

North Central Illinois Swim Conference Championships 2023

MEET ANNOUNCEMENT

About the Championship

Date: July 15, 2023

Location: Kishwaukee Family YMCA

Entry Deadline: 12pm Monday, July 10, 2023

Time Update Deadline: 12pm Wednesday, July 12, 2023

Hosted by: DCST Big Dogs

Meet Director: Kayleigh Kozlowski

Entry Chairperson: Paula Hastings

Web Site: www.DCST.org

Sanction: TBA

Important Dates & Information for Coaches

This meet will be an approved ISI meet. This means times for USA registered swimmers in this meet will be placed into the USA Swimming SWIMS database. Please note, not everyone will be automatically entered into the SWIMS database. Teams and/or swimmers wanting times from the meet entered into the SWIMS Database must fill out and return the form on page 8 of this packet with their entries by Monday, July 10th. Teams not returning this form will not have swimmers entered into the SWIMS Database.

Monday, July 10

Entries need to be emailed to pauladcst13@gmail.com

Saturday, July 15

Items due at 7:35 AM to swim office:

- 1) Scratches
- 2) Relay swimmers' names
- 3) Signed release form
- 4) Payment for all entries
\$2.00 per individual swim and \$6.00 per relay

**North Central Illinois Swim Conference
2023 Championship Meet**

Hosted by the Kishwaukee YMCA \ DeKalb County Swim Team (DCST)

MEET DIRECTOR

Kayleigh Kozlowski
Phone: (815) 375-5399
Email: kkozlowski@kishymca.org

ENTRY CHAIRPERSON

Paula Hastings
c/o Kishwaukee YMCA
2500 Bethany Road
Sycamore, IL 60178
Phone: 630-254-8105
Email: pauladcst13@gmail.com

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

Teams Attending the Conference Championship Meet:

Cary, DCST, Geneva, Huntley, Lifetime, Oswego, Trails of Algonquin, YMCA of Rock River Valley, McGuire Aquatics, Woodstock, and Fox Valley

Format

There will be positive check in for each team. The deadline to turn in scratches will be 7:35 AM. Scratch sheets will be in the coaches' packet. Coaches need to draw a line through the name and events of each scratched swimmer. Swimmers will need to check in with their coaches.

Saturday, July 16

6:30 AM	Building Opens
7:00 - 8:55 AM	Warm-ups
7:35 AM	Scratches Due
8:05 AM	Coaches Meeting
8:20 AM	Officials Meeting
8:40 AM	Timers Meeting
8:50 AM	Last call for event #1.
8:55 AM	National Anthem
9:00 AM	First Event

Facility

The Kishwaukee YMCA has an 8 lane, 25 yard competition pool with starting blocks in 7 feet of water at both ends. There will be a six 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. The seating capacity is for 700 spectators on deck.

Pool Certification

The competition course has not been certified in accordance with 104.2.2C(4).

Non-competition pool Two lanes in the non-competition pool will be available for any teams to use during warm-ups and the duration of the meet. This pool is for swimming only. Swimmers not swimming lengths will be asked to leave the pool.

Warm-up & Timing Schedule The warm-up and timing schedule for each team will be determined after all the entries have been accepted. These schedules will be posted on the website, www.dcst.org by 6:00 PM on Thursday, July 13th.

Rules This meet will be conducted according to the United States Swimming (USS) Rules and the North Central Illinois Swimming Conference Rules.

Scoring Individual events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1
Relay events: 32 - 26 - 24 - 22 - 20 - 18 - 14 - 10 - 8 - 6 - 4 - 2

Awards Individual awards will be given to the top sixteen finishers (1 – 8 with medals, 9 - 16 with ribbons) in each event. Relay awards will be given to the top eight finishers (1 – 8 medals). Team trophies will be awarded for the top three places in combined team scoring. Team trophies will be awarded for the top finisher in each age group scoring. The 6 & Under 25 yard Freestyle, 6 & Under 25 yard Backstroke and Open 200 Free are scored in the overall team scoring, but they do not count towards the age group high point trophies.

Meet Results Results will be emailed and/or available on the web at www.DCST.org one-hour after the conclusion of the meet.

First Aid Emergency medical personnel will be available on deck during the meet. Northwestern/Kishwaukee Hospital (815-756-1521) is located near the YMCA.

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

Entries Individuals are limited to a maximum of 4 events with no more than 3 of these events being individual events and no more than 2 of these events being relay events. Entries must be submitted by a Hy-Tek created report via e-mail. The email address for sending entries is pauladcst13@gmail.com

A signed Summary Fee / Release Form provided in this packet and payment is due by the 8:05 AM coaching meeting. Checks are to be made payable to: Kishwaukee YMCA.

A copy of the meet entries will be made available on the web at www.DCST.org by 6:00 PM on Thursday, July 13. It is each team's responsibility to check the accuracy of its entries as so posted.

Relay Forms On the day of the meet, each team will be asked to submit the names of relay swimmers to the swim office by the end of the coaches meeting.

Entry Deadline Entries are due by Monday, July 10th.

Entry Fees Individual events: \$2.00 per event
Relay events: \$6.00 per relay

Admissions A facility fee of \$3.00 per swimmer will be charged as part of the meet fees.

Meet Format The meet will be seeded after receiving the scratches at 7:35 am. All swimmers must promptly proceed through the bullpen when advised by the announcer. Swimmers failing to report to the bullpen risk being scratched.

Team Areas Teams areas will be set up outside the YMCA in the grassy areas. In case of inclement weather, teams will be set up inside. For safety reasons, no open flames (i.e. grills or food heating devices using an open flame) are allowed in the team areas. Teams may not set up in the parking lot - no saving spots and no tailgating.

Bull Pen There will be a bull pen for swimmers ages 8 and younger only.

Concession A concession area will be available throughout the meet.

Souvenirs A commemorative meet T-shirt will be on sale along with swimmers' supplies, swimwear, and other novelty or souvenir items.

Coaches Both sides of the pool deck will be available for the coaches to set up for the meet please be respectful of the number of teams in the conference and make sure all teams have space. Please note that each team will be given 6 tickets for hospitality. Any team that has more than 6 coaches will need to make sure those coaches are aware that they will not have hospitality provided for them.

Officials Paula Hastings is the Meet Referee for Conference 2023. Any team with officials should have them reach out to Paula via email at pauladcst13@gmail.com with their certification level.

Safe Sport

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

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.

Rules of Conduct

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. For safety reasons, no open flames (i.e. grills or food heating devices using an open flame) are allowed in the team areas.

Parking Parking is available in the YMCA parking lot. Do not park in the parking lots of other businesses adjacent to the YMCA. Individuals parking in lots not designated for the swim meet will be towed. Teams may not set up in the parking lot - no saving spots and no tailgating.

Team Banners A wire cable is located behind the bleacher seating for teams to attach their team banners. 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 the Kishwaukee YMCA Swim Team are not responsible for any lost or stolen items. The use of audio video equipment, including cell phones, is not allowed in changing rooms, locker rooms, or rest rooms.

Directions

From the South, East or West

Exit I-88 at the Peace Road Exit.

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.

Accommodations

Country Inn & Suites

1450 S. Peace Road

Sycamore, IL 60178

815 - 895 - 8686

www.countryinns.com

Holiday Inn Express

1935 DeKalb Ave.

Sycamore, IL 60178

815 - 748 - 7400

www.hiexpress.com

Quality Inn

1475 S. Peace Road

Sycamore, IL 60178

815 - 895 - 4979

www.choicehotels.com

Baymont Inn & Suites

1314 W. Lincoln Hwy

DeKalb, IL 60115

Hampton Inn

663 S. Annie Glidden Road

DeKalb, IL 60115

815 – 748 – 7100
www.baymontinns.com

815 – 748 - 4323
www.hampton.com

North Central Illinois Swim Conference Order of Events

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	Open	200 yd. Freestyle	2
3	8 & Under	100 yd. Medley Relay	4
5	9 – 10	200 yd. Medley Relay	6
7	11 – 12	200 yd. Medley Relay	8
9	13 – 14	200 yd. Medley Relay	10
11	15 & Over	200 yd. Medley Relay	12
13	9 – 10	100 yd. Individual Medley	14
15	11 – 12	100 yd. Individual Medley	16
17	13 – 14	200 yd. Individual Medley	18
19	15 & Over	200 yd. Individual Medley	20
21	6 & Under	25 yd. Freestyle	22
23	8 & Under	25 yd. Freestyle	24
25	9 – 10	50 yd. Freestyle	26
27	11 – 12	50 yd. Freestyle	28
29	13 – 14	50 yd. Freestyle	30
31	15 & Over	50 yd. Freestyle	32
33	8 & Under	25 yd. Butterfly	34
35	9 – 10	50 yd. Butterfly	36
37	11 – 12	50 yd. Butterfly	38
39	13 – 14	100 yd. Butterfly	40
41	15 & Over	100 yd. Butterfly	42
43	8 & Under	50 yd. Freestyle	44
45	9 – 10	100 yd. Freestyle	46
47	11 – 12	100 yd. Freestyle	48
49	13 – 14	100 yd. Freestyle	50
51	15 & Over	100 yd. Freestyle	52
53	6 & Under	25 yd. Backstroke	54
55	8 & Under	25 yd. Backstroke	56
57	9 – 10	50 yd. Backstroke	58
59	11 – 12	50 yd. Backstroke	60
61	13 – 14	100 yd. Backstroke	62
63	15 & Over	100 yd. Backstroke	64
65	8 & Under	25 yd. Breaststroke	66
67	9 – 10	50 yd. Breaststroke	68
69	11 – 12	50 yd. Breaststroke	70
71	13 – 14	100 yd. Breaststroke	72
73	15 & Over	100 yd. Breaststroke	74
75	8 & Under	100 yd. Freestyle Relay	76
77	9 – 10	200 yd. Freestyle Relay	78
79	11 – 12	200 yd. Freestyle Relay	80
81	13 – 14	200 yd. Freestyle Relay	82
83	15 & Over	200 yd. Freestyle Relay	84

Kishwaukee YMCA (DeKalb County) Swim Team (DCST)

NCISC Conference Championships Saturday, July 15, 2023

This completed and signed release form must be received by the coaches' meeting at 8:05 AM.

Name of club: _____

Club Code: _____

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, 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: _____ Date: _____
(Coach's Signature)

USA Swimming's SWIMS Database Informational Sheet

Any teams and / or swimmers wanting to have their times from the meet entered into the 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
