
The 2023 Heartland Area Championships

MEET ANNOUNCEMENT

About the Championship

Date: [March 17-19, 2023](#)

Location: [Chuck Fruit Aquatic Center](#)

Entry Deadline: [March 10, 2023](#)

Hosted by: [Heartland Area Committee](#)

Meet Director: [Dana M LeVasseur](#)

Web Site: www.gomotionapp.com/reczzhascil

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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 and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Ozark LSC of USA Swimming.

YMCA Sanction number: **CAQ-2023-IL03137206**

USA-S/OZ 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.

Competition will swim in the North Pool and the south pool will be open for warm up or cool down.

Friday, March 17, 2023 TIMED FINALS

All Age Groups

5:00-5:50 PM Open Warm-ups

5:00 PM Officials Meeting

5:00 PM Scratch Sheets Due

5:45 PM 1st Event Called

6:00 PM Meet Begins

Immediately following last event—Time Trials

Immediately following Time Trials—Mandatory Coaches Meeting

Saturday, March 18, 2023 AM PRELIMINARIES

11 and Older

7:00-7:50 AM Open Warm-ups

7:00 AM Officials Meeting

7:00 AM Relay Cards/Scratch Sheets Due

7:50 AM 1st Event Called

8:00 AM Meet Begins



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Saturday, March 18, 2023 Afternoon TIMED FINALS

10 and Under

Not before 1:00 PM Open Warmups – 45 Minutes long once started

11:15 AM Officials Meeting

11:30 AM Relay Cards/Scratch Sheets Due

12:15 PM 1st Event Called

12:30 PM Meet Begins

Saturday, March 18, 2023 PM FINAL

11 and Over

Not before 5:00 PM Open Warmups – 50 Minutes long once started

4:15 PM Officials Meeting

4:45 PM 1st Event Called

5:00 PM Meet Begins

Immediately following last event—Time Trials

Sunday, March 19, 2023 AM PRELIMINARIES

11 and Over

7:00 AM-7:50 AM Warm-ups

7:00 AM Officials Meeting

7:00 AM Relay Cards/Scratch Sheets Due

7:50 AM 1st Event Called

8:00 AM Meet Begins

Sunday, March 19, 2023 Afternoon TIMED FINALS

10 and Under

Not before 1:00 PM Open Warmups – 45 Minutes long once started

11:15 AM Officials Meeting

11:30 AM Relay Cards/Scratch Sheets Due

12:15 PM 1st Event Called

12:30 PM Meet Begins

Sunday, March 19, 2023 PM FINALS

11 and Over

Not before 5:00 PM Open Warmups – 50 Minutes long once started

4:15 PM Officials Meeting

4:45 PM 1st Event Called

5:00 PM Meet Begins

Immediately following last event—Time Trials

INCLEMENT WEATHER/CANCELTATION: The Meet Referee, Meet Director, and Heartland Area Executive Committee will address all necessary procedures as they arise. Fees will not be refunded for cancelled events.



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COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. These are included in this document.

LOCATION AND FACILITY

Location: Chuck Fruit Aquatic Center, 6168 Center Grove Road, Edwardsville, IL 62025

Emergency Phone Number: (618) 407-7665

The Chuck Fruit Aquatic Center is configured as a 50 meter pool separated by two bulkheads. This creates both an 8 lane and a 6 lane, 25 yard competition course with competitive non-turbulent lane markers, an electronic timing system with touchpads, beep start system, and a full matrix lane scoreboard. Water depth at start is 7 feet and at turn end is 7 feet. The competition course has been certified in accordance with 104.2.2C (4)

Seating for 499 spectators is located in the mezzanine area above the pools and is accessible by stairway and elevator. Swimmers are not allowed in the elevators or the mezzanine area. Parents and swimmers will not be allowed to set up a crash area in the spectators' area, in walkways, in any designated exit areas, or other unauthorized areas as designated by the Chuck Fruit Aquatic Center Staff. Each team will be assigned a designated spectator crash area within the gym based upon the number of athletes participating in the meet. The spacing of the designated area will be marked and may not be altered. Lawn chairs are allowed, but **NO cots or tents will be allowed in either crash area.** There is no entry fee into the Aquatic Center.

Swimmers will utilize the pool deck as their crash area. Swimmers must keep their swim bags and other belongings on the pool deck. Swimmers and their belongings are not permitted in the mezzanine.

WEB SITE

Meet Information can be found at: www.gomotionapp.com/reczzhascil

Online Meet Results: Meet Mobile will be available. Daily event results will be posted outside the hospitality room during the meet. Complete results will be available to the coaches at the conclusion of the meet and online at www.gomotionapp.com/reczzhascil under the Area Meet tab.



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CONTACT INFORMATION

Meet Director: Dana LeVasseur - dnalver_swim@hotmail.com (804) 986-9591

Entry Chairperson: Dana LeVasseur - dnalver_swim@hotmail.com (804) 986-9591

Meet Referee: Patty Draves - 3littlefishies@hughes.net (314) 570-6805

Administrative Official: Dana LeVasseur - dnalver_swim@hotmail.com (804) 986-9591

Officials Coordinator: Patty Draves - 3littlefishies@hughes.net (314) 570-6805

Safety Director: Doug Telford - dougtelford806@yahoo.com (618) 267-6384

NOTICES

IMPORTANT DATES:

Wednesday, March 8, 2023—Entries due by 11:59 PM

Friday, March 10, 2023—Deadline to request corrections/changes by 11:59 PM

Monday, March 13, 2023—Psych Sheet posted online by 10 PM

Wednesday, March 15, 2023—Warm-up schedule posted online by 10 PM

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: A swimmer's age as of the first day of competition determines the age group for competition.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2022.



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Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2022 through the last day of the 2023 Heartland Area Regional Championship Meets.

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:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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 inquiring into their approval status can check with Alie Morgan, alie.morgan@gwymca.org. Deck passes will only be issued to nationally approved coaches.

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.



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ENTRY INFORMATION

ENTRY LIMITS:

As set forth in the Heartland Area YMCA Swimming Bylaws & Rules, swimmers competing in a championship meet may compete in seven (7) total individual events, **including bonus swims**, during the meet. A swimmer is limited to three (3) individual events on Saturday, three (3) individual events on Sunday and two (2) relay events per day.

Swimmers with at least one meet qualifying time will be granted one bonus swim.

Exhibition swimming is prohibited. In individual events, a swimmer may only swim in one competitive age group. In the case of 12 year olds, they may swim in the 15-21 events that are not being held in their age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12's only.) The 8& under and 9-10 age groups cannot swim up 2 age groups.

NO DECK ENTRIES PERMITTED.

Time trial events count toward the daily limitation on the number of events a swimmer can swim. (USA-S rule reference 102.2.2 and 102.2.7)

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 5 individual events per day in a timed final meet
- b. Time trial events must count as a part of this daily total.

QUALIFICATION PERIOD: The qualification period is March 1, 2022 through the last day of the 2023 Heartland Regional Championship Meets.

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 qualifying time standard in each event as listed in Appendix 1.

Bonus swims are exempt from the qualifying time standards.

Coaches must be able to show proof of time via Hy-tek meet results when asked.

TIMES: No Times (NT) are not allowed. SCM times will be accepted, but they must be submitted as SCM times. Hy-tek conversion factors will be used as is the case with Y Nationals. SCM times will be seeded after SCY times. No LCM times will be accepted. Entered times must be the swimmer's BEST time achieved during the qualifying period.



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ENTRY FEES: \$8.00 per individual event and \$32.00 per relay. There is an additional \$18.00 swimmer surcharge. Time trial fees are \$15.00 per splash and \$60.00 per relay. There is no gate entry fee into the facility.

ENTRY DEADLINE: Wednesday, March 8, 2023 by 11:59 PM

*Any discrepancies or changes will be considered by the Area Committee but must be submitted by Friday, March 10, 2023 at midnight. There will be NO EXCEPTIONS since this is a pre-seeded meet. Meet information and TM Events can be found at www.gomotionapp.com/reczzhascil under the Area Meet tab.

ENTRY PROCEDURE: Entries are to be submitted in Hy-Tek compatible format. All entries are to be sent via email to dnalver_swim@hotmail.com. No entries will be accepted via postal mail. If submitting a written entry, please type a Word file. All entries must include swimmers' complete names and birthdates.

PAYMENT: Fees must be turned in before the Friday, March 17, 2023 session begins or before the first session your swimmers compete in. Make checks payable to Heartland YMCA Area Committee and send the payments to:

Doug Telford
3421 Red Stripe Road
Salem, IL 62881

OVER-SUBSCRIPTION: In the event that an athlete has been entered in events in excess of the daily limits and/or the meet total limits, the swimmer will be scratched from their last event of the day until they meet their entry limit.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team is required to supply certified officials. The Officials request form (see Appendix 2) must be emailed to the Officials Coordinator at 3littlefishies@hughes.net no later than March 8, 2023. Timing responsibilities will be shared by all participating teams based upon their percentage of entrants.

SIGN-UP PROCEDURE: Officials' assignments will be issued by the Meet Referee and Pool Referees. Each team will be responsible for fulfilling their timer assignments.

ATTIRE: The Meet Referee will specify the officials' attire.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Athletes check in with their respective coaches on deck. Coaches check in with the Meet Director. Officials check in with the Meet Referee in the hospitality room. Volunteers check in at the volunteer station in the lobby of the Aquatic Center.

EVENT CHECK-IN: All events are pre-seeded. There is no positive check in.



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COACHES MEETING/SCRATCH MEETING: There is a mandatory coaches meeting following Friday night's time trials.

OFFICIALS AND TIMERS MEETING: Refer to the meet timeline for official meeting times. Timers meetings will be announced and posted.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, YMCA Heartland Regional Representative, and Heartland Area Executive Committee.

RULES: The meet will run under the current Heartland Area YMCA Swimming Bylaws and Rules, Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

Failure to follow the following rules will result in immediate removal from the Aquatic Center and denial of reentry:

- No flash or lighted cameras, smartphones, tablets, or other devices may be used at and time during the meet.

- No shaving allowed on premises.

- No recording devices or cameras, including cell phones of any type, are allowed in the locker rooms or behind the blocks.

- Smoking is PROHIBITED ANYWHERE on District 7 property.

- No swim bags or swimmers in spectator mezzanine area.

- The upstairs doors leading to the mezzanine must remain closed at all times, per the Fire Marshal's order.

MEET FORMAT: The meet will be using both timed finals and prelims and finals format.

All Friday night events will be timed finals and swam fastest to slowest. Saturday and Sunday morning events will be swum as prelim/finals with the exception of all relays, the 1000 Freestyle, the 1650 Freestyle, the 200 Butterfly, the 200 Backstroke and the 200 Breaststroke events which will be swum as timed finals. All 8 & Under and 9-10 events will be swum as timed finals.

Swimmers who place in the top 16 of each prelim event on Saturday and Sunday will qualify for finals to be swum that evening of prelims. Two alternates (the next two swimmers after 16th place) will be assigned to each event. Once a prelim event has completed, the top 16 swimmers and the 2 alternates will be announced.

Swimmers in the 500, 1000, and 1650 are required to provide their own lap counters.



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EVENT SEEDING: All events will be seeded slowest to fastest, except for the following events: Friday evening's 200 Free, 500 Free, 200 IM and 400 IM; Saturday's 1650 Free, and Sunday's 1000 Free.

The order for seeding is Short Course Yards (SCY) then Short Course Meters (SCM).

The Meet Referee/Administrative Official reserves the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. 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.

Swimmers chosen for finals, consolation finals, or as alternates have 30 minutes to scratch once announcements have been made. If necessary, additional swimmers will be chosen and announced. Any swimmer, other than an alternate, who qualifies for finals or consolation finals, who does not scratch and does not participate in the finals event, will be removed from the remainder of the meet.

Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Administrative Referee one (1) hour prior to the start of each session.

DECLARED FALSE START: An athlete may withdraw from a prelim, timed final or swim-off event by electing to take a declared false start. Declared false starts cannot be used for final or consolation final events. 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: A no show in prelims or a timed finals event only removes that swimmer from that event. **A no show in a finals event will remove that swimmer from the remainder of the meet.** Failure to declare a false start, scratch or swim the event will count as a no show. In the event there is a no show for finals, swimmers from consolation finals will be moved into finals, and alternates will be moved into the consolation finals. Alternates who are not present will not be penalized for a no show if called upon to participate in finals.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Warm-up assignments will be posted online at www.gomotionapp.com/reczzhascil. Teams will need to share lane space and work cooperatively in reflection of the YMCA's core values and principles of sportsmanship.

All unaccompanied swimmers must report to the Meet Referee prior to warming up for the first session in which they are swimming. The Meet Referee shall instruct the swimmers in meet safety and assign them to warm-up lanes.



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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.

Lifeguards will be present at all times.

READY BENCH/BULLPEN: All swimmers in 10 and Under events MUST report to the bullpen on deck. Swimmers are REQUIRED to report to the ready room on deck during finals. There will be no bullpen during prelims. Swimmers will report to the blocks when the event is called.

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.

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. Please do not build an ID in Team Manager if a swimmer is not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results of each event will be posted on Meet Mobile, in the spectator viewing area, on deck, and outside the hospitality room during the meet and online at www.gomotionapp.com/reczzhascil under the Area tab after the completion of the meet. All teams will receive one (1) copy of completed meet results following the completion of all events, including time trials, and finalization of scoring. Teams may bring one (1) disk/thumb drive for computer results to pick up Sunday with awards. Please label your device.

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).



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CONDUCT AND RESTRICTIONS: In accordance with the recommendations of USA Swimming and YMCA Swimming, this meet will operate under the guidance of a Safety Marshall.

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. Deck passes will be issued to approved coaches and officials and must be displayed at all times while on deck.
- 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 is not permitted on deck.
- 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.
- All swimmers must remain in authorized areas during the meet.
- Swimmers are not permitted in the spectator stands or in the elevator.
- No swim bags or coolers in the mezzanine.
- Shaving is not permitted in any areas of the facility.
- Smoking is PROHIBITED on District 7 property.
- The upstairs doors leading to the mezzanine must remain closed at all times, per the Fire Marshal's order.

Failure to follow the established rules will result in immediate removal from the Aquatic Center and denial of reentry.

AWARDS AND RECOGNITION

SCORING: Points and awards will be rewarded to the top 16 finishers in each event.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2



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AWARDS:

Individual Awards: 1st-8th place—Championship Medals, 9th-16th place—Special Ribbons

Relay Awards: 1st-3rd place—Championship Medals, 4th-8th place—Special Ribbons.

Team Awards: 1st-3rd place—Team trophies for both large and small teams with boys and girls combined. *Large and small team divisions will be determined by the teams' rosters.

Sportsmanship Trophy

All team trophies will be presented after the conclusion of time trials on Sunday.

Only coaches or a pre-designated parent may pick up individual awards following the completion of finals.

RECOGNITIONS: A senior recognition ceremony and the John E. Lynch Scholarship presentations will take place prior to Saturday evening finals.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Heartland Area Championship meet. Time trial events will be held at the completion of each day's competition for all events 500 yards and down. Swimmers participating in time trials must be 12 years or older and have a current swim time meeting the Heartland Area 13-14 age group qualifying time.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

Time Trial fees are \$15 per splash for individual events and \$60 per relay.

Swimmers must provide two (2) timers and lap counters if applicable.

TIME TRIAL LIMITS:

USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7.)

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Time trial requests and payments must be turned in to the Administrative Referee by the start of Event 6 on Friday and by the start of the finals sessions on Saturday and Sunday. NO EXCEPTIONS!



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SPECTATORS

HEAT SHEETS/PROGRAMS: Heat sheets will be sold for \$15.00 for the entire weekend. This will include heat sheets for any returning swimmers for finals.

On-site vendors over the weekend:

B&B Aquatics—swim equipment and apparel

Northwest Designs—Area Championship apparel

CONCESSION STAND: Full concessions will be available during the meet.

SEAT SAVING POLICY: Saving seats is prohibited.

HANDICAP SEATING: Handicapped seating is available in the mezzanine. DO NOT BLOCK ACCESS to handicapped seating. Handicapped seating is RESERVED for those who require it. Anyone found blocking handicapped seating will be asked to move.

LOST AND FOUND: The Heartland Area Committee, Ozark Swimming, District 7 School District, and Chuck Fruit Aquatic Center and all respective staff are not responsible for any lost or stolen property. Please secure any and all valuables. Lost and found items will be located by the elevator. If, after the conclusion of the meet you need any further assistance, please contact Bob Rettle at (618) 407-7665.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility or utilize the elevator 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 anywhere on District 7 property.
- The upstairs doors leading to the mezzanine must remain closed at all times, per the Fire Marshal's order.

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/OZ approval, it is understood and agreed that USA Swimming and Ozark 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.



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- 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.
- The District 7 School District, Chuck Fruit Aquatic Center, Ozark Swimming, and the Heartland Area Swim Committee do not assume any responsibility for injury and lost or stolen articles.

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.

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.



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EVACUATION PROCEDURE: In the event of a fire, everyone will be evacuated to the Chuck Fruit Aquatic Center parking lot.

DIRECTIONS

From I-270, exit 157 North. Take Hwy 157 approximately 3.5 miles north. Turn right onto Center Grove Road. Go to the stop light and make a right into the District 7 Sports Complex. The Chuck Fruit Aquatic Center will be on your left.

LODGING

See Appendix 5

PARKING

Free parking is located in the Chuck Fruit Aquatic Center parking lot and in the District 7 Sports Complex. Overflow parking is available on the Edwardsville High School Campus.



The 2023 Heartland Area Championships

March 17-19, 2023

APPENDIX 1: ORDER OF EVENTS AND QUALIFYING TIMES

Friday Night Timed Finals

Girls	SCM	SCY	Event	SCY	SCM	Boys
1	3:03.16	2:45.01	11-12 200 Individual Medley	2:51.00	3:09.81	2
3	6:24.05	5:45.99	13-14 400 Individual Medley	5:34.99	6:11.83	4
5	6:09.30	5:32.70	15-21 400 Individual Medley	5:06.22	5:39.90	6
7	1:56.32	1:44.80	8 & Under 100 Free	1:34.97	1:44.80	8
9	3:24.05	3:03.83	9-10 200 Free	2:59.93	3:19.72	10
11	2:43.69	2:27.47	11-12 200 Free	2:29.05	2:45.44	12
13	5:20.55	6:06.35	13-14 500 Free	5:50.99	5:07.11	14
15	5:18.85	6:04.41	15-21 500 Free	5:36.21	4:54.18	16
17	5:57.11	6:48.12	11-12 500 Free	6:30.83	5:41.97	18

Saturday AM Prelims

Girls	SCM	SCY	Event	SCM	SCY	Boys
61	1 Entry Per Team		11-12 200 Medley Relay*	1 Entry Per Team		62
63	1 Entry Per Team		13-14 200 Medley Relay*	1 Entry Per Team		64
65	1 Entry Per Team		15-21 200 Medley Relay*	1 Entry Per Team		66
67	1:29.37	1:20.51	11-12 100 Free	1:26.08	1:35.55	68
69	1:15.46	1:07.98	13-14 100 Free	1:11.89	1:19.80	70
71	1:13.52	1:06.23	15-21 100 Free	1:02.39	1:09.25	72
73	53.38	48.09	11-12 50 Breast	51.68	57.36	74
75	1:38.72	1:28.94	13-14 100 Breast	1:40.12	1:51.31	76
77	1:42.44	1:32.29	15-21 100 Breast	1:33.08	1:43.32	78
79	1:42.45	1:32.30	11-12 100 Back	1:44.06	1:55.51	80
81	3:16.45	2:56.98	13-14 200 Back*	3:03.67	3:23.87	82
83	2:58.19	2:40.53	15-21 200 Back*	2:45.08	3:03.24	84
85	3:14.17	2:54.93	13-14 200 IM	3:10.09	3:31.00	86
87	3:10.56	2:51.68	15-21 200 IM	2:34.31	2:51.28	88
89	47.43	42.73	11-12 50 Fly	50.14	55.66	90
91	3:22.64	3:02.56	13-14 200 Fly*	2:58.54	3:18.18	92
93	3:36.31	3:14.87	15-21 200 Fly*	2:38.67	2:56.12	94
95	1 Entry Per Team		13-14 400 Free Relay*	1 Entry Per Team		96
97	1 Entry Per Team		15-21 400 Free Relay*	1 Entry Per Team		98
99	24:01.12	23:56.39	13-14 1650 Free*	24:36.64	24:42.17	100
101	24:01.12	23:56.39	15-21 1650 Free*	22:39.04	22:42.22	102

***Timed Finals Events**



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Saturday PM Timed Finals

Girls	SCM	SCY	Event	SCM	SCY	Boys
121	1 Entry Per Team		8 & Under 100 Medley Relay*	1 Entry Per Team		122
123	1 Entry Per Team		9-10 100 Medley Relay*	1 Entry Per Team		124
125	57.46	51.77	9-10 50 Fly	59.03	1:05.52	126
127	2:42.08	2:26.02	8&U 100 IM	2:12.36	2:26.92	128
129	1:57.49	1:45.85	9-10 100 IM	1:48.09	1:59.98	130
131	25.94	23.37	8&U 25 Free	25.89	28.74	132
133	1:59.10	1:47.30	9-10 100 Free	1:43.09	1:54.42	134
135	43.05	38.78	8&U 25 Breast	40.38	44.82	136
137	59.88	53.95	9-10 50 Breast	1:01.68	1:08.46	138
139	1:56.99	1:45.40	9-10 100 Back	2:02.87	2:16.39	140

Saturday Evening Finals

Girls	Qualifying Time	Event	Qualifying Time	Boys
67	Top 16 Prelims	11-12 100 Free	Top 16 Prelims	68
69	Top 16 Prelims	13-14 100 Free	Top 16 Prelims	70
71	Top 16 Prelims	15-21 100 Free	Top 16 Prelims	72
73	Top 16 Prelims	11-12 50 Breast	Top 16 Prelims	74
75	Top 16 Prelims	13-14 100 Breast	Top 16 Prelims	76
77	Top 16 Prelims	15-21 100 Breast	Top 16 Prelims	78
79	Top 16 Prelims	11-12 100 Back	Top 16 Prelims	80
85	Top 16 Prelims	13-14 200 IM	Top 16 Prelims	86
87	Top 16 Prelims	15-21 200 IM	Top 16 Prelims	88
89	Top 16 Prelims	11-12 50 Fly	Top 16 Prelims	90

Sunday AM Prelims

Girls	SCM	SCY	Event	SCM	SCY	Boys
19	1 Entry Per Team		11-12 200 Free Relay*	1 Entry Per Team		20
21	1 Entry Per Team		13-14 200 Free Relay*	1 Entry Per Team		22
23	1 Entry Per Team		15-21 200 Free Relay*	1 Entry Per Team		24
25	2:51.19	2:34.89	13-14 200 Free	2:43.99	3:02.03	26
27	2:36.39	2:20.89	15-21 200 Free	2:36.84	2:54.09	28
29	1:54.95	1:43.56	11-12 100 Breast	1:56.04	2:08.80	30
31	3:47.57	3:25.04	13-14 200 Breast*	3:26.70	3:49.44	32
33	3:55.90	3:32.52	15-21 200 Breast*	2:59.54	3:19.29	34
35	46.69	42.06	11-12 50 Back	45.91	50.96	36
37	1:25.01	1:16.59	13-14 100 Back	1:21.99	1:31.01	38

***Timed Finals Events**



The 2023 Heartland Area Championships

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Sunday AM Prelims Continued

Girls	SCM	SCY	Event	SCM	SCY	Boys
39	1:25.35	1:16.89	15-21 100 Back	1:13.05	1:21.09	40
41	2:01.26	1:49.24	11-12 100 Fly	1:43.28	1:54.64	42
43	1:33.27	1:24.03	13-14 100 Fly	1:52.09	2:04.42	44
45	1:28.66	1:19.87	15-21 100 Fly	1:20.84	1:29.73	46
47	37.72	33.98	11-12 50 Free	35.89	39.84	48
49	34.62	31.19	13-14 50 Free	30.98	34.39	50
51	34.34	30.94	15-21 50 Free	27.03	30.00	52
53	1 Entry Per Team		13-14 400 Medley Relay*	1 Entry Per Team		54
55	1 Entry Per Team		15-21 400 Medley Relay*	1 Entry Per Team		56
57	12:19.52	14:32.94	13-14 1000 Free*	14:46.64	12:58.53	58
59	13:48.45	15:42.48	15-21 1000 Free*	14:46.62	12:58.53	60

* TIMED FINAL EVENTS

Sunday PM Timed Finals

Girls	SCM	SCY	Event	SCM	SCY	Boys
103	1 Entry Per Team		8 & Under 100 Free Relay*	1 Entry Per Team		104
105	1 Entry Per Team		9-10 100 Free Relay*	1 Entry Per Team		106
107	2:09.70	1:56.85	9-10 100 Breast	2:11.54	2:26.01	108
109	29.85	26.89	8&U 25 Back	28.19	31.29	110
111	51.65	46.53	9-10 50 Back	50.06	55.57	112
113	34.43	31.02	8&U 25 Fly	38.04	42.22	114
115	2:23.86	2:09.60	9-10 100 Fly	2:14.56	2:29.36	116
117	1:03.37	57.09	8&U 50 Free	58.03	1:04.41	118
119	45.10	40.63	9-10 50 Free	41.80	46.40	120

Sunday PM Finals

Girls	Qualifying Time	Event	Qualifying Time	Boys
25	Top 16 Prelims	13-14 200 Free	Top 16 Prelims	26
27	Top 16 Prelims	15-21 200 Free	Top 16 Prelims	28
29	Top 16 Prelims	11-12 100 Breast	Top 16 Prelims	30
35	Top 16 Prelims	11-12 50 Back	Top 16 Prelims	36
37	Top 16 Prelims	13-14 100 Back	Top 16 Prelims	38
39	Top 16 Prelims	15-21 100 Back	Top 16 Prelims	40
41	Top 16 Prelims	11-12 100 Fly	Top 16 Prelims	42
43	Top 16 Prelims	13-14 100 Fly	Top 16 Prelims	44
45	Top 16 Prelims	15-21 100 Fly	Top 16 Prelims	46
47	Top 16 Prelims	11-12 50 Free	Top 16 Prelims	48
49	Top 16 Prelims	13-14 50 Free	Top 16 Prelims	50
51	Top 16 Prelims	15-21 50 Free	Top 16 Prelims	52



The 2023 Heartland Area Championships March 17-19, 2023

APPENDIX 2: OFFICIALS REQUEST FORM

Heartland Area Swimming Championships

Officials for 2023 Area Championships

Each team is **required** to supply certified officials for the Heartland Area Swimming Championships. This completed form is part of your team's entry process. **Without this form, your team is not considered entered into the Area Championships.**

Team: _____

Officials' Names	Certification Level 1 or 2	Friday Session Availability	Saturday Session Availability	Sunday Session Availability
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Please return this form to:

Patty Draves

3littlefishies@hughes.net

This form must be received by March 13, 2023 at 12:00 p.m.

E-MAIL SUBMISSIONS ARE REQUIRED.



The 2023 Heartland Area Championships March 17-19, 2023

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

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, 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 2023 Heartland Area 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 2023 Heartland Area 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, District 7, their agents, representatives or assigns, and the Chuck Fruit Aquatic Center for any and all injuries which may be suffered by participants at the 2023 Heartland Area Championships. Furthermore, we understand that the YMCA of the USA, and District 7 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



The 2023 Heartland Area Championships March 17-19, 2023

APPENDIX 4: ENTRY FEE SUMMARY/LIABILITY RELEASE

Complete this form and mail in along with your meet fees to:

Heartland Area YMCA Committee

Checks are made payable to Heartland Area YMCA Committee

Summary of Fees:

Individual Entries _____ X \$8.00 = _____

Relay Entries _____ X \$32.00 = _____

Swimmers _____ X \$18.00 = _____

Total: _____

Name of Team: _____

Code: _____

Head Coach: _____

Phone: _____

Email Contact: _____

Certified Coaches Attending the Meet:

1. _____

2. _____

3. _____

4. _____

In consideration of this entry and its acceptance, I am intending to be legally bound, hereby cosign, waive, and release any and all rights and claims for damages which may occur against the Heartland Area Swim Committee, District 7 School District, Chuck Fruit Aquatic Center, and their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as any representative of my club and/or association.

Executive Director

Date

Head Coach

Date



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APPENDIX 5: LODGING



Hampton Inn & Suites
5723 Heritage Crossing Drive
Glen Carbon, IL 62034
(618)589-5000



Holiday Inn Express & Suites
1000 Plummer Drive
Edwardsville, IL 62025
(618)692-7255



Comfort Inn
3080 S SR 157
Edwardsville, IL 62025
(618)656-4900



Townplace Suites by Marriott
6101 Center Grove Road
Edwardsville, IL 62025
*Opens January 2023



Country Hearth Inn & Suites
1013 Plummer Drive
Edwardsville, IL 62025
(618)656-7829



Holiday Inn Express
2011 Formosa Road
Troy, IL 62294
(618)667-2301



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This is the last page of the Meet Announcement