

Illinois YMCA Virtual State Invitational

MEET ANNOUNCEMENT

About the Invitational

Date: April 30 – May 2, 2021

Location: Kishwaukee Family YMCA 2500 Bethany Rd Sycamore IL, 60178

Hosted by: Illinois YMCA Swimming / Kishwaukee YMCA

Meet Director: Matt Anderson

Entry Chair: Josh Norek

Web Site: dcst.org

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ABOUT THE INVITATIONAL

This meet is a closed (YMCA teams only), inter- or intra-association YMCA Invitational meet open to all YMCA registered swim teams. All competition is held at the local area or local YMCA. The results of all local Virtual meet competitions will be consolidated into one Meet with individuals ranked and awarded on their virtual place and scoring.

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.

MEET DATE: Friday, April 30 through and including Sunday, May 2, 2021.

LOCATION AND FACILITY

Location: Kishwaukee Family YMCA, 2500 Bethany Rd, Sycamore, Illinois 60178

District Coordinator Emergency Phone Number: 815-252-4658

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 some 25-yard lanes available in an additional pool 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 YMCA Therapy pool will be used as a warm up pool with 2 lanes that are 25 yards in length. No diving will be allowed in this pool. This pool will be used as a warm up or warm down pool before or after meet events.



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CONTACT INFORMATION

MEET DIRECTOR	Entry Chair	Officials Coordinator
Matt Anderson 815-375-5399 Manderson@kishymca.org	Josh Norek 815-375-5399 Jnorek@kishymca.org	Paula Hastings paulajhastings@gmail.com
Host Web Site: www.dcst.org		

NOTICES

DEADLINE SUMMARY:

Monday	April 19 th	12:00 PM	Entry Due
Friday	April 23 rd	8:00 PM	Psych Sheet posted
Wednesday	April 28 th	8:00 PM	Warm up posted

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 30 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 30 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: Swimmer's age as of April 23rd, 2021 will determine his or her age for the entire meet. An athlete must not be older than twenty-one (21) years of age on the first day of the Meet.

YMCA Meet Participation: There is no Meet Participation requirement to participate



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Times: There are no Qualifying times.

Racing Start Proficiency: 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.

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. See appendix 4 & 5

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

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.

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.

COVID-19 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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

ENTRY INFORMATION

ENTRY LIMITS:

- 8 total events for the meet with no more than 4 events on a single day.
- No more than one (1) relay team per relay event.
- **Swimmers who fail to meet entry limits will be scratched from their last event(s) that day/meet**
- There is no individual event limit per team. Teams may enter an unlimited number of swimmers in an individual event.

USA-S Approval: The meet will be an approved meet. All teams must provide a roster of Name & ID numbers for USA members. If your team does not have any USA members please send a email to the Entry Chair stating no members. ID:TBA

ENTRY FEES: \$4.50 per individual event, \$18 per relay entry, and a swimmer surcharge of \$2 (Max surcharge of \$24 per family).

ENTRY DEADLINE: ALL entries will be due by 12:00 p.m. on Monday, April 19 to the Entry Chairperson.



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ENTRY PROCEDURE: ALL entries are to be submitted on the meet event file, that will be sent to each team's Head Coach, from the meet host. These should be sent to Jnorek@Kishymca.org

PAYMENT: Payment will be accepted by check, from the YMCA sending the check, or by credit card (from a YMCA corporate account) for the full amount. Checks should be made out to DCST and in the note section write "Swim Team". Send to Kishwaukee Family YMCA attention: Joshua Norek, 2500 Bethany Rd, Sycamore, IL 60178.

VOLUNTEERS / OFFICIALS / TIMERS

- **OFFICIALS AND TIMERS :** There will be a need for both YMCA Level I and Level II as well as Administrative Officials for all three (3) days of the meet. All officials are strongly encouraged to sign up for the meet.
- Questions about officiating at the meet should be directed to Paula Hastings.
- **SIGN-UP PROCEDURE:** Officials wishing to work the meet should contact Paula Hastings.
- All other volunteers and timers should report to their positions as indicated. This is handled by each team once they find out their responsibilities.
- **BACKGROUND CHECK POLICY:** Only individuals with the proper "meet credentials" will be allowed access to the deck.
- **ATTIRE:** This will be communicated to all officials, by the Meet Referee, at a later date.
- **TIMING:** The minimum timing system for the invitational meet will be semi-automatic with manual watch backup. Any questions for this are to be directed to the official's coordinator.



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CHECK-IN-PROCEDURE

MEET CHECK-IN PROCEDURE: Teams will be directed to their team area in the YMCA facility. All officials will be directed to the pool area as will the coaches. The host Head Coach will provide each Head Coach a team packet that will contain heat sheets, check-in sheets, etc.

EVENT CHECK-IN: All swimmers will report to the bullpen.

COACHES MEETING/SCRATCH MEETING: There will be a Coaches meeting on Saturday morning, May 1st. This will occur before the event starts. This will be the only Coaches meeting unless something comes up warranting another meeting. If this occurs teams will be contacted personally.

OFFICIALS AND TIMERS MEETING: There will be an Officials meeting at least 30 minutes prior to the start of every session. There will be a timers meeting at least 15 minutes prior to the start of every session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and 3 coaches chosen at the Coaches meeting.

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

MEET FORMAT: The meet will be swum using a Timed Finals format.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 21 and under 1650 freestyle which will be swum fastest to slowest starting with the girls fastest heat and alternating genders to the conclusion. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: Scratches are due 15 minutes prior to the start of the current session. 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.

DECLARED FALSE START: An athlete may also 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



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counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an 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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pools from their assigned 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.

Teams are only allowed to warm up during the times designated for their team and in the lanes assigned to that team.

STARTS: All swimmers should exit the water immediately following their race. No fly over starts.

SWIM-OFFS: There will be no swim-offs as this is a Timed Final event. In case of a tie the points will be split between the two teams that are affected.

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.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, in designated areas throughout the Y, and the final results will be sent to each Head Coach, along with a backup, within 24 hours after the conclusion of the meet.

PROTEST PROCEDURE: Protests may only be initiated by a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee’s decisions will be final (USA-S Rule 102.23).

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



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- 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 and food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- Only coaches, officials, and workers with the proper credentials will be allowed on the pool deck. All swimmers are to be in their designated team area unless they are talking to their coach after the conclusion of their race or are getting ready for the race that is being competed.
- ALL YMCA offices and the Fitness Center are off limits to everyone except for YMCA employees and DCST Meet workers.
- All applicable adults participating in or associated with this meet, acknowledge that they are 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.
- See attached COVID-19 protocol (page 18-25)



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AWARDS AND RECOGNITION

AWARDS:

INDIVIDUAL AWARDS: 10 & under 1st – 10th will receive rosette Ribbons 11th – 20th will receive straight ribbons. 11 & Over 1st – 3rd will receive rosette ribbons 4th – 10th will receive straight ribbons.

TEAM AWARDS: There will be no team awards.

Spectators

ADMISSION FEE: None.

*COVID ADDENDUM: There will be no spectators allowed on deck. The meet will be streamed via YouTube and the link will be provided prior to the start of the meet.

- Teams will be assigned a POD in the sports court.
- Only 1 parent/guardian is allowed per swimmer. That person must remain in the POD for the duration of the meet. When a swimmer is not in the bullpen or swimming they are to remain in the POD. No additional family including siblings not swimming in the session is allowed.
- Siblings who are not swimming in the session are not allowed to “stay over or come early” outside their session. We know this does make it a little complicated for families with multiple swimmers in different sessions, but we are held to a very strict number of individuals allowed in the facility at this time.

HEAT SHEETS/PROGRAMS: These will be posted around the facility and available on meet mobile

CONCESSION STAND: A concession stand will be open from 6:00 a.m. to 5:00 p.m. on Saturday and Sunday of the meet.

LOST AND FOUND: Front Desk.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.



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- 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, unless working and wearing the proper credentials.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- ALL YMCA offices and the Fitness Center will be off-limits.
- Small coolers may be brought into a teams designated team area ONLY.

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/[IL] approval, it is understood and agreed that USA Swimming and Illinois 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.
- There will be a meet declaration sent to each team ahead of time. This form must be filled out entirely and presented to the Safety Coordinator before teams will be allowed to compete.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury



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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. Athletes must be evaluated by a licensed healthcare 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: At the direction of the lifeguards and safety staff present at the meet



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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, Sycamore, IL 60178. 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, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577

Lodging

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
815 – 748 – 7100
www.baymontinns.com

Hampton Inn

663 S. Annie Glidden Road
DeKalb, IL 60115
815 – 748 - 4323
www.hampton.com

Parking

Parking is available in the YMCA parking lot and along Health Services Drive. 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.



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EVENTS

8 & Under		
Girls	Event	Boys
101	25 Free	102
103	50 Free	104
105	25 Back	106
107	25 Breast	108
109	25 Fly	110
111	100 IM	112
113	100 Free Relay	114
115	100 Medley Relay	116

14 & Under		
Girls	Event	Boys
401	50 Free	402
403	100 Free	404
405	200 Free	406
407	500 Free	408
409	100 Back	410
411	100 Breast	412
413	100 Fly	414
415	200 IM	416
417	200 Free Relay	418
419	200 Medley Relay	420

10 & Under		
Girls	Event	Boys
201	50 Free	202
203	100 Free	204
205	200 Free	206
207	50 Back	208
209	50 Breast	210
211	50 Fly	212
213	100 IM	214
215	200 IM	216
217	200 Free Relay	218
219	200 Medley Relay	220

21 & Under		
Girls	Event	Boys
501	50 Free	502
503	100 Free	504
505	200 Free	506
507	500 Free	508
509	1650 Free	510
511	100 Back	512
513	200 Back	514
515	100 Breast	516
517	200 Breast	518
519	100 Fly	520
521	200 Fly	522
523	200 IM	524
525	400 IM	526
527	200 Free Relay	528
529	400 Free Relay	530
531	200 Medley Relay	532
533	400 Medley Relay	534

12 & Under		
Girls	Event	Boys
301	50 Free	302
303	100 Free	304
305	200 Free	306
307	500 Free	308
309	50 Back	310
311	100 Back	312
313	50 Breast	314
315	100 Breast	316
317	50 Fly	318
319	100 Fly	320
321	200 IM	322
323	200 Free Relay	324
325	200 Medley Relay	326



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2021 IL YMCA State Invitational

Session: 1 Friday PM

Round	Event
Finals	307 Girls 12 & Under 500 Freestyle
Finals	308 Boys 12 & Under 500 Freestyle
Finals	509 Girls 21 & Under 1650 Freestyle
Finals	510 Boys 21 & Under 1650 Freestyle

Session: 2 Saturday AM

Round	Event
Finals	322 Boys 12 & Under 200 IM
Finals	205 Girls 10 & Under 200 Freestyle
Finals	206 Boys 10 & Under 200 Freestyle
Finals	105 Girls 8 & Under 25 Backstroke
Finals	106 Boys 8 & Under 25 Backstroke
Finals	310 Boys 12 & Under 50 Backstroke
Finals	207 Girls 10 & Under 50 Backstroke
Finals	208 Boys 10 & Under 50 Backstroke
Finals	111 Girls 8 & Under 100 IM
Finals	112 Boys 8 & Under 100 IM
Finals	304 Boys 12 & Under 100 Freestyle
Finals	213 Girls 10 & Under 100 IM
Finals	214 Boys 10 & Under 100 IM
Finals	101 Girls 8 & Under 25 Freestyle
Finals	102 Boys 8 & Under 25 Freestyle
Finals	318 Boys 12 & Under 50 Butterfly
Finals	201 Girls 10 & Under 50 Freestyle
Finals	202 Boys 10 & Under 50 Freestyle
Finals	115 Girls 8 & Under 100 Medley Relay
Finals	116 Boys 8 & Under 100 Medley Relay
Finals	326 Boys 11-12 200 Medley Relay
Finals	219 Girls 10 & Under 200 Medley Relay
Finals	220 Boys 10 & Under 200 Medley Relay
Finals	316 Boys 12 & Under 100 Breaststroke

Session: 3 Saturday PM

Round	Event
Finals	529 Girls 15 & Over 400 Freestyle Relay
Finals	530 Boys 15 & Over 400 Freestyle Relay



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Finals	321	Girls 12 & Under 200 IM
Finals	525	Girls 21 & Under 400 IM
Finals	526	Boys 21 & Under 400 IM
Finals	309	Girls 12 & Under 50 Backstroke
Finals	403	Girls 14 & Under 100 Freestyle
Finals	404	Boys 14 & Under 100 Freestyle
Finals	503	Girls 21 & Under 100 Freestyle
Finals	504	Boys 21 & Under 100 Freestyle
Finals	303	Girls 12 & Under 100 Freestyle
Finals	513	Girls 21 & Under 200 Backstroke
Finals	514	Boys 21 & Under 200 Backstroke
Finals	411	Girls 14 & Under 100 Breaststroke
Finals	412	Boys 14 & Under 100 Breaststroke
Finals	515	Girls 21 & Under 100 Breaststroke
Finals	516	Boys 21 & Under 100 Breaststroke
Finals	325	Girls 11-12 200 Medley Relay
Finals	419	Girls 13-14 200 Medley Relay
Finals	420	Boys 13-14 200 Medley Relay
Finals	531	Girls 15 & Over 200 Medley Relay
Finals	532	Boys 15 & Over 200 Medley Relay
Finals	317	Girls 12 & Under 50 Butterfly
Finals	413	Girls 14 & Under 100 Butterfly
Finals	414	Boys 14 & Under 100 Butterfly
Finals	519	Girls 21 & Under 100 Butterfly
Finals	520	Boys 21 & Under 100 Butterfly
Finals	315	Girls 12 & Under 100 Breaststroke
Finals	405	Girls 14 & Under 200 Freestyle
Finals	406	Boys 14 & Under 200 Freestyle
Finals	505	Girls 21 & Under 200 Freestyle
Finals	506	Boys 21 & Under 200 Freestyle

Session: 4 Sunday AM

Round		Event
Finals	306	Boys 12 & Under 200 Freestyle
Finals	215	Girls 10 & Under 200 IM
Finals	216	Boys 10 & Under 200 IM
Finals	103	Girls 8 & Under 50 Freestyle
Finals	104	Boys 8 & Under 50 Freestyle
Finals	302	Boys 12 & Under 50 Freestyle
Finals	203	Girls 10 & Under 100 Freestyle
Finals	204	Boys 10 & Under 100 Freestyle
Finals	109	Girls 8 & Under 25 Butterfly
Finals	110	Boys 8 & Under 25 Butterfly
Finals	320	Boys 12 & Under 100 Butterfly
Finals	211	Girls 10 & Under 50 Butterfly
Finals	212	Boys 10 & Under 50 Butterfly



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Finals	107	Girls 8 & Under 25 Breaststroke
Finals	108	Boys 8 & Under 25 Breaststroke
Finals	314	Boys 12 & Under 50 Breaststroke
Finals	209	Girls 10 & Under 50 Breaststroke
Finals	210	Boys 10 & Under 50 Breaststroke
Finals	113	Girls 8 & Under 100 Freestyle Relay
Finals	114	Boys 8 & Under 100 Freestyle Relay
Finals	324	Boys 11-12 200 Freestyle Relay
Finals	217	Girls 10 & Under 200 Freestyle Relay
Finals	218	Boys 10 & Under 200 Freestyle Relay
Finals	312	Boys 12 & Under 100 Backstroke

Session: 5 Sunday PM

Round		Event
Finals	533	Girls 15 & Over 400 Medley Relay
Finals	534	Boys 15 & Over 400 Medley Relay
Finals	305	Girls 12 & Under 200 Freestyle
Finals	511	Girls 21 & Under 100 Backstroke
Finals	512	Boys 21 & Under 100 Backstroke
Finals	409	Girls 14 & Under 100 Backstroke
Finals	410	Boys 14 & Under 100 Backstroke
Finals	521	Girls 21 & Under 200 Butterfly
Finals	522	Boys 21 & Under 200 Butterfly
Finals	301	Girls 12 & Under 50 Freestyle
Finals	401	Girls 14 & Under 50 Freestyle
Finals	402	Boys 14 & Under 50 Freestyle
Finals	501	Girls 21 & Under 50 Freestyle
Finals	502	Boys 21 & Under 50 Freestyle
Finals	319	Girls 12 & Under 100 Butterfly
Finals	527	Girls 15 & Over 200 Freestyle Relay
Finals	528	Boys 15 & Over 200 Freestyle Relay
Finals	417	Girls 13-14 200 Freestyle Relay
Finals	418	Boys 13-14 200 Freestyle Relay
Finals	323	Girls 11-12 200 Freestyle Relay
Finals	517	Girls 21 & Under 200 Breaststroke
Finals	518	Boys 21 & Under 200 Breaststroke
Finals	313	Girls 12 & Under 50 Breaststroke
Finals	415	Girls 14 & Under 200 IM
Finals	416	Boys 14 & Under 200 IM
Finals	523	Girls 21 & Under 200 IM
Finals	524	Boys 21 & Under 200 IM
Finals	311	Girls 12 & Under 100 Backstroke
Finals	407	Girls 14 & Under 500 Freestyle
Finals	408	Boys 14 & Under 500 Freestyle
Finals	507	Girls 21 & Under 500 Freestyle
Finals	508	Boys 21 & Under 500 Freestyle



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ATHLETES WITH DISABILITIES CLASSIFICATION

To ensure competition is fair and equal, all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes.

This process is called classification and its purpose is to minimize the impact of impairment on the activity (sport discipline). Having an impairment thus is not sufficient. The impact of that impairment on the sport must be proved. In IPC Swimming, athletes are grouped by the degree of activity limitation resulting from an impairment. These groups are called 'sport classes'. The process of classification determines which athletes are eligible to compete in IPC Swimming and how athletes are grouped together for competition.

Classification is sport-specific because an impairment affects the ability to perform in different sports to a different extent. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

IPC Swimming caters for three impairment groups - physical, visual and intellectual.

Sport Classes

The sport class names in swimming consist of a prefix "S" or "SB" and a number. The prefixes stand for the strokes and the number indicates the sport classes.

The prefixes stand for:

- S: freestyle, butterfly and backstroke events
- SB: breaststroke
- SM: individual medley. The prefix "SM" is given to athletes competing in individual medley events. It is not a sports class, but an entry index and calculated as $(3 \times S + SB)/4$; for classes S1-4 who have a 3-discipline medley, the formula is $(2S + SB)/3$.

Sport Classes S1-S10 physical impairment

There are ten different sport classes for athletes with physical impairment, numbered 1-10. A lower number indicates a more severe activity limitation than a higher number.

Athletes with different impairments compete against each other, because sport classes are allocated based on the impact the impairment has on swimming, rather than on the impairment itself.

To evaluate the impact of impairments on swimming, classifiers assess all functional body structures using a point system and ask the athlete to complete a water assessment. The total number of points then determines the athlete's S and SB sport classes. Due to the different demands of S and SB events, swimmers are often allocated different S and SB sport classes. The SM sport class is calculated from the S and SB sport class.

The following are general examples of impairments and resulting functional abilities described in each sport class profiles. The below combinations of S and SB sport classes are the most common combinations, but it is possible that that athlete has another combination of sport classes, for example S7 and SB 7.

S1 SB1

Swimmers in this sport class have a significant loss of muscle power or control in legs, arms and hands. Some athletes also have limited trunk control. This may be caused by tetraplegia, for example. Swimmers in this class usually use a wheelchair in daily life.

S2 SB1

Swimmers in this sport class mainly rely on their arms for swimming. Their hand, trunk and leg function is limited due to tetraplegia or co-ordination problems, for example.



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S3 SB2

This sport class includes athletes with amputations of both arms and legs. Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe co-ordination problems in all limbs are also included in this sport class.

S4 SB3

Swimmers who can use their arms and have fair function in their hands, but who cannot use their trunk or legs would swim in this sport class. Athletes with amputations of three limbs could also swim in this sport class.

S5 SB4

Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.

S6 SB5

This sport class includes swimmers with short stature or amputations of both arms, or moderate co-ordination problems on one side of their body, for example.

S7 SB6

This sport class is designated to athletes with one leg and one arm amputation on opposite sides, or a paralysis of one arm and one leg on the same side.

Moreover, swimmers with full control over arms and trunk and some leg function can compete in this class.

S8 SB7

Swimmers who have an amputation of one arm are eligible to compete in this sport class. Also, athletes with significant restrictions across hip, knee and ankle joints could compete in this sport class.

S9 SB8

Athletes in this sport class, for example, swim with joint restrictions in one leg or with double below-the-knee amputations.

S10 SB9

This class describes minimal physical impairments of eligible swimmers. These include the loss of one hand or a movement restriction in one hip joint.

Sport Classes S/SB11-13 visual impairment

Athletes with a visual impairment compete in three sport classes from S/SB11 to S/SB13.

S/SB11: These athletes have a very low visual acuity and/ or no light perception.

S/SB12: Athletes have a higher visual acuity than athletes competing in the S/SB11 sport class and/ or a visual field of less than 5 degrees radius.

S/SB13: Athletes have the least severe visual impairment eligible for Paralympic sport. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.

In order to ensure a fair competition athletes in the S/SB11 sport class are required to wear blackened goggles. To ensure safety all S/SB11 swimmers must use a tapper, swimmers in the S/SB12 and S/SB13 sport classes may choose whether or not they wish to use one.

Sport Classes S/SB14 intellectual impairment

S14 swimmers have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impact on sport performance in



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general. Moreover, S14 swimmers show a higher number of strokes relative to their speed than able-bodied elite swimmers.

EVENTS FOR ATHLETES WITH DISABILITIES

Short Course

- **S1 SB1 SM1 – S9 SB9 SM9, S11 SB11 SM11 – S14 SB14 SM14**
 - 8&U 25/50 Free, 25 Fly, 25 Back, 25 Breast, 100 IM
 - 10&U 50/100/200 Free, 50 Fly, 50 Back, 50 Breast, 100/200 IM
 - 12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 50/100 Breast, 200 IM
 - 14&U 50/100/200/500 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
 - 21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 100/200 Breast, 200/400 IM

- **S10 SM10**
 - 8&U 25/50 Free, 25 Fly, 25 Back, 100 IM
 - 10&U 50/100/200 Free, 50 Fly, 50 Back, 100/200 IM
 - 12&U 50/100/200 Free, 50/100 Fly, 50/100 Back, 200 IM
 - 14&U 50/100/200/500 Free, 100 Fly, 100 Back, 200 IM
 - 21&U 50/100/200/500 Free, 100/200 Fly, 100/200 Back, 200/400 IM



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OPENING STATEMENT

In an effort to control the spread of Covid-19, USA Swimming and the state of Illinois suspended all competitions from mid-March to end of July. The Kishwaukee YMCA was closed throughout this time until the state of Illinois reached Phase IV of the reopening plan set forth by Governor JB Pritzker. At that time Kishwaukee YMCA reopened its doors to the public and to the Dekalb County Swim Team with guidelines based to stop the spread of Covid-19. The Dekalb County Swim Team has adhered to these guidelines and has had success with allowing our athletes to get back in the water. Now, it is with great joy that the state of Illinois and USA swimming has approved the ability for us to allow competitions to take place.

With the ability to add competition to the upcoming winter schedule, DCST will continue to follow all guidelines set by USA swimming and the YMCA. Our first priority is to the safety to our athletes, the family of our athletes, coaches, staff and the YMCA members who may be attending meets at the YMCA. We will do our part to be socially responsible, as we are still in the midst of a pandemic.

For these meets, we will work with all YMCA, CDC and Illinois state guidelines. In the following pages, we will lay out how we are going to be accomplishing that. However, this is a work in progress and changes may be made after every intra-squad, dual or USA meet that the Dekalb County Swim Team puts on. Plus, the policies from the state, USA swimming and CDC may cause us to change the protocols of the meets throughout the season. Even with all that, we promise to adjust to make our competitions safe, fun and enjoyable to all who attend.

We thank you in advance for your patience and your ability to adapt to the new norm of being able to put on competitions at the Kishwaukee YMCA.



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GENERAL SAFETY GUIDELINES

There are three main recommendations to reduce the risk of Covid-19: social distancing, face masks and frequent hand washing. These and additional measures are in effect at the Kishwaukee YMCA. Here are examples on how we are accomplishing them.

- **Screening Questions & Temperature:** Everyone (swimmers, coaches, volunteers, and staff) attending an event at the Kishwaukee YMCA aquatic center will be asked Covid-19 screening questions prior to entering the facility and also have their temperature checked. At the check-in stand, visiting team swimmers, parent/guardian and coaches will be asked to write down their names and contact phone numbers for contact tracing reasons.
- **Face Masks:** Everyone (swimmers, coaches, parents, guardians, officials) attending the meet at the Kishwaukee YMCA is required to wear a face mask or face shield at all times. No coverage, no entry. Swimmers are recommended to bring a Ziploc bag with them, so that they can place their mask in the bag while they swim. Also, any person or swimmer who removes said face covering while inside the YMCA will politely be asked to place the face covering back on. If any person or swimmer refuses to wear the face covering, they will not be allowed to swim and will be asked to leave the premises.
- **Social Distancing:**
 - **Only 1 parent/guardian per swimmer** will be allowed to come to the meet to help limit the number of people in the facility. A maximum of 50 people per room or holding "pod" will be enforced. Each person who attends the meet will have a designated space allotted for them to be able to socially distance themselves from other people either on the pool deck, the sports court or the holding "pods."
 - **No spectators** will be allowed in the pool area. Only volunteers, coaches and officials will be allowed in the pool area. This is due to the 50 person limit per room rule. If you wish to watch your child swim please sign up for volunteer position (timer, bullpen) that are located in the pool area. DCST is working on the ability to live stream the meet online.
- **Signage:** Please pay attention to all posted signs and floor markings to help ensure six feet distancing is maintained. Signage will be posted to help the flow of people in and out of the Kishwaukee YMCA and the swimmers in and out of the pool deck.



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SWIMMER/ATHLETE GUIDELINES

- Swimmers must arrive in their swimming suit. There will be no locker rooms available for them to change into or out of their swimming suit. Please bring suitable clothing that will keep dry and warm throughout the meet. The sports court does get cold during the winter months. Single use bathrooms are located in the sports court, but not for changing purposes.
- Swimmers must bring their own water bottles. Water fountains will be shut off.
- Swimmers will enter through the front door of Kishwaukee YMCA only. At the entrance swimmers will be asked screening questions and have their temperature taken.
- Once the swimmer has entered the Kishwaukee YMCA they will turn to their RIGHT. This is the opposite way from the pool! They will proceed down the hallway, take a left and head into the Kishwaukee YMCA sports court.
- Upon entering the Sport Court, the check-in table will be there. At the check-in table, there will be positive check-in for the swimmers, "pod" assignments and a sign-in sheet for away swimmers and guests to write down their names and phone numbers for contact tracing purposes.
- Swimmers leaving the Kishwaukee YMCA must leave the same way they came in.
- **Warm Ups:**
 - Volunteers will announce to the swimmers when the pool is open for warm ups. They will enter the pool area as directed by the volunteers.
 - Swimmers will be assigned a lane, side and position for warm ups by their coach prior to warm ups.
 - Swimmers may only enter the pool when the coach allows them to do so. Swimmers must enter the pool, end their lap and exit the pool from the same lane, side and position they started from. Swimmers will not be allowed to hang on the "ready wall."
 - Warmups will not include the use of the starting blocks.
 - Swimmers will exit the pool area in a different door than they entered the pool deck but will lead them to the holding "pods."
- **Meet Prodicals:**
 - **Bullpen:**
 - All swimmers will be lined up in a bullpen. Each bullpen position will maintain social distancing guidelines. There will be four bullpen "zones". Two in the sports court and two on the pool deck.
 - 4 heats prior to their swim, the swimmer will go to Bullpen Zone 1 in the sports court. A volunteer will show the swimmer to where they need to be.
 - When the heat in front of them moves on, the swimmer will move to Bullpen Zone 2 that will still be in the sports court.
 - When that heat moves on, the swimmer will be escorted into the pool area where Bullpen Zone 3 is located.
 - When that heat moves on, the swimmer will be escorted to Bullpen Zone 4 and the last bullpen before their swim.



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- **Swimmer's Race:**
 - Once the entire heat in the pool has left the pool area, the swimmer will move into their lane.
 - The swimmer is then allowed to remove their mask. It is recommended that the swimmer bring a towel or plastic bag to place their mask into while they swim.
 - Once the swimmer has finished their race, they must put their face mask back on immediately.
- **Post Race Coach Critique**
 - The swimmer will move to the coaching area and receive their critique.
 - Once the swimmer is finished, signage will direct them out of the pool area and their "pod."

PARENT/GUARDIAN & CONCESSIONS GUIDELINES

- **Only 1 parent/guardian** will be allowed into the Kishwaukee YMCA per swimmer. This is to adhere to socially distancing guidelines.
- Parent/Guardian will enter through the front door of Kishwaukee YMCA only. At the entrance the parent/guardian, who belong to the home team, will be asked screening questions and have their temperature taken. If the parent/guardian belongs to a visiting team, they will be asked screening questions, have their temperature taken and be asked to write down their first and last name and a contact phone number at the check-in stand.
- Once the parent/guardian has entered the Kishwaukee YMCA they will turn to their RIGHT. This is the opposite way from the pool! They will proceed down the hallway, take a left and head into the Kishwaukee YMCA sports court.
- Parent/guardians leaving the Kishwaukee YMCA must leave the same way they came in.
- To adhere to the 50 person maximum limit per room, there will be **NO SPECTATORS** in the pool area for any reason. Only volunteers, coaches and officials will be allowed in the pool area. A video board will be available to view the swimmers. Also, DCST is working on the meet will be streamed online. If available, ask a volunteer for the website.
- A limited concession stand will be available to everyone at the meet that will have drinks and packaged items.



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AQUATIC CENTER CLEANLINESS

In opening the Kishwaukee YMCA, our goal has been to provide an environment and atmosphere which is clean and fun for all who are participating. The YMCA staff has always followed thorough cleaning procedures. Moving forward, we have added steps in order to minimize the risk of Covid-19 following specific to the guidelines currently established by the governor of Illinois, USA swimming, YMCA of the USA and the CDC.

Things we have always done:

- Thorough cleaning of restrooms before every meet.
- Thorough removal and safe disposal of trash away from public areas.
- Pressure washing of the pool deck before and after every meet.
- Daily surface cleaning of high touch points such as doors handles, plus mopping of floors and hallways.
- Provide free access to hand sanitizing stations throughout the facility

Things we have added:

- Following general cleaning, we will use eco-friendly disinfectant and cleaning spray before and after every session
- "Social Distancing" Volunteers will be on site to remind people to keep socially distant rules in tact.
- Drinking fountains and self service water stations will be turned off
- Locker rooms will not be available for swimmers.



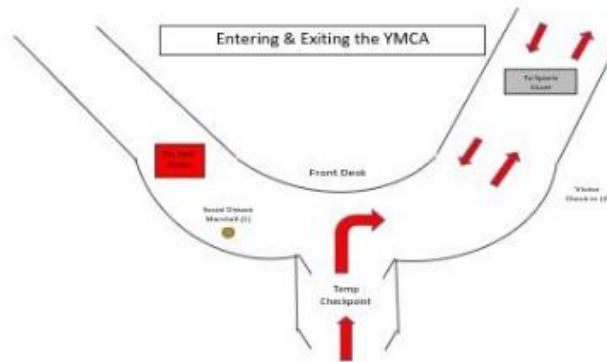
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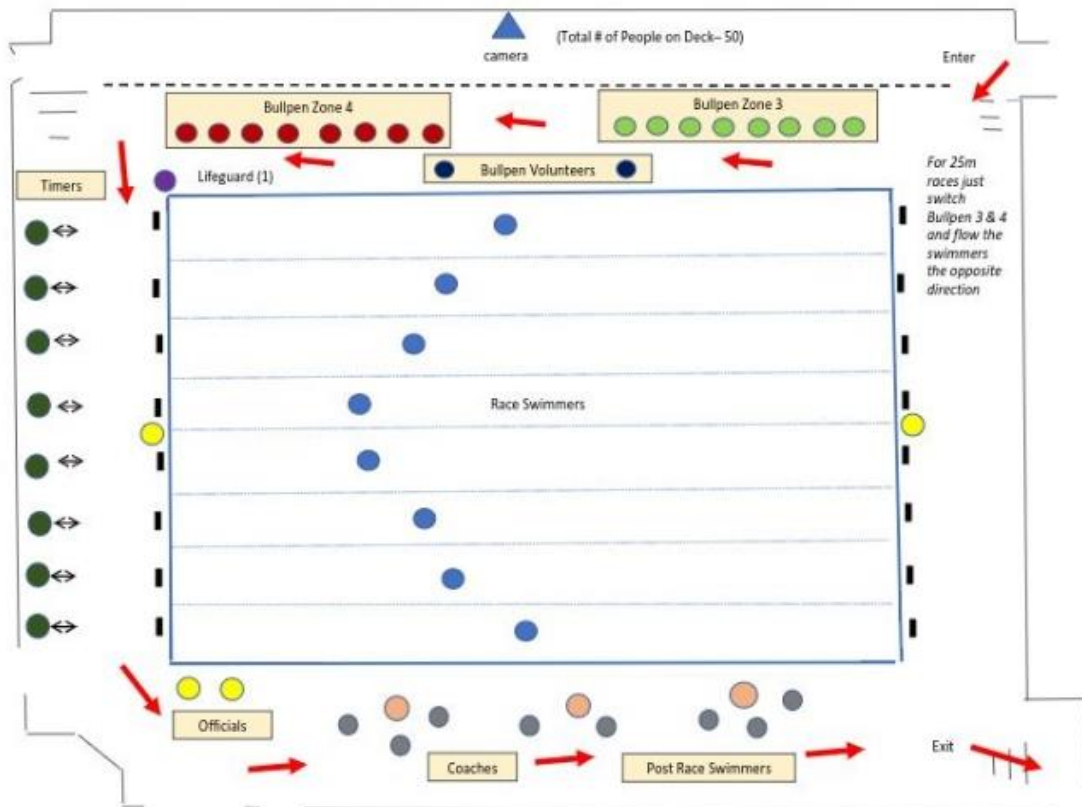


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ENTRANCE MAP AT THE YMCA



POOL MAP AT THE YMCA





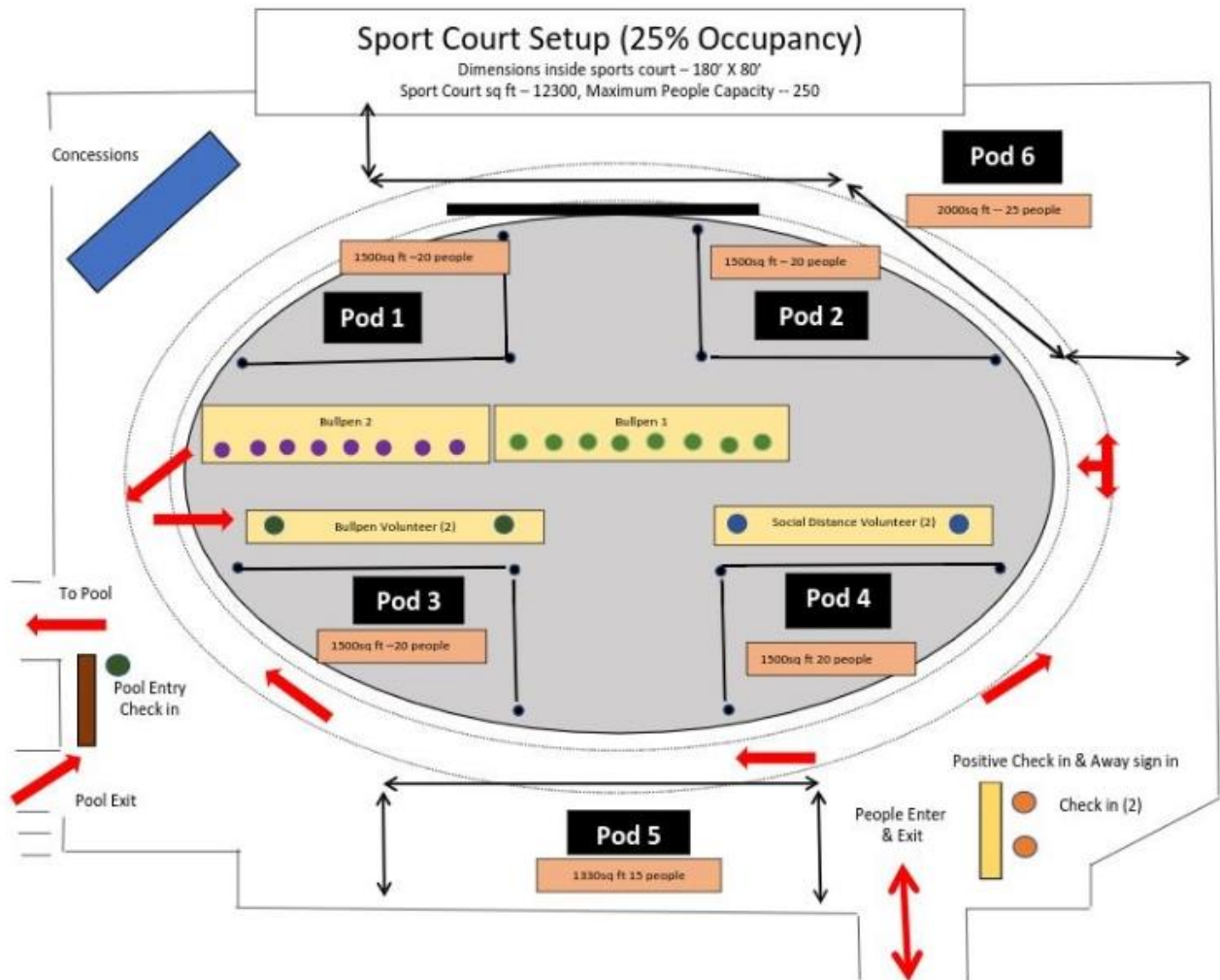
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SPORTSCOURT SETUP MAP (25% OCCUPANCY)





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SPORTSCOURT SETUP MAP (50% OCCUPANCY)

