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	400 Free Relay		N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay		N/A	N/A	N/A
N/A	N/A	N/A	400 Medley Relay		N/A	N/A	N/A



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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



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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

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.



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



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APPENDIX 4: EVENTS FOR ATHLETES WITH DISABILITIES

Long Course

- **S1 SB1 SM1 – S5 SB5 SM5**
 - 8&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 200 IM
 - 10&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 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
- **S6 SB6 SM6 – S9 SB9 SM9, S11 SB11 SM11 – S14 SB14 SM14**
 - 8&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 200 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 50/100/200/500/800 Free, 100/200 Fly, 100/200 Back, 100/200 Breast, 200/400 IM
- **S10 SM10**
 - 8&U 50/100/200 Free, 50 Fly, 50 Back, 200 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 50/100/200/500/800 Free, 100/200 Fly, 100/200 Back, 200/400 IM



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APPENDIX 5: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the entry chair by *June 26th*)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

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 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 **Illinois YMCA Swimming Long Course Championships** 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 **Illinois YMCA Swimming Long Course 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, **Illinois YMCA Swimming** their agents, representatives or assigns, and the **Lake Central High School** for any and all injuries which may be suffered by participants at the **Illinois YMCA Swimming Long Course Championships**. Furthermore, we understand that the YMCA of the USA and **Illinois 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



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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 Illinois YMCA Swimming, Lake Central High School, IN 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 mail it with entry forms, and fee payment to:

Springfield YMCA
c/o Alex Totura
4550 W. Iles Ave
Springfield, IL 62711

SUMMARY OF FEES

Total Individual Events	<input type="text"/>	X	\$7.00 Per Event	=	\$ <input type="text"/>
Total Relay Events	<input type="text"/>	X	\$20.00 Per Event	=	\$ <input type="text"/>
Number Of Swimmers Entered in the Meet Including Relay Only Swimmers	<input type="text"/>	X	\$18.00 Surcharge	=	\$ <input type="text"/>
- Family Discounts for 3 rd + Swimmer	<input type="text"/>	x	\$13.00	=	\$ <input type="text"/>
Provide a list of swimmers eligible for Family Discount					
Total Amount Due				=	\$ <input type="text"/>

Make checks payable to: **Springfield YMCA**

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 Wednesday, July 19th, 2023