

**2010 Illinois / Missouri Area YMCA Swimming
Championships**
**Hosted by the Kishwaukee YMCA / DeKalb County
Swim Team (DCST)**
March 19 – 21, 2010



YMCA

We build strong kids,
strong families, strong communities.

Meet Information Packet

2010 Illinois / Missouri Area YMCA Swimming Championships
Hosted by the Kishwaukee YMCA / DeKalb County Swim Team (DCST)
March 19-21, 2010

YMCA Sanction # CAQ 09-2010 8043

ISI Approval # Pending

Attached is the Illinois / Missouri Area Championship Meet Packet. Please note the following pertinent information regarding your entries.

- 1) We will be hosting a National Qualifying Meet on Friday night, prior to the Area meet on Saturday and Sunday. There are two event and fee summary sheets in this packet. One is for the National Qualifying Meet on Friday night, and one is for the Boys and Girls Championships on Saturday and Sunday.
- 2) Entry Deadlines:
Boys and Girls Area Championships – Wednesday, March 10
Friday's National Qualifying Meet – Wednesday, March 17
- 3) **All teams who host a district meet are required to email a Meet Manager backup of their meet to the Meet Entry Chairperson, Brian Bickner at dcst@kishymca.org at the conclusion of the meet, but no later than 9:00 AM on the day after their meet. Meet hosts also need to send a hard copy to DCST by Wednesday, March 10.**
- 4) Teams will be assessed a \$50 penalty if their entries are received after the deadline. If a team has unpaid fees or an unpaid penalty as of 8:00 a.m. on Saturday, March 20, 2010, all of that team's swimmers will be permanently scratched from both days of the Area Meet, and will not be deemed to have participated in the Area Meet.
- 5) Provide accurate, legible contact information with your entries for the Area Meet. We may need to contact you with questions regarding entries.
- 6) Delivery by US Mail by a specific date is not guaranteed. Entries received by US Mail after the entry deadline will be assessed the \$50 penalty. Entries are required to be sent via FedEx or another private mailing service that guarantees delivery by a certain date.
- 7) Entries via fax or e-mail will not be accepted except where indicated.
- 8) Ensure that Club codes are the same as those listed in the "*Rules Governing Illinois / Missouri Area YMCA Swimming Competition*" document and are consistent between the District meets and the Area meet.
- 9) Scratches – Qualified swimmers that will not be swimming at the Area Championships must have their name highlighted on the hard copy of the entry form and initialed by the head coach.
- 10) Timers –All teams with eight or more swimmers on a given day will be required to supply timers. **Team timing assignments will be available at www.dcst.org on Wednesday, March 17.**
- 11) There will be a mandatory coaches' informational and scratch meeting in room 4 at the Kishwaukee YMCA at 8:00 PM on Friday night. Team packets and coaches' credential cards will be available at this time. **There will be no other coaches' meetings.**

- 12) For teams and / or swimmers wanting times from the Area Meet entered into the USA Swimming's SWIMS Database, you must fill out and return the form on page 13 of this packet with your entries. Teams not returning this form will not have swimmers entered into the SWIMS Database.

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ISI Approval # Pending

MEET DIRECTOR

Robert Gidaszewski
815-895-2929 (Home)
gidaswimmer@msn.com

ENTRY CHAIRPERSON

Brian Bickner
c/o Kishwaukee YMCA / DCST
2500 Bethany Road
Sycamore, IL 60178
(815) 756 – 9577 ext 28 (Work)
dcst@kishymca.org

Location Kishwaukee YMCA, 2500 Bethany Road, Sycamore, IL 60178

Meet Schedule

Friday, March 19 - National Qualifying Meet

5:00 PM	Warm-ups
6:00 PM	Meet Begins
? – 9:00 PM	The competition pool will be open for warm-ups at the conclusion of the Qualifying Meet until 9:00 PM
8:00 PM	Mandatory coaches's meeting room 4 at the Kishwaukee YMCA
8:30 PM	Illinois / Missouri Area YMCA Swim Committee meeting will be held immediately following the Coaches meeting in room 4 at the Kishwaukee YMCA.

Saturday, March 20: Boys Championships

Sunday, March 21: Girls Championships

The meet schedule is the same for both days.

6:20 AM	Building Opens
6:40 - 8:40 AM	Warm-ups (The warm-up schedule will be available at www.dcst.org on Wednesday, March 17)
7:45 AM	Officials Meeting in Room 4
8:15 AM	Relay Sheets are due in the computer room on pool deck
8:30 AM	Timers Meeting in Room A on pool deck
8:40 AM	First call for event # 1.
8:50 AM	Last call for event # 1.
8:55 AM	Opening Ceremonies (Welcome, Prayer and Anthem)
9:00 AM	Preliminary Session Begins
?	Finals will begin 1 ½ hours after the completion of the preliminary session.

Facility The Kishwaukee YMCA has an 8-lane 25-yard competition pool with starting blocks in 7 feet of water at both ends. There is an additional 6 lane, 25-yard pool available for warm-up and warm-down during the meet. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager 3.0. The seating capacity is for 700 spectators. A map is attached.

Swim-offs Any necessary swim-offs will be held no later than after the completion of the preliminary session and in any case after all swimmers affected have had at least 30 minutes to rest.

Time Trials "Open" time trials will be held both Saturday and Sunday following each day's final session. Both sexes will be swum on both days. All events offered at the Area and National championship Meets will be offered both days with the exception of the 1000 and 1650-yard Freestyle events. These two events will only be offered Saturday night and at the National Qualifying Meet on Friday night. The cost will be \$10.00 per individual event and \$40.00 per relay event. Only one try per event per day is allowed. Swimmers must provide timers and counters, if needed. Girls and boys heats may be combined.

Entries All swimmers qualifying for the 2010 Area Championships will automatically be entered from the disks that have been submitted by the hosts of the District Championships. Individual teams are also required to submit a hard copy of their entries. A Team Manager meet entry printout sorted by athlete is acceptable and preferred. **Do not submit this report on disk, a printed hard copy of a Team Manager report only.** Teams are required to pay for all swimmers qualifying for the Area Championships unless a swimmer/entry is deleted in writing prior to the deadline set for the individual districts. **Qualified swimmers that will not be swimming at the Area Championships must have their name highlighted on the hard copy of the entry form and initialed by the head coach.** Teams will be assessed a \$50 penalty if their entry packet is received after the deadline set by the host team. If any entry fees and/or penalty due from a team are not paid to the host at or before 8:00 AM on the first day of the Area Championships, then all swimmers from such team shall be automatically scratched from the Area Meet. A copy of the meet entries will be made available on the web at www.dcst.org by Wednesday, March 17. It is each team's responsibility to check the accuracy of its entries as posted. A signed Summary Fee/Release Form provided in this packet must accompany all entries. Entry fees should be paid by the conclusion of the coaches' meeting on Friday. Checks are to be made payable to "**Kishwaukee YMCA**". Please note there are separate forms for the Friday National Qualifying Meet and the Saturday/Sunday Area Meet.

Entries Entries need to be sent to using services other than US Mail to: Brian Bickner, c/o Kishwaukee YMCA, 2500 Bethany Road, Sycamore, IL 60178. **Delivery by US Mail by a specific date is not guaranteed. Entries received after the entry deadline, will be assessed a \$50 penalty. FedEx or other private mailing service is required.**

Entry Deadline Wednesday, March 10, 2010

Entry Fees Individual events: \$4.00 per event
Relay events: \$16.00 per relay

Bullpen

Prelims - There will be a bullpen for **all age groups** during the preliminary sessions. Swimmers must report to the bullpen, which will be located in the team area.

Finals - A bullpen will be provided for only the 8 and under swimmers during finals.

First Aid Emergency medical personnel will be available on deck during the meet. The Kishwaukee Hospital (815 - 756 - 1521) is located just around the corner from the YMCA on Route 23, and the Hospital offers emergency care. Kishwaukee Hospital's address is One Kish Hospital Drive, DeKalb, IL 60115.

Emergency Phone An emergency phone is located on the pool deck, under the scoreboard.

Admissions

\$5.00 daily per person (non-swimmer) over 12 years old for both preliminaries and finals

\$2.00 daily per person (non-swimmer) over 12 years old for finals only

Coaches (with proper identification) and non-swimming children under 12 will be admitted free.

Heat Sheets \$6.00 daily for preliminary and final sessions
\$2.00 daily for final sessions only

Concessions A concession area will be available throughout the meet.

Souvenirs A commemorative meet T-shirt will be on sale. Action Accents will also be available Saturday and Sunday to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

Photos A podium will be positioned outside the pool area for families to take pictures of their swimmers after they receive their awards.

Rules This meet will be conducted according to the National YMCA "*Rules that Govern YMCA Competitive Sports,*" the USA Swimming Technical Rules (blue pages) and the "*Rules Governing Illinois / Missouri Area YMCA Swimming Competition*" which can be found on the area website at www.ilmoymcaswimming.org. This meet will also be an Illinois Swimming Inc. approved meet.

Rules of Conduct Parental supervision of the swimmers in the locker rooms, the staging area, and the concessions area is a requirement for participation in the Area Championships. Lack of such supervision may result in disqualification of the team involved.

For the safety and enjoyment of swimmers and spectators, the following rules must be observed. Marshals will be clearly designated to assure that safety is maintained.

1. There will be no food, beverages, swim bags, coolers, blankets, or sleeping bags allowed in the pool area.
2. Flash photography will not be allowed in the pool area. Persons taking flash pictures will be warned only once. Subsequent violations will result in expulsion from the meet.
3. Use of tobacco products is not allowed in the YMCA. Outside of the YMCA, tobacco users are asked to use the designated smoking areas only.
4. No shaving will be allowed at the YMCA. Shaving on the premises will result in automatic disqualification from the entire meet.
5. Following completion of the morning warm-ups, the non-competition pool can be used for warm-up and cool-down only.
6. The following items are prohibited from being set up in the team areas due to limited space: mattress, air beds, tables and hammocks.

Parking Parking is available in the YMCA parking lot, along one side of Health Services Drive and in adjacent business parking lots. Please pay special attention to which parking lots are available for parking and which are not. Parking in areas not designated as swim meet parking could result in towing fees. The Kishwaukee YMCA and the Kishwaukee YMCA Swim Team are not responsible for towing fees incurred while parked in non-designated swim meet parking.

Team Banners A wire cable is located behind the bleacher seating for teams to attach their team banner. Please do not tape banners, posters or other items to the walls.

Lockers Lockers are available to store items. Swimmers should bring their own locks. The Kishwaukee YMCA and Kishwaukee YMCA Swim Team are not responsible for any lost or stolen items.

Accommodations The hotels listed below are holding room blocks for the meet. Call to secure your room as soon as possible. If you have any questions or concerns about the hotels listed below, please contact Debbie Armstrong at the DeKalb Area Convention and Visitors Bureau. Her phone number is (815) 756 – 1336.

America’s Best Value Inn & Suites

1800 DeKalb Ave.
Sycamore, IL 60178
Phone: 815 – 899 – 6500

Country Inn & Suites

1450 S. Peace Road
Sycamore, IL 60178
Phone: 815 – 895 – 8686

Stratford Inn

355 W. State Street
Sycamore, IL 60178
Phone: 815 – 895 – 6789

Magnuson Inn & Suites

1314 W. Lincoln Hwy.
DeKalb, IL 60115
Phone: 815 – 747 – 8713

Best Western Inn

2096 Bricher Road
St. Charles, IL 60174
Phone: 630 – 584 – 4550

Fairfield Inn & Suites

2096 Bricher Road
St. Charles, IL 60174
Phone: 630 – 845 – 5500

Comfort Inn

1475 S. Peace Road
Sycamore, IL 60178
Phone: 815 – 895 – 4979

Holiday Inn Express

1935 DeKalb Ave
Sycamore, IL 60178
Phone: 815 – 748 – 7400

Best Western

1212 W. Lincoln Hwy.
DeKalb, IL 60115
Phone: 815 – 758 – 8661

NIU Homes Student Center

Normal & Lucinda Roads
DeKalb, IL 60115
Phone: 815 – 753 - 1744

Holiday Inn Express

1600 E. Main Street
St. Charles, IL 60174
Phone: 630 – 584 - 5300

Coaches' Certifications/Credential Card Only coaches whose names and certifications were forwarded to Dave Hedden (Joliet YMCA) from each District's Staff Designate, and who have received an Area Credential card from Dave Hedden will be allowed on deck. **NO credential cards will be issued at the meet.** Each coach with a current Area Credential card will be issued a wristband at the mandatory coaches meeting on Friday evening. Each team will be given 1 - 4 deck passes based on the number of swimmers each team has entered in the meet. Coaches must have both the deck pass and wristband to be allowed on deck. All coaches should have their current credential card on hand during the meet.

Coach's certification requirements are as follows:

- 1) Current certification in Red Cross CPR Professional Rescuer
- 2) Current certification in Red Cross First Aid
- 3) American Red Cross Coaches Safety Training and/or American Red Cross or YMCA Life guarding Certification
- 4) YMCA Principles of Competitive Swimming & Diving

For more information about coaches' certifications, contact:

Dave Hedden
Smith Family YMCA
1350 S. Briggs Street
Joliet, IL 60433
E-mail: dhedden@jolietyymca.org
Office: 815 – 726 – 3939 x 412

Teams will be limited to the following number of coach deck passes according to the number of swimmers they have in attendance for the entire meet.

- 1 - 5 swimmers 1 coach deck pass
- 6 - 10 swimmers 2 coach deck passes
- 11 - 20 swimmers 3 coach deck passes
- 21 or more swimmers 4 coach deck passes

Officials The Officials Coordinators are Tom Alef (Northwest District) and Ron Marion (St. Louis District). Only those YMCA officials invited by the YMCA Area Committee will be allowed on deck. The official's uniform will be all white (shirts with collar and sleeves and no logo or patch other than YMCA; long shorts or pants for prelims; pants, appropriate shoes and tie for finals.)

Timers Teams with 8 or more swimmers participating on a given day will be required to supply timers. **Teams should check www.dcst.org on Wednesday, March 17th for specific assignments.**

Awards Championship medals will be awarded for first through eighth place following each event during finals. Awards for the 500-yard Freestyle will be given at the beginning of finals. Consolation awards for ninth through sixteenth places will be available to team coaches, or their designated representatives, after completion of

the meet. All awards must be picked up at the end of the meet. The host team will not be mailing any awards.

Scoring

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

Directions From the South, East or West

Exit I-88 at the Peace Road Exit or via Rt. 38 westbound, Take Peace Road North to Bethany Road (west or left). The YMCA is located about a mile and a half down on your left. The address of the YMCA is 2500 Bethany Road. The phone number of the YMCA is (815) 756 - 9577.

From the North

Take 23 South to Bethany Road (west or right). The YMCA is located on your left. The address of the YMCA is 2500 Bethany Road. The phone number of the YMCA is (815) 756 - 9577.

<u>Girls Qualifying Time</u>	2010 IL / MO Area YMCA Qualifying Times <u>Event</u>	<u>Boys Qualifying Time</u>
02:18.69	#1 11 - 12 200 yd Freestyle	02:21.09
02:11.69	#2 13 - 14 200 yd Freestyle	02:07.29
02:06.89	#3 15 - 18 200 yd Freestyle	01:56.89
01:30.29	#4 8 & Under 100 yd Medley Relay	01:42.39
02:36.19	#5 9 - 10 200 yd Medley Relay	02:48.29
02:16.99	#6 11 - 12 200 yd Medley Relay	02:26.59
02:13.59	#7 13 - 14 200 yd Medley Relay	02:12.39
02:10.09	#8 15 - 18 200 yd Medley Relay	01:56.99
01:37.99	#9 8 & Under 100 yd IM	01:41.69
01:20.79	#10 9 - 10 100 yd IM	01:23.99
02:37.29	#11 11 - 12 200 yd IM	02:42.59
02:29.89	#12 13 - 14 200 yd IM	02:25.49
02:24.59	#13 15 - 18 200 yd IM	02:13.09
:16.59	#14 8 & Under 25 yd Freestyle	:16.89
:31.69	#15 9 - 10 50 yd Freestyle	:32.09
:28.49	#16 11 - 12 50 yd Freestyle	:28.59
:27.09	#17 13 - 14 50 yd Freestyle	:25.79
:26.39	#18 15 - 18 50 yd Freestyle	:23.69
:18.79	#19 8 & Under 25 Butterfly	:19.99
:36.19	#20 9 - 10 50 yd Butterfly	:37.59
:31.59	#21 11 - 12 50 yd Butterfly	:32.09
01:08.79	#22 13 - 14 100 yd Butterfly	01:06.39
01:05.09	#23 15 - 18 100 yd Butterfly	:59.19
:37.59	#24 8 & Under 50 yd Freestyle	:37.79
01:10.89	#25 9 - 10 100 yd Freestyle	01:11.99
01:02.79	#26 11 - 12 100 yd Freestyle	01:03.29
01:00.09	#27 13 - 14 100 yd Freestyle	:56.99
:57.79	#28 15 - 18 100 yd Freestyle	:52.09
05:55.69	#29 13 - 14 500 yd Freestyle	05:51.19
05:43.19	#30 15 - 18 500 yd Freestyle	05:21.69
:20.49	#31 8 & Under 25 yd Backstroke	:20.89
:37.29	#32 9 - 10 50 yd Backstroke	:37.89
:33.19	#33 11 - 12 50 yd Backstroke	:33.99
01:08.89	#34 13 - 14 100 yd Backstroke	01:06.49
01:06.49	#35 15 - 18 100 yd Backstroke	01:00.59
:22.89	#36 8 & Under 25 yd Breaststroke	:23.69
:42.19	#37 9 - 10 50 yd Breaststroke	:43.79
:36.99	#38 11 - 12 50 yd Breaststroke	:38.19
01:17.59	#39 13 - 14 100 yd Breaststroke	01:14.49
01:15.79	#40 15 - 18 100 yd Breaststroke	01:08.09
01:18.59	#41 8 & Under 100 yd Freestyle Relay	01:23.29
02:19.99	#42 9 - 10 200 yd Freestyle Relay	02:28.09
02:01.49	#43 11 - 12 200 yd Freestyle Relay	02:09.49
01:57.19	#44 13 - 14 200 yd Freestyle Relay	01:56.89
01:53.99	#45 15 - 18 200 yd Freestyle Relay	01:46.89

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This completed and signed summary of fees and release from along with a hard copy of each team's entries and a check payable to the Kishwaukee YMCA must be received no later than Wednesday, March 10.

Name of YMCA: _____

Club Code: _____ (Must use the same code listed in Area Rules)

Name of person submitting entry: _____

Mailing Address: _____

Telephone #: _____

E-mail: _____

	Number of Swimmers	Number of Entries	Cost per Swim	Totals
Individual Entries	_____	_____	X \$4.00	_____
Relays		_____	X \$16.00	_____
			Team Total	_____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against the Kishwaukee YMCA (DeKalb County) Swim Team, and the Kishwaukee YMCA or their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

Signature: _____
 (Coach's Signature)

Date: _____

Signature: _____
 (Executive Director's Signature)

Date: _____

USA Swimming's SWIMS Database Informational Sheet

Any teams and / or swimmers wanting to have their times from the Area Meet entered into USA Swimming's SWIMS Database system must return this completed form with their entries.

Note - Teams with no USA Swimming registered swimmers do not need to fill out this form.

Team Name: _____

LSC: _____

USA Swimming Club Code: _____

If your team's swimmers swim unattached, please list club code as unattached.

1) Do all the swimmers on your team have a current USA Swimming Membership?

_____ Yes – Proceed to number 3

_____ No – Proceed to number 2

2) Please list the swimmers who do have a current USA Swimming Membership with their USA Swimming ID number. Use additional sheets if needed.

Swimmer's Name	USA Swimming ID number
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3) If you have any swimmers who are considered unattached as far as USA Swimming is concerned, please list these swimmers below. Use additional sheets if needed.

Swimmer's Name	USA Swimming ID number
_____	_____
_____	_____

**ILLINOIS / MISSOURI AREA NATIONAL QUALIFYING MEET
FRIDAY, MARCH 19, 2010**

- Swimmers must be 12 years old or older to compete in this meet.
- Swimmer's age will be determined by the swimmer's age as of April 7, 2010.
- Swimmers are limited to two individual events for this meet plus relays.
- This meet will not be scored.
- No awards will be given.
- Entries are due on Tuesday, March 17, 2010.
- Swimmers must supply two timers with watches and counters (when necessary). Swimmers wanting a 1000 time in the 1650 Freestyle must supply four timers with watches.
- Events may be limited to the two fastest heats based on entry times submitted.
- Cost per event is \$4.00 for individual event and \$16.00 per relay.
- Warm-ups at 5:00 PM.
- Meet starts at 6:00 PM.

Order of Events

Women	Event	Men
1	200 Yd Breaststroke	2
3	400 Yd Individual Medley	4
5	400 Yd Free Relay	6
7	50 Yd Butterfly	8
9	200 Yd Backstroke	10
11	800 Yd Free Relay	12
13	50 Yd Breaststroke	14
15	200 Yd Butterfly	16
17	400 Yd Medley Relay	18
19	50 Yd Backstroke	20
21	*1000/1650 Yd Freestyle*	22

* The 1000 and 1650 Yard Freestyle events will be combined.

Qualifying Time Standards

WOMEN		MEN				
LCM	SCM	Yards	Event	Yards	SCM	LCM
3:08.85	3:05.48	2:46.19	200 Breast	2:31.78	2:49.40	2:55.47
5:54.34	5:49.99	5:13.59	400 IM	4:51.70	5:25.56	5:35.29
35.95	35.71	31.55	50 Fly	28.82	32.79	33.21
2:45.16	2:43.14	2:26.17	200 Back	2:14.73	2:30.37	2:34.86
42.56	41.31	36.55	50 Breast	34.11	38.96	40.35
2:47.70	2:46.57	2:29.25	200 Fly	2:16.16	2:31.96	2:34.73
38.48	38.01	33.30	50 Back	30.65	34.91	35.95
10:31.03	10:15.85	11:47.28	1000 Free	11:13.18	9:49.06	10:03.21
20:12.23	19:44.42	19:47.98	1650 Free	18:41.98	18:38.62	19:10.75

Note – There are no qualifying times for relay events.

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FRIDAY NIGHT QUALIFYING MEET
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March 19, 2010

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ISI Approval # Pending

- 1) THIS ENTRY FORM IS ONLY FOR THE FRIDAY NIGHT QUALIFYING MEET. SEE ABOVE FOR ENTRY FORM SATURDAY AND SUNDAY'S AREA MEET.
- 2) ENTRIES FOR THIS MEET ARE TO BE EMAILED IN HY-TEK FORM TO dcst@kishymca.org.

This completed and signed summary of fees and release from along with a hard copy of each team's entries and a check payable to the Kishwaukee YMCA must be received no later than Wednesday, March 17.

Name of YMCA: _____

Club Code: _____ (Must use the same code listed in Area Rules)

Name of person submitting entry: _____

Mailing Address: _____

Telephone #: _____

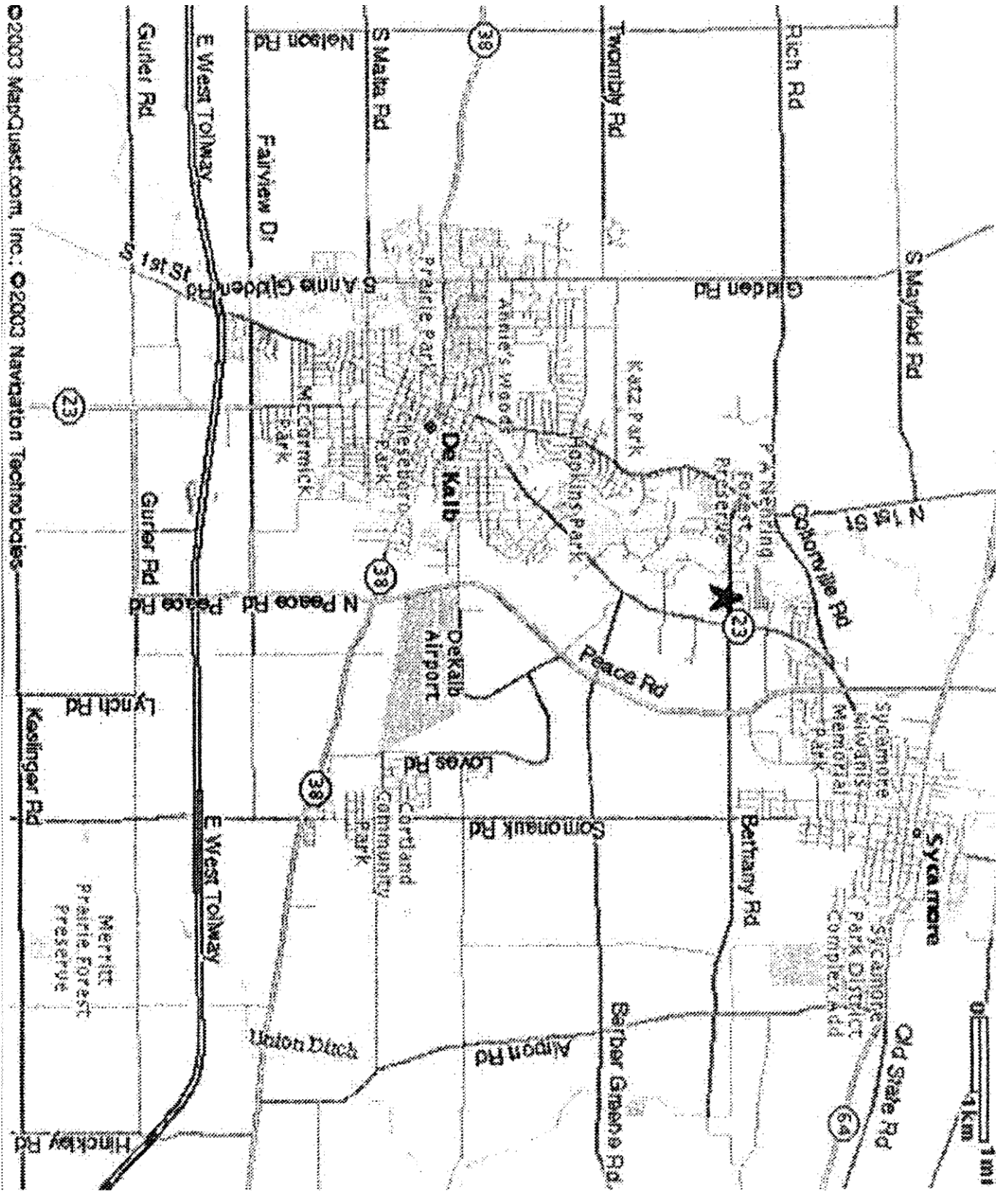
E-mail: _____

	Number of Swimmers	Number of Entries	Cost per Swim	Totals
Individual Entries	_____	_____	X \$4.00	_____
Relays		_____	X \$16.00	_____
			Team Total	_____

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive, and release any and all rights and claims for damages which may occur against the Kishwaukee YMCA (DeKalb County) Swim Team, and the Kishwaukee YMCA or their representatives, employees, or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

Signature: _____
 (Coach's Signature)

Date: _____



Kishwaukee YMCA

Partial Floor Plan

Swimming Pool Areas

