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# 2025 Heartland Area Championships

## MEET ANNOUNCEMENT

### **About the Championship**

Date: March 21-23, 2025

Location: Chuck Fruit Aquatic Center

Entry Deadline: March 12, 2025

Hosted by: Heartland Area Swim Committee

Meet Director: Donald Hockmeyer

Web Site: <https://www.gomotionapp.com/team/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 OZ of USA Swimming.

YMCA Sanction number: CAQ-2025-MO01065841

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.

### Friday, March 21, 2025 TIMED FINALS (Session 1)

5:00-5:30 PM Mandatory Coaches Meeting

5:30-6:15 PM Warm-ups

5:30 PM Scratch Sheets Due

5:30 PM Officials Meeting

6:00 PM Timers Briefing

6:15 PM 1<sup>st</sup> Event Called

6:30 PM Meet Begins

Immediately following last event—Time Trials

### Saturday, March 22, 2025 AM PRELIMINARIES (Session 2)

7:00-7:50 AM Warm-ups

7:00 AM Officials Meeting

7:00 AM Relay Cards/Scratch Sheets Due

7:30 AM Timers Briefing

7:50 AM 1<sup>st</sup> Event Called

8:00 AM Meet Begins

### Saturday, March 22, 2025 Afternoon TIMED FINALS (Session 3)

1:00-1:45 PM Warm-ups



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1:00 PM Officials Meeting  
1:15 PM Relay Cards/Scratch Sheets Due  
1:30 PM Timers Briefing  
1:45 PM 1<sup>st</sup> Event Called  
2:00 PM Meet begins

### Saturday, March 22, 2025 PM FINALS (Session 4)

5:00-5:45 Open Warm-ups  
5:00 PM Officials Meeting  
5:30 PM Timers Briefing  
5:45 PM 1<sup>st</sup> Event Called  
6:00 PM Meet Begins  
Immediately following last event—Time Trials

### Sunday, March 23, 2025 AM PRELIMINARIES (Session 5)

7:00-7:50 AM Warm-ups  
7:00 AM Officials Meeting  
7:00 AM Relay Cards/Scratch Sheets Due  
7:30 AM Timers Briefing  
7:50 AM 1<sup>st</sup> Event Called  
8:00 AM Meet Begins

### Sunday, March 23, 2025 Afternoon TIMED FINALS (Session 6)

1:00-1:45 PM Warm-ups  
1:00 PM Officials Meeting  
1:15 PM Relay Cards/Scratch Sheets Due  
1:30 PM Timers Briefing  
1:45 PM 1<sup>st</sup> Event Called  
2:00 PM Meet Begins

### Sunday, March 23, 2025 PM FINALS (Session 7)

5:00-5:45 PM Warm-ups  
5:00 PM Officials Meeting  
5:30 PM Timers Briefing  
5:45 PM 1<sup>st</sup> Event Called  
6:00 PM Meet Begins  
Immediately following last event—Time Trials



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**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.

**COVID-19 RELATED PROTOCOLS:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., the Heartland Area Swimming Committee, and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming, Ozark Swimming, the Heartland Area Swimming Committee and each of their officers, directors, agents, employees or other representatives from any and all liability or claims for personal injuries, death, disease or property losses, or any other loss including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

### LOCATION AND FACILITY

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

Emergency Phone Number: (618) 407-7665

The Chuck Fruit Aquatic Center is configured as a 8 lane, 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, and electronic Colorado timing system with touch pads, beep start system, and a full matrix lane scoreboard. Water depth at start is 7 feet (minimum 5 feet required) and at turn end is 7 feet. The competition course has been certified in accordance with 104.2.2C (4)

There is no entry fee into the Aquatic Center. 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 mezzanine area. Parents and



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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.

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/team/reczzhascil](http://www.gomotionapp.com/team/reczzhascil)

Online Meet Results: Meet Mobile will be available. Daily event results will be posted outside the hospitality room during the meet.

### CONTACT INFORMATION

Meet Director/Safety Director: Donald Hockmeyer, [dhockmeyer@gmail.com](mailto:dhockmeyer@gmail.com), (314)960-4092

Meet Referee/Officials Coordinator: Patty Draves, [3littlefishies@hughes.net](mailto:3littlefishies@hughes.net), (314)570-6805

Administrative Official/Entry Chairperson: Dana LeVasseur, [dnalver\\_swim@hotmail.com](mailto:dnalver_swim@hotmail.com), (804)986--9591

### NOTICES

#### IMPORTANT DATES;

Wednesday, March 12, 2025--Entries by 11:59 PM

Friday, March 14, 2025--Deadline to request corrections/changes by 11:59 PM

Monday, March 17, 2025--Psych Sheet posted online by 10 PM

Wednesday, March 19, 2025--Warm-up and Timer Assignments posted online by 10 PM



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### 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:** An athlete must be at least 5 years of age, and not older than twenty-one (21) years of age on the first day meet. A swimmer's age as of March 21, 2025 will determine his or her age for the entire meet.

Athletes age 12 and under may not compete in Technical Suits, as defined in the USA Swimming Rulebook (rule 102.8.1F)

**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, 2024.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2024 and the entry deadline (see Appendix 1.)

**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.

**Adult (18 and Older) Athlete Requirement:** In compliance with the U.S. Center for Safe Sport's standards, YMCA athletes age 18 and older will be required to complete Athlete Protection Training (APT). Proof of completion between the dates of March 23, 2024 and March 1, 2025 must be submitted to the Meet Referee prior to competing. Failure to do so will result in removal from the meet.



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**OTHER:** A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

### 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.

**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. Teams without a coach present at the meet will need to complete the Coach Authorization form which will designate the certified and credentialed Coach who will be responsible to supervise the affected athletes (see Appendix 5.)

### TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.



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**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.

The Meet Declaration Form (see Appendix 3) verifying team registration and insurance must be completed and submitted as part of a team's entry protocol.

## 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.

Swimmers competing in preliminary/finals events are limited to three (3) individual events on Friday, three (3) individual events on Saturday, three (3) individual events on Sunday, and two (2) relay events per day. (USA-S rule 102.2.2)

Swimmers competing exclusively in timed finals events may compete in not more than six (6) individual events per day and two (2) relay events per day. (USA-S rules 102.2.3 and 102.2.6)

Swimmers with a 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 old, 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 (2) age groups for 11-12's only.) The 8 & under and 9-10 age groups cannot swim up two (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 rules 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 6 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, 2024 through the last day of the 2025 Heartland Regional Championship meets.





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**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 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 conversions 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.

**ENTRY FEES:** \$8.00 per individual event and \$32 per relay. There is an additional \$18.00 swimmer surcharge. Time trial fees are \$15.00 per splash and \$60.00 per relay.

**ENTRY DEADLINE:** Wednesday, March 12, 2025 by 11:59 PM

\*Any discrepancies or changes will be considered by the Area Committee but must be submitted by Friday, March 14, 2025 at midnight. There will be NO EXCEPTIONS since this is a pre-seeded meet.

**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](mailto: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 swimmer's complete name and birth date.

Entry protocol requires submission of Officials Request Form (Appendix 2), YMCA Sanctioned Meet Declaration Form (Appendix 3), Entry Fee Summary (Appendix 4), and Coaches Authorization Form (Appendix 5), if applicable. Copies of completed forms can be emailed to [hrtIndYswim@hotmail.com](mailto:hrtIndYswim@hotmail.com).

**PAYMENT:** Fees must be turned in before the Friday, March 21, 2025 session begins or before the first session your swimmers compete in. Make checks payable to Heartland YMCA Area Committee. Teams submitting payment via journal entry, must send a copy of the Journal request to Donald at [dhockmeyer@gmail.com](mailto:dhockmeyer@gmail.com).

Send the payments to:  
Donald Hockmeyer  
1211 Olive St.  
St. Charles, MO 63301



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**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:** Each team is required to supply certified officials. The Official request form (see Appendix 2) must be emailed to the Officials Coordinator at [3littlefishies@hughes.net](mailto:3littlefishies@hughes.net) no later than March 12, 2025.

Officials check-in and meetings will be held in the hospitality room prior to each session (see Meet Timeline.)

Officials' assignments will be issued by the Meet Referee and Pool Referees. Officials are asked to work as many sessions as possible, with a minimum of 2 sessions.

Officials will be issued session specific lanyards which must be worn at all times while officiating.

**TIMERS:** Timing responsibilities will be shared by all participating teams based upon their percentage of entrants. Each team's timer assignments will be issued by the Heartland Area Swim Committee. Each team is responsible for fulfilling their timer assignments. All timers are required to attend the timers meeting prior to their assigned session regardless of their timing experience or event block assignment (see Meet Timeline.)

Timers must be 16 years of age or older with experience timing at a YMCA meet.

Timers must check in at the Volunteer Desk to be issued their lanyards. Only timers with lanyards will be allowed on deck during the sessions specified on their lanyard. \*Lanyards only give timers access to the deck for timing purposes. Timers misusing this privilege will be removed from their timing assignment and their team will be required to present an alternative timer.

### **ATTIRE:**

Officials' attire for prelims and timed finals:

<u>Men</u>	<u>Women</u>
white collared shirt with sleeves	white collared shirt with or without sleeves
navy blue slacks or shorts	navy blue slacks, shorts, skirts/skorts
white shoes (no sandals)	white shoes (no sandals)

Officials attire for finals of prelim/finals events:



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### Men

white collared shirt with sleeves  
khaki slacks  
white shoes (no sandals)

### Women

white collared shirt with sleeves  
khaki slacks  
white shoes (no sandals)

All volunteers, regardless of assignment, are prohibited from wearing items that advertise alcohol, nicotine, cannabinoids, tobacco, tobacco related products, or convey lewd or political statements. Volunteers wearing prohibited articles of clothing will be asked to replace the article of clothing with an approved garment. Failure to do so will result in dismissal from their volunteer position, and their team will be responsible for providing an alternate volunteer.

**OTHER VOLUNTEERS:** All teams will be required to provide support staff. They will be assigned by the Heartland Area Executive Board and include (but are not limited to) the jobs of timers, runners, safety marshals, awards distributors, officials, announcers, and console operators.

## CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Athletes check in with their respective coaches on deck.

Coaches check in with the Meet Director at the coaches' meeting prior to Friday's warm-ups. Coaches, whose certifications have been verified, will be issued lanyards which must be worn at all times while on deck.

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.

**COACHES MEETING/SCRATCH MEETING:** There is a mandatory coaches' meeting prior to Friday night's warm-ups (see Meet Timeline.) A minimum of one (1) verified coach per team **MUST** attend the meeting. Any coach expecting to be late is asked to call or text the Meet Referee to relay their anticipated arrival time.

Coaches will receive their lanyards, granting deck privileges, at the coaches' meeting. Absent coaches must check in with the Meet Referee at the Volunteer Desk in order to gain pool access.

**OFFICIALS AND TIMERS MEETING:** Refer to the meet timeline for Officials' and Timers' meeting times. Timer meetings will also be announced.



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### CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, YMCA Regional Representative, and the Heartland 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 re-entry:

No flash or lighted cameras, smart phones, tablets, or other devices may be used at any 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:** Swimmer's age will be determined as of the first day of the meet.

The meet will be swum using a timed finals and preliminary 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, the 200 Breaststroke, and the 11-12 200 Free. 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 swam that evening of prelims. Two alternates (swimmers in 17<sup>th</sup> and 18<sup>th</sup> place) will be assigned to each event. Once a prelim event has completed, the top 16 swimmers and the 2 alternates will be announced.



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Finals will consist of 2 heats: a Consolation (B) Final and a Championship (A) Final. The B final, swimmers placing 9-16, will swim first and have their names announced while in the water. Upon completing their event, the B final swimmers will exit the water while the A final is paraded out. The A final swimmers, placing 1-8, will have their names announced, prior to their swims, as they stand behind the blocks. Awards for the top 8 of each finals event will be presented behind the blocks. The coach of the winning swimmer will present the awards to all swimmers in that event.

**Swimmers in the 500, 1000, and 1650 are required to provide their own lap counters. Only one (1) lap counter is permitted per swimmer. Lap counters who are non-competing swimmers must register at the Volunteer Check-in Desk. Timers will be provided.**

**EVENT SEEDING:** 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, and Sunday's 1000 Free.

The order for seeding is Short Course Yards (SCY) and 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 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



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number of events allowed for each athlete. Declared false starts cannot be used for final or consolation final events.

**NO SHOW:** In the event of an empty lane, the swimmer's name will be announced twice. Once the official starting procedure for a heat begins, the late swimmer or relay immediately becomes a "no show" and will be barred from swimming that event. An athlete who is seeded in a timed finals or preliminary event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

Failure to declare a false start, scratch or swim the event will count as a no show.

A no show in the finals of a prelim/finals event will remove that swimmer from the remainder of the meet. 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](http://www.gomotionapp.com/reczzhascil). Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

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.

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.

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 competing in finals of prelim/finals events are REQUIRED to report to the ready room on deck. There will be no bullpen for swimmers competing in 11-21 timed final and preliminary events. Swimmers in 11-21 events must report to the blocks when their event is called.



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**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.

Any swimmer entered into the meet must be certified by a YMCA Swimming coach as being proficient in performing a racing start or must start from within the water without the use of a backstroke ledge. When unaccompanied by a coach, it is the responsibility of the swimmer to ensure compliance with the requirement.

**SWIM-OFFS:** Swim-offs will be conducted for ties for 8th, 16th and 18th places.

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-S Rule 102.5.2)

A swimmer can take a declared false start (DFS) in a swim-off and be relegated to the lowest place being contested.

A swimmer can scratch from the event which may eliminate the need for a swim-off.

**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 and/or noted in Meet Mobile are unofficial until final results are published. Results will be posted in the spectator viewing area, on deck, and outside the hospitality room during the meet and online at [www.gomotionapp.com/reczzhascil](http://www.gomotionapp.com/reczzhascil) under the Area tab after 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. All decisions made by the Championship Committee will be final.

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:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Athletes age 12 and under may not compete in Technical Suits. (USA\_S rule 102.8.1F)
- 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 bottles/containers are prohibited.
- 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.
- No chairs or coolers are allowed in the spectator seating area.
- 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 and vaping is prohibited on District 7 property.
- The upstairs doors leading to the mezzanine must remain closed at all times. Exit doors and aisles should not be blocked.
- All trash should be properly disposed of.

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





# 2025 Heartland Area Championships

## March 21-23, 2025

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### 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

**AWARDS:**

Individual Awards: 1<sup>st</sup>-8<sup>th</sup> place—Championship medals, 9<sup>th</sup>-16<sup>th</sup> place—Special Ribbons

Relay Awards: 1<sup>st</sup>-3<sup>rd</sup> place—Championship medals, 4<sup>th</sup>-8<sup>th</sup> place—Special Ribbons

Team Awards: 1<sup>st</sup>-3<sup>rd</sup> 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 Award: Team representatives will vote for the team that has best illustrated the YMCA Core Values throughout the 2024-2025 season.

The timeline for awarding 10 and under awards will be distributed at the coaches' meeting on Friday (see Meet Timeline.)

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 Championship meet.

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 \$20 per splash for individual events and \$80 per relay. Time trial fees are non-refundable.

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

**TIME TRIAL LIMITS:**



## 2025 Heartland Area Championships March 21-23, 2025

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Note: USA-S rules limit the total number of individual event swims (USA-S rule 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!

Time trial forms require a coach's signature authorizing the submission. Forms without a coach's signature will not be accepted.

**TIME TRIAL PROCEDURE:** 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 in the event in which they are entered for time trials.

Time Trial entries may be limited so the sessions will be completed by 9:15 PM each day. The Time Trial Referee reserves the right to terminate the sessions at 9:30 PM.

### SPECTATORS

**ADMISSION FEE:** There is no admission fee to the Chuck Fruit Aquatic Center.

**HEAT SHEETS/PROGRAMS:** Heat sheets will be sold for \$20.00 for the entire weekend. This will include heat sheets for any swimmers returning for finals.

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

**ATHLETE APPAREL:** Area Championship apparel and swim apparel will be available on-site.

**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, the Chuck Fruit Aquatic Center and all respective staff are not responsible for any lost or stolen property. Please secure any and all valuables.



## 2025 Heartland Area Championships March 21-23, 2025

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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.
- 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.
- No smoking, vaping, drugs, or alcohol are permitted anywhere on District 7 property.
- The upstairs doors leading to the mezzanine must remain closed at all times.

### **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.
- 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 or lost and 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.



## 2025 Heartland Area Championships March 21-23, 2025

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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.

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



## **2025 Heartland Area Championships March 21-23, 2025**

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### **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 6

### **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.



## 2025 Heartland Area Championships March 21-23, 2025

### APPENDIX 1: ORDER OF EVENTS AND QUALIFYING TIMES

#### Friday Night Timed Finals

Girls	SCM	SCY	Event	SCY	SCM	Boys
1	3:38.80	3:17.12	11-12 200 Individual Medley	3:29.60	3:52.66	2
3	6:45.86	6:05.64	13-14 400 Individual Medley	6:04.69	6:44.81	4
5	6:47.25	6:06.89	15-21 400 Individual Medley	5:48.36	6:26.68	6
7	3:58.99	3:35.31	9-10 200 Freestyle	3:55.89	4:21.84	8
9	6:10.14	7:01.89	11-12 500 Freestyle	7:53.49	6:56.19	10
11	6:12.64	7:04.69	13-14 500 Freestyle	6:48.54	5:58.22	12
13	5:41.38	6:29.67	15-21 500 Freestyle	6:48.54	5:58.22	14

#### Saturday AM Preliminaries

Girls	SCM	SCY	Event	SCY	SCM	Boys
59	1 Entry Per Team		11-12 200 Medley Relay	1 Entry Per Team		60
61	1 Entry Per Team		13-14 200 Medley Relay	1 Entry Per Team		62
63	1 Entry Per Team		15-21 200 Medley Relay	1 Entry Per Team		64
65	1:26.87	1:18.26	11-12 100 Freestyle	1:22.73	1:31.83	66
67	1:15.46	1:07.98	13-14 100 Freestyle	1:08.47	1:16.00	68
69	1:13.52	1:06.23	15-21 100 Freestyle	1:02.39	1:09.25	70
71	1:54.95	1:43.56	11-12 100 Breaststroke	1:56.04	2:08.80	72
73	1:38.72	1:28.94	13-14 100 Breaststroke	1:38.56	1:49.40	74
75	1:42.44	1:32.29	15-21 100 Breaststroke	1:33.08	1:43.32	76
77	1:42.45	1:32.30	11-12 100 Backstroke	1:39.64	1:50.60	78
79	3:16.45	2:56.98	13-14 200 Backstroke	3:03.67	3:23.87	80
81	2:58.19	2:40.53	15-21 200 Backstroke	2:45.08	3:03.24	82
83	3:14.17	2:54.93	13-14 200 Individual Medley	3:08.71	3:29.47	84
85	3:10.56	2:51.68	15-21 200 Individual Medley	2:34.31	2:51.28	86
87	46.46	41.86	11-12 50 Butterfly	49.23	54.64	88
89	3:22.64	3:02.56	13-14 200 Butterfly	2:58.54	3:18.18	90
91	3:36.31	3:14.87	15-21 200 Butterfly	2:38.67	2:56.12	92
93	1 Entry Per Team		13-14 400 Freestyle Relay	1 Entry Per Team		94
95	1 Entry Per Team		15-21 400 Freestyle Relay	1 Entry Per Team		96
97	24:01.12	23:56.39	13-14 1650 Freestyle	24:36.64	24:42.17	98
99	24:01.12	23:56.39	15-21 1650 Freestyle	22:39.04	22:42.22	100



# 2025 Heartland Area Championships

## March 21-23, 2025

### Saturday Timed Finals

Girls	SCM	SCY	Event	SCY	SCM	Boys
119	1 Entry Per Team		8 & Under 100 Medley Relay	1 Entry Per Team		120
121	1 Entry Per Team		9-10 200 Medley Relay	1 Entry Per Team		122
123	57.46	51.77	9-10 50 Butterfly	59.03	1:05.52	124
125	2:41.30	2:25.32	8 & Under 100 Individual Medley	2:12.36	2:26.92	126
127	1:57.49	1:45.85	9-10 100 Individual Medley	1:48.09	1:59.98	128
129	2:13.18	1:59.98	8 & Under 100 Freestyle	2:08.62	2:22.77	130
131	1:54.33	1:43.09	9-10 100 Freestyle	1:38.77	1:49.63	132
133	37.73	33.99	8 & Under 25 Breaststroke	40.38	44.82	134
135	59.88	53.95	9-10 50 Breaststroke	1:01.68	1:08.46	136
137	25.01	22.53	8 & Under 25 Freestyle	25.89	28.74	138
139	1:56.99	1:45.40	9-10 100 Backstroke	2:02.87	2:16.39	140

### Saturday PM Finals

Girls	Qualifying Time	Event	Qualifying Time	Boys
65	Top 16 Prelims	11-12 100 Freestyle	Top 16 Prelims	66
67	Top 16 Prelims	13-14 100 Freestyle	Top 16 Prelims	68
69	Top 16 Prelims	15-21 100 Freestyle	Top 16 Prelims	70
71	Top 16 Prelims	11-12 100 Breaststroke	Top 16 Prelims	72
73	Top 16 Prelims	13-14 100 Breaststroke	Top 16 Prelims	74
75	Top 16 Prelims	15-21 100 Breaststroke	Top 16 Prelims	76
77	Top 16 Prelims	11-12 100 Backstroke	Top 16 Prelims	78
83	Top 16 Prelims	13-14 200 Individual Medley	Top 16 Prelims	84
85	Top 16 Prelims	15-21 200 Individual Medley	Top 16 Prelims	86
87	Top 16 Prelims	11-12 50 Butterfly	Top 16 Prelims	88

### Sunday AM Preliminaries

Girls	SCM	SCY	Event	SCY	SCM	Boys
15	1 Entry Per Team		11-12 200 Freestyle Relay	1 Entry Per Team		16
17	1 Entry Per Team		13-14 200 Freestyle Relay	1 Entry Per Team		18
19	1 Entry Per Team		15-21 200 Freestyle Relay	1 Entry Per Team		20
21	3:15.43	2:56.06	11-12 200 Freestyle	3:04.89	3:25.23	22
23	2:51.19	2:34.89	13-14 200 Freestyle	2:43.99	3:02.03	24
25	2:36.39	2:20.89	15-21 200 Freestyle	2:36.84	2:54.09	26
27	50:24.00	21:36.00	11-12 50 Breaststroke	19:12.00	38:24.00	28
29	3:47.57	3:25.04	13-14 200 Breaststroke	3:26.70	3:49.44	30
31	3:55.90	3:32.52	15-21 200 Breaststroke	2:59.54	3:19.29	32



# 2025 Heartland Area Championships

## March 21-23, 2025

### Sunday Preliminaries Continued

Girls	SCM	SCY	Event	SCY	SCM	Boys
33	46.12	41.59	11-12 50 Backstroke	43.8	48.61	34
35	1:25.01	1:16.59	13-14 100 Backstroke	1:21.99	1:31.01	36
37	1:25.35	1:16.89	15-21 100 Backstroke	2:53.05	1:21.09	38
39	2:01.26	1:49.24	11-12 100 Butterfly	1:43.28	1:54.64	40
41	1:33.27	1:24.03	13-14 100 Butterfly	1:44.28	1:55.75	42
43	1:28.66	1:19.87	15-21 100 Butterfly	1:20.84	1:29.73	44
45	37.72	33.98	11-12 50 Freestyle	35.59	39.27	46
47	34.25	30.86	13-14 50 Freestyle	30.74	34.12	48
49	34.16	30.78	15-21 50 Freestyle	27.03	30	50
51	1 Entry Per Team		13-14 400 Medley Relay	1 Entry Per Team		52
53	1 Entry Per Team		15-21 400 Medley Relay	1 Entry Per Team		54
55	12:19.52	14:02.94	13-14 1000 Freestyle	14:46.64	12:58.53	56
57	13:48.45	15:42.58	15-21 1000 Freestyle	14:46.64	12:58.53	58

### Sunday Timed Finals

Girls	SCM	SCY	Event	SCY	SCM	Boys
101	1 Entry Per Team		8 & Under 100 Freestyle Relay	1 Entry Per Team		102
103	1 Entry Per Team		9-10 200 Freestyle Relay	1 Entry Per Team		104
105	2:09.70	1:56.85	9-10 100 Breaststroke	2:11.54	2:26.01	106
107	29.02	26.15	8 & Under 25 Backstroke	28.19	31.29	108
109	51.65	46.53	9-10 50 Backstroke	49.17	54.58	110
111	33.94	30.58	8 & Under 25 Butterfly	38.04	42.22	112
113	57.46	51.77	9-10 100 Butterfly	59.03	1:05.52	114
115	1:02.02	55.87	8 & Under 50 Freestyle	58.03	1:04.41	116
117	45.1	40.63	9-10 50 Freestyle	41.21	45.74	118

### Sunday PM Finals

Girls	Qualifying Time	Event	Qualifying Time	Boys
21	Top 16 Prelims	11-12 200 Freestyle	Top 16 Prelims	22
23	Top 16 Prelims	13-14 200 Freestyle	Top 16 Prelims	24
25	Top 16 Prelims	15-21 200 Freestyle	Top 16 Prelims	26
27	Top 16 Prelims	11-12 50 Breaststroke	Top 16 Prelims	28
33	Top 16 Prelims	11-12 50 Backstroke	Top 16 Prelims	34
35	Top 16 Prelims	13-14 100 Backstroke	Top 16 Prelims	36
37	Top 16 Prelims	15-21 100 Backstroke	Top 16 Prelims	38
39	Top 16 Prelims	11-12 100 Butterfly	Top 16 Prelims	40
41	Top 16 Prelims	13-14 100 Butterfly	Top 16 Prelims	42
43	Top 16 Prelims	15-21 100 Butterfly	Top 16 Prelims	44
45	Top 16 Prelims	11-12 50 Freestyle	Top 16 Prelims	46
47	Top 16 Prelims	13-14 50 Freestyle	Top 16 Prelims	48
49	Top 16 Prelims	15-21 50 Freestyle	Top 16 Prelims	50





## 2025 Heartland Area Championships March 21-23, 2025

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### APPENDIX 2: OFFICIALS REQUEST FORM

#### Heartland Area Swimming Championships

Officials for 2025 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

[hrtIndYswim@hotmail.com](mailto:hrtIndYswim@hotmail.com)

**This form must be received by March 12, 2025 at 11:59 p.m.**

**E-MAIL SUBMISSIONS ARE REQUIRED.**



## 2025 Heartland Area Championships March 21-23, 2025

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### 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. All swimmers age 18 and older must have completed Child/Athlete Protection Training within the past 12 months.

**COACHES** - All coaches representing the YMCA above hold current certifications in BLS/Professional Rescue CPR, First Aid, Safety Training for Swim Coaches Online and In-water training (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) , Child/Athlete Protection Training, and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Heartland Area Swimming Championships for the entire 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 participants, coaches, volunteers, leadership and swimmers during their participation in the Heartland Area Swimming 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, the Heartland Area Swimming Committee, District 7 School District, their agents, representatives or assigns, and the Chuck Fruit Aquatic Center for any and all injuries which may be suffered by participants at the Heartland Area Swimming Championships. Furthermore, we understand that the YMCA of the USA, the Heartland Area Swimming Committee, 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*



## 2025 Heartland Area Championships March 21-23, 2025

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### 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



# 2025 Heartland Area Championships March 21-23, 2025

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## APPENDIX 5: COACHES AUTHORIZATION FORM



### Heartland Area Championship Coaches Authorization

This procedure has been established to provide for the safety of all participants and to ensure that certified coaches are present with all athletes at the meet. Please complete this form if your team is to be represented by another coach for part or all of the meet. The representing coach needs to bring the signed form to Check-In. Do not send this form to the Meet Director.

**YMCA Association #:** \_\_\_\_\_

**YMCA Name:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

The [YMCA NAME]: \_\_\_\_\_ swim team does not have a certified and registered coach attending part or all of the meet. We authorize \_\_\_\_\_

\_\_\_\_\_, coach of the [YMCA NAME] \_\_\_\_\_

\_\_\_\_\_ swim team, to represent and supervise our participants on the pool deck on the following dates and sessions: \_\_\_\_\_

\_\_\_\_\_.

\_\_\_\_\_  
(CEO / Executive Director)

\_\_\_\_\_  
(Date)

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### Representing YMCA Coach

I agree to represent [YMCA NAME]: \_\_\_\_\_ participants at the 2025 Heartland Area Championship Meet. I will be present during their events and see that they are supervised while on deck. This procedure involves safety considerations. I will file relay cards and deposit scratch cards at the designated times and supervise warm-ups. In the event of injury, I will assume responsibility for administering immediate first aid and determining if an emergency squad is needed if further treatment is warranted.

\_\_\_\_\_  
(Certified Coach)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(YMCA Name)

\_\_\_\_\_  
(YMCA Association #)



## 2025 Heartland Area Championships March 21-23, 2025

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### APPENDIX 6: 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