

**CHAMPAIGN COUNTY YMCA HEAT
MID-WINTER CLASSIC PRELIMS-FINALS MEET
JANUARY 17-19, 2025**

**Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
SANCTION # ILS0126-25**

MEET DIRECTOR

Will Barker
c/o Champaign County YMCA HEAT
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Phone: 217-239-2806
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MEET REFEREE

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SAFETY CHAIRPERSON

Will Barker
will@ccymca.net

Admin Official

Larry Fahnestock
lafahnestock@sbcglobal.net

IDPH Compliance Coord.

Will Barker/Jeff Dobrick, COO
will@ccymca.net

LOCATION: Urbana Indoor Aquatic Center, Urbana School District #116, 102 E. Michigan Ave., Urbana, Illinois (Pool is located on the corner of Vine St. & Michigan Ave). DIRECTIONS ARE IN THIS PACKET

FACILITY: 8-lane, 25 yard pool with Competitor non-turbulent lane markers, Colorado Timing equipment, custom designed starting blocks, continuous warm-up/down pool available. Pool depth is at least 6.5 ft at start end, 4 ft at turn end. Swimmers may use the diving well for warming up and warming down only. They must enter from the diving board end, feet first entry only. There is spectator seating for 300 in bleacher section. The competition course has not been certified in accordance with 104.2.2C(4).

FORMAT: **Friday, January 17:** Timed Finals

Session 1 – Friday evening

Warm-ups: 4:30 PM Meet Starts: 6:00 PM

Saturday, January 18

Session 2 – Early Morning: Prelims (11 and over)

Warm-ups: 7:00 AM Meet Starts: 8:15 AM

***Relays will be conducted as timed finals events.

Session 3 – Afternoon: Prelims (10 and Under); Timed Finals (8 and Under and relays)

Warm-ups: not before 11:30 PM Meet Starts: not before 12:45 PM

Session 4 – Evening: Finals

Warm-ups: not before 5:00 pm Meet Starts: not before 6:00 PM

- Top 8 finishers from Session 3, 10 & Under events (1 heat per event)
- Top 16 finishers from Session 2, 11-12 events (2 heats per event)
- Top 16 finishers from Session 2, Open events (2 heats per event)

Sunday, January 19

Session 5 – Morning: Timed Finals (10 and Under)

Warm-ups: 7:00 AM Meet Starts: 8:15 AM

Session 6 – Afternoon: Timed Finals (11 and over)

Warm-ups: not before 12:00 pm Meet Starts: 1:15 PM

Session 7 – Late Afternoon: 1650 Freestyle (The mile does not count against daily total)

Warm-ups: immediately after Session 6; Meet Starts: 20 minutes after warm-ups.

All events will be seeded from slowest to fastest; the 1650 freestyle will be seeded and run from fastest to slowest, alternating girls' and boys' heats.

RULES & SAFETY:

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. Except where 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.

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

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water.

When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY:

All USA Swimming registered swimmers are eligible. All swimmers must be 2025 registered athletes with USA Swimming prior to the entry deadline. Registration numbers must accompany entries. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of January 17, 2025 will determine their age for the meet.

**USA SWIMMING, INC
MEMBERSHIP:**

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be current members of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming may not participate in the meet or be on deck. All coaches and officials must show proof of registration upon request.

QUALIFYING TIMES:

There are no qualifying times for this meet.

ENTRY DEADLINE:

Entries will not be accepted before 8:00 AM, December 13, 2024. **Entry deadline is January 6, 2025.** Teams will be entered on a first come, first served basis until sessions are filled to the 4-hour rule for each session. Hand, phone, or fax entries will not be accepted. No team entries will be broken. A hard copy with payment **MUST** be received within 48 hours of email date.

ENTRIES:

This meet will be run with the Hytek Meet Manager v. 8.0 program. Email entries are encouraged for individual swimmers and required for teams with three or more swimmers (entries prepared using the Hytek Commlink or Team Manager programs will be accepted -- remember to "age up" swimmers). Individual swimmers are encouraged to use Team Manager 5.0 Lite (<http://www.hy-tekltd.com/downloads.html>) to prepare their electronic entries. **Electronic entries should be sent ONLY to the Meet Entry Chair at Heat@ccymca.net..** A printed copy **MUST** be received within 48 hours of email date. The printed copy is the final word in entry disputes.

All entries must comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Age determined on January 17, 2025. All times must be completed to the hundredth of a second and submitted in yards times. Deck entries: (a) will be allowed if the timeline permits; (b) can only be from a team already entered by the deadline (unattached swimmers must also be entered by the deadline); (c) must be to the Clerk of Course by the time positive check-in closes; and (d) must be paid in full at the time of deck entry. A signed Summary Fee/Release Form provided in this packet and payment in full must accompany all entries. Checks should be made payable to: **Champaign County YMCA HEAT**

Maximum entries per swimmer:

- Friday: 2 individual events

- Saturday: 3 individual prelims/finals events + 1 relay (10&U, 11-12, and Open); 4 individual timed finals events + 1 relay (8 & Under).
- Sunday: 4 individual events + 1 relay. (the Mile does NOT count against this daily total)

TIME TRIALS: May be available at the end of Sunday afternoon session if time permits. Forward requests to the Meet Referee on the day of the meet.

ENTRY LIMITATIONS: Due to time restrictions, the Champaign County YMCA HEAT reserves the right to **limit the number of heats in all individual events during Friday's session as well as the 1650 Freestyle sessions on Sunday and to cancel any relay events.** Teams will be notified by January 13, 2025 of any event limitations. Swimmers participating in the 1650 freestyle events **must** provide their own timer and lap counter. **Fly-over starts may be used for all events except the 8 & Under 25's.** There will be a bullpen for 10 & Under events only (no bullpen for Saturday Finals session). All other age groups must report to their correct heat and lane based on the heat sheets printed following the close of positive check-in.

*****SPECIAL NOTICE: Warm-up and session start times are subject to change, depending on the number of entries received. Teams will be notified by January 15, 2025 of any changes to the warm-up and session start times.***

SCRATCH RULE: For all prelims/finals events, the Scratch rule in USA Swimming Rule Book will in effect (207.11.6 D&E). Any swimmer qualifying for a final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except if:

- (1) the Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a consolation final or final race based upon the results of the preliminaries notifies the Clerk of Course within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

ENTRY FEES: \$4.00 per timed final event, \$5.00 per prelim/final. \$8.00 per relay. \$2.00 per swimmer ISI surcharge. \$18 facility surcharge per swimmer in lieu of admission fees.

MAIL ENTRIES: Mail entries, fees, USA Swimming Numbers, and Waiver Form to:
Mid-Winter Classic Entry Chair
c/o Champaign County YMCA HEAT
Attn: Will Barker 217-239-2806
2501 Fields South Drive Heat@ccymca.net
Champaign, IL 61822

POSITIVE CHECK-IN: **ALL events require Positive Check-in**, meaning, "I am here and I intend to swim this event." Positive Check-in will be enforced and will close 45 minutes prior to the start of each session. If a swimmer fails to check-in by the deadline, they could either be excluded from swimming those events or may be allowed to swim if there are open lanes in slower heats.

RELAYS: Relay cards must list the full name of swimmers competing. Relay cards must be returned to the computer table 30 minutes prior to the start of each session.

SCORING: No team scores will be kept.

AWARDS: Awards will be given to the top 8 finishers in each individual event and the top 3 teams in each relay event.

FINAL RESULTS: Results will be posted on-line at the HEAT team website in the following formats:
Complete Results in PDF format

Meet Manager Back-up
Meet Manager Export for Team Manager
And will be on Meet Mobile

ADMISSION FEE: There will be no admission fees charged due to the \$18 facility surcharge per swimmer. Heat Sheets will be available for purchase at the start of each session.

MAAPP: All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline.

The Champaign County YMCA HEAT would appreciate any help your club's USA Swimming certified and registered officials may be willing to give us on deck. If anyone on your team is interested in helping, please let the Meet Directors know (see contact info above).

ORDER OF EVENTS

Session 1: Friday, January 17
Warm-ups 4:30 PM; Starts 6:00 PM

Girls	Age Group	Event	Boys
1	10 & Under	200 IM	2
3	11-12	200 IM	4
5	Open	400 IM	6
7	10 & Under	200 Free	8
9	11-12	200 Free	10
11	Open	500 Free	12

In accordance with USA Swimming Rules; Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

Session 2: Saturday AM, January 18
Warm-ups 7:00 AM; Starts 8:15 AM
Prelims

Girls	Age Group	Event	Boys
13	Open	200 Med Relay	14
15	11-12	200 Med Relay	16
17	Open	100 Free	18
19	11-12	100 Free	20
21	Open	100 Breast	22
23	11-12	100 Breast	24
25	Open	100 Back	26
27	11-12	100 Back	28
29	Open	100 Fly	30
31	11-12	100 Fly	32
33	Open	200 IM	34
35	11-12	100 IM	36

Session 3: Saturday Afternoon, January 18
Warm-ups not before 11:30 PM; Starts 12:45 PM.
Prelims(10&U)

Girls	Age Group	Event	Boys
37	8 & Under	100 Med Relay	38
39	10 & Under	200 Med Relay	40
41	8 & Under	100 IM	42
43	10 & Under	100 IM	44
45	8 & Under	25 Free	46
47	10 & Under	50 Free	48
49	8 & Under	50 Breast	50
51	10 & Under	50 Breast	52
53	8 & Under	25 Back	54
55	10 & Under	50 Back	56
57	8 & Under	50 Fly	58
59	10 & Under	50 Fly	60

Session 4: Saturday Evening, January 18

Session 6: Sunday Early Afternoon, January 19

Warm-ups not before 5 PM; Start not before 6:00**Finals**

Girls	Age Group	Event	Boys
47	10&U	50 Free	48
19	11-12	100 Free	20
17	Open	100 Free	18
51	10&U	50 Breast	52
23	11-12	100 Breast	24
21	Open	100 Breast	22
55	10 & U	50 Back	56
27	11-12	100 Back	28
25	Open	100 Back	26
59	10 & Under	50 Fly	60
31	11-12	100 Fly	32
29	Open	100 Fly	30
43	10 & Under	100 IM	44
35	11-12	200 IM	36
33	Open	200 IM	34

Warm-ups not before 12 PM, Starts 1:15 AM

Girls	Age Group	Event	Boys
83	Open	200 Free Relay	84
85	11-12	200 Free Relay	86
87	Open	50 Free	88
89	11-12	50 Free	90
91	Open	200 Fly	92
93	11-12	50 Fly	94
95	Open	200 Free	96
97	11-12	50 Back	98
99	Open	200 Back	100
101	11-12	50 Breast	102
103	Open	200 Breast	104

Session 5: Sunday Morning, January 19**Warm-ups 7:00 AM, Starts 8:15 AM**

Girls	Age Group	Event	Boys
61	8 & Under	100 Free Relay	62
63	10 & Under	200 Free Relay	64
65	8 & Under	100 Free	66
67	10 & Under	100 Free	68
69	8 & Under	25 Fly	70
71	10 & Under	100 Fly	72
73	8 & Under	50 Back	74
75	10 & Under	100 Back	76
77	8 & Under	25 Breast	78
79	10 & Under	100 Breast	80
81	8& Under	50 Free	82

Session 7: Sunday Late Afternoon, January 19*1650 Free swimmers must provide their own timer and lap counter***Warmups: Immediately after Session 7**

Girls	Age Group	Event	Boys
Start: 20 minutes after warm-ups begin			
105	Open	1650 Free	106

CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

To be posted at all ISI Sanction/Approved competitions

A. WARM-UP PROCEDURES

1. Warm-up Lane Assignments and Times

- Each warm-up session will be divided into 3 segments of 20 minutes each. Teams will be assigned to the first 2 segments as evenly as possible for their general warm-ups. The last segment will be used for the specific warm-up (see below).
- Coaches will receive lane assignments and warm-up times for their team's warm-ups in their coaches' packets. Lanes will be assigned to provide each team with the same relative amount of space per lane.

2. General Warm-up (first 30-45 minutes)

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

3. Specific Warm-up (last 30-45 minutes)

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

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

B. SAFETY GUIDELINES

1. Coaches Responsibilities

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

2. Host Team Responsibilities

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

3. Miscellaneous:

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

CHAMPAIGN COUNTY YMCA HEAT 2024 MID-WINTER CLASSIC
JANUARY 17-19, 2025 Sanction # ILS0126-25

COMPLETE THIS FORM AND MAIL ALONG WITH ENTRIES & CHECK TO:

Champaign County YMCA HEAT Entry Chair

Attn: Will Barker

2501 Fields South Drive

Champaign, IL 61822

Make checks payable to: Champaign County YMCA

NO ENTRIES ACCEPTED BEFORE 8:00 AM DEC.13 2024; MUST BE RECEIVED BY JAN. 6, 2025

If not able to send by Jan 6, please contact Head Coach, Will Barker, will@ccymca.net

Female

Male

Individual events:

Prelims/Finals _____ + _____ x 5.00 = _____

Timed Finals _____ + _____ x 4.00 = _____

Relays _____ + _____ x 8.00 = _____

of
Athletes _____ + _____ x 18.00= _____

(Includes \$2.00 ISI fee and \$16 facility charge)

TOTAL: _____

NAME OF CLUB: _____

CLUB CODE: _____

NAME & MAILING ADDRESS: _____

NAME, PHONE, EMAIL OF ENTRY PERSON: _____

In consideration of the acceptance of this entry, I, intend to be legally bound, hereby co-sign, waive, and release any and all rights and claims which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the Champaign County YMCA HEAT, the Champaign YMCA, Urbana Park District, Urbana School District #116, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest to the fact that all athletes included in this entry and participating in this sanctioned event competing under the name of the above USA Swimming chartered club or under any attached status are duly registered as current athlete members of USA Swimming.

Signature: _____ Position: _____ Date: _____

DRIVING DIRECTIONS TO POOL
Urbana Indoor Aquatic Center, 102 E. Michigan Ave.
(Corner of Vine & Michigan, Urbana)

COMING FROM THE EAST OR WEST:

Take I-74 to the Cunningham Avenue Exit. As you come off the exit, go South on Cunningham. As you travel South, Cunningham turns into Vine Street. You'll go through several stoplights, past Lincoln Square Mall on your right, and about 5 blocks past Lincoln Square, the Urbana Middle School is on your right. The street right after the middle school is Michigan Avenue. Turn RIGHT on Michigan, and 1/2 block on your right is the parking lot and entrance to the pool. The pool sits behind the Middle School.

COMING FROM THE NORTH OR SOUTH:

Take I-57 to I-74 East and follow I-74 East to the Cunningham Exit. Then follow directions listed ABOVE.