

**Moline Swim Club**  
**2026 New Year's Swim Celebration**  
**January 10<sup>th</sup>, and 11<sup>th</sup> 2026**

Short Course Yard Swim Meet

Sanctioned By USA Swimming Inc. and Illinois Swimming, Inc. (ISI)  
Sanction Number: ILS0148-26

**Meet Director**

**Entry Chairperson**

Michael Roche  
[molineswimclub@gmail.com](mailto:molineswimclub@gmail.com)

**Safety Chairperson**

Evan Juarez  
[Ejuarez@molineschools.org](mailto:Ejuarez@molineschools.org)

**Meet Referee**

Paul Hersteadt  
[herstedtp@gmail.com](mailto:herstedtp@gmail.com)

**FORMAT:**

All events are Timed Final and will finish into the Touch-pads. Meet will be pre-seeded.

**Saturday AM Session:**

Pool doors will open at 7:30am. Warm-ups are from 7:50-8:50am. Meet starts at 9:00am.

**Saturday PM Session:**

Warm-ups not before 10:00am. Meet will start at least 1 hour after the start of Sat PM warm ups.

**Sunday AM Session:**

Pool doors will open at 7:30am. Warm-ups are from 7:50-8:50am. Meet starts at 9:00am.

**Sunday PM Session:**

Warm-ups not before 10:00am. Meet will start at least 1 hour after the start of Sun PM warm ups.

**MEET INFO:**

Is also posted on <https://www.gomotionapp.com/team/molinesc/page/home>

**SPONSORED BY:**

Moline Swim Club

**POOL LOCATION:**

Moline HS. 3600 Avenue of the Cities, Moline, IL. Please enter through the 6N door.

**FACILITY:**

The Moline High School Pool is a 25 yard, 6 lane competition pool. The competition pool has a starting end depth of 10 feet with a turn end at 3 feet with blocks at the start end. The meet will utilize the Daktronics timing with a six lane display. Bleacher seating is available for approximately 120 spectators. Swimmers with special needs are encouraged to include special requirements with meet entries.

**POOL**

**CERTIFICATION:**

The competition course has been certified in accordance with 104.2.2C(4).

**SAFE SPORT:**

Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. 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.”

<b>MAAPP:</b>	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
<b>RULES and SAFETY:</b>	All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced. Warm up procedures are attached.
<b>TIMES, ELIGIBILITY and ENTRY LIMITS:</b>	All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed as “Registration applied for” will not be accepted.  No qualifying times apply. Coaches are encouraged to be sensitive when assessing swimmers ability when entering certain events. No changes in entry times will be accepted the day of the meet.
<b>USA SWIMMING, INC MEMBERSHIP:</b>	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 the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.  Age as of January 10 <sup>th</sup> , 2026 will determine the age for the entire meet. A swimmer must participate in one individual event to participate in relay events. Swimmers are limited to 4 individual events per day and one relay.  Meet entries will open up on December 3, 2025 at 12pm. Relays <b>may</b> be cut to comply with the timeline requirements.
<b>COACHES:</b>	Must sign in. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.
<b>ENTRY DEADLINE:</b>	Please have entries in <b>no later than</b> January 2nd, 2026.

**ENTRIES:**

All entries will comply with current USA Swimming and ISI Rules and Regulations.

**An emailed Hy-Tek .cl2 file and zip back up is the preferred method for entry. Swimmer entry report summary, meet summary sheet/release form and check must be received within 5 business days of the emailed entries.** Teams of 5 or more athletes not using the Hy-Tek .cl2 will be assessed an additional \$50 handling fee.

Hand entries must be written legibly and include swimmers First and Last Name with Middle initial, date of birth, whole USA number, team affiliation, event numbers to swim with description, and seed times.

Checks should be made payable to the **Moline Swim Club**. If you desire verification of entries received, please enclose a self-addressed stamped postcard/envelope.

Entries will be accepted until the 4-hour per day limit is met. **This time line will be enforced.** Any entries received thereafter will be promptly returned. Swimmers may enter a maximum of 4 individual and 1 relay event per day.

**FEES:**

There will be a \$2 Illinois Swimming surcharge per athlete. Entry fees are \$5 per individual event. \$12 per relay event. There is also a \$5 facility surcharge per athlete. ***Entry fees must accompany entries.***

**AWARDS:**

Heat winners will be awarded prizes.

**RESULTS:**

The Final Results will be e-mailed to all teams entered in the meet. Individuals may order final results for \$10.00 and will be sent by US Postal Service. The meet results will also be available on Meet Mobile. Hy-Tek Meet Manager and Team Manager back up files of results will be posted on our Website.

**TIMERS:**

We may require all participating teams supply timers for each of the sessions in which they have over 12 swimmers.

**OFFICIALS:**

MLSC welcomes the help and participation of all currently credentialed officials. Please email the meet referee with information on sessions your officials are available to work. Officials that need training, please also email with your training requests, we will try to accommodate if possible.

**EVENTS:****Session 1: Saturday Morning**

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
1	10&under 50 Free	2
3	8&under 25 Free	4
5	10&under 100 Fly	6
7	8&under 50 Fly	8
9	10&under 200 IM	10
11	8&under 100 IM	12
13	10&under 50 Breast	14
15	8&under 25 Breast	16
17	10&under 100 Back	18
19	8&under 50 Back	20
21	10&under 200 Medley Relay	22
23	8&under 100 Medley Relay	24

**Session 2: Saturday Afternoon**

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
25	11-12 100 Back	26
27	Open 200 Back	28
29	11-12 100 Free	30
31	Open 100 Free	32
33	11-12 200 IM	34
35	Open 200 IM	36
37	11-12 50 Breast	38
39	Open 100 Breast	40
41	11-12 100 Fly	42
43	Open 200 Fly	44
45	11-12 200 Medley Relay	46
47	Open 200 Medley Relay	48

**Session 3: Sunday Morning**

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
49	10&under 100 IM	50
51	8&under 25 Fly	52
53	10&under 50 Fly	54
55	8&under 50 Breast	56
57	10&under 100 Breast	58
59	8&under 25 Back	60
61	10&under 50 Back	62
63	8&under 50 Free	64
65	10&under 100 Free	66
67	8&under 100 Free Relay	68
69	10&under 200 Free Relay	70

**Session 4: Sunday Afternoon**

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
71	11-12 100 Breast	72
73	Open 200 Breast	74
75	11-12 50 Free	76
77	Open 50 Free	78
79	11-12 50 Back	80
81	Open 100 Back	82
83	11-12 200 Free	84
85	Open 200 Free	86
87	11-12 50 Fly	88
89	Open 100 Fly	90
91	11-12 200 Free Relay	92
93	Open 200 Free Relay	94
95	Open 500 Free	96

# CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

**NOTE:** Host clubs may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area. Effective: November 3, 2004

## A. WARM-UP PROCEDURES

### 1. General Warm-up (first 30-45 minutes)

- a. **NO DIVING** allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start and end of the pool.
- b. No sprinting or pace work allowed during this general warm-up session.
- c. Entry into pool from the starting end of pool only, unless noted otherwise by the meet director and meet referee.

### 2. Specific Warm-up (last 30-45 minutes)

- a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING**.
- b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- c. **General Warm-up Lanes - NO DIVING**. Circle swim only.
- d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

## POOL LANE USE

### PUSH/PACE DIVING GENERAL WARM-UP

6 LANE 1&6 2&5 3,4

8 LANE 1&8 2&7 3,4,5,6

10 LANE 1&10 2&9 3,4,5,6,7,8

## B. SAFETY GUIDELINES

### 1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

### 2. Host Team Responsibilities

#### a. Marshaling

- 1) A minimum of two (2) marshalls, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
- 2) Marshals shall be current members of USA Swimming.
- 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
- b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
- e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

#### 3. Miscellaneous:

- a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

**Release Form and Summary Sheet**  
**2026 New Year's Swim Celebration**  
**January 10-11 2026**

***Entry Summary***

Number of athletes: \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

*(This includes \$2.00 ISI fee and a \$5.00 facility/admissions surcharge)*

Total Due = \$ \_\_\_\_\_

**Make checks payable to:** **Moline Swim Club**

Name of Club: \_\_\_\_\_ Club Initials: \_\_\_\_\_

Names of Coaches in attendance:

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Team Entry Contact: \_\_\_\_\_ Position with Team: \_\_\_\_\_

Club Mailing Address: \_\_\_\_\_

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Entry Contact Phone (preferred number): \_\_\_\_\_ Best time to reach: \_\_\_\_\_

Entry Contact Email: \_\_\_\_\_

The release below must be signed or entry will not be accepted.

In consideration of acceptance of this entry, I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; The Moline Swim Club and its parent organization, or their representatives, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes included in this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Club Representative, or Parent):

\_\_\_\_\_  
Date: \_\_\_\_\_

Entries and Final Deadline Close 9:00 pm Friday, January 2<sup>nd</sup> 2026.

**Payment and Release Form must be received before the start of competition**