WILDKIT SWIMMING ORGANIZATION
QUADRATHLON
Sunday, November 1, 2026
Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.
Sanction # ILS1139-26

MEET DIRECTOR:	Kate Nissan	kate.nissan@gmail.com
MEET REFEREE:	Charles Abrams	abrams@irtutor.com

SEND ENTRIES TO:
Kevin Auger, Athletics
Evanston Township High School
1600 Dodge Avenue
Evanston, Illinois 60201
swimwso@gmail.com
(773) 320-4784

SAFETY COORDINATOR: Melissa Miller medemi1@gmail.com

FORMAT: Timed Finals

Session 1 Warm Ups ~~7 A.M~~. Meet Start ~~8 A.M~~.
8 A.M. 9 A.M.
Scratches will close at ~~7:25 A.M~~. 8:25 A.M.

Session 2 Warm Ups after the morning session but not before Noon
Start one hour after the morning session but not before 1 pm
Scratches will close 35 minutes before start of session.

LOCATION:
Evanston Township High School
1600 Dodge Avenue, Evanston, Illinois 60204

INVITED TEAMS: NASA Wildcat, New Trier Swim Club, Scout Aquatics and Swift Aquatics

FACILITY
The ETHS pool is a 6-lane, 25 yard pool with non-turbulent lane markers.
Depth at the starting end is 10-1/2 feet. The competition course has not been certified in accordance with 104.2.2C(4) Seating capacity is 1,200 persons.
Small pool will be available for supervised warm-up/warm-down and may be cleared at any time by referee if swimmers are not properly supervised or safety rules are violated.

TIMING
A fully-automated timing system with touch pads and full color display will be used. Teams will be asked to assist with timing and officiating.

RULES AND SAFETY — All current USA Swimming and ISI Rules and Regulations apply, including safety rules which will be strictly enforced. 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.

Entering the building: Upon entering the building all swimmers will be directed towards the pool balcony for seating. Each team will have a designated area where your swimmers may sit. You will sit only in the designated spots.

Warmup: Each team will have their own lane. Larger teams will have an additional lane or 2 designated in the smaller pool.

CONDUCT — All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. 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.

IMAGE AUTHORIZATION — All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.

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.

ELIGIBILITY — All 2026 U.S.A. Swimming registered swimmers are eligible. Current registration number, age, and first and last name of each contestant must be on entry sheet. Entries listed as "Registration applied for" will not be accepted. A swimmer's age as of November 1, 2026 will determine their age for events for the meet.

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.

USA SWIMMING, INC. MEMBERSHIP	Insurance regulations require that all swimmers, 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.
COACHES	Coaches must be currently registered with USA Swimming and must continuously display their current membership registration card at all times while on deck.
RACING START CERTIFICATION	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 swim mer's legal guardian to ensure compliance with this requirement.
SCHEDULE	See attached list for event schedule. **POSITIVE CHECKIN WITH COACH DUE 35 MINUTES BEFORE THE START OF THAT SESSION.**
ENTRY DEADLINE	All entries must be received by October 20, 2026 by 8 am.
ENTRIES	All entries will comply with current USA Swimming and ISI Rules and Regulations. Email your entries as a Hy-Tek or SDIF .zip file to: swimwso@gmail.com Host club is not responsible for technical malfunction, oversights, etc., in the transmission. It will remain up to the sender to verify receipt of entries. Enter best short course yard times only. Non-conforming times will not be accepted. No deck entries allowed. Send check, summary sheet & release to: Kevin Auger, Athletics, Evanston Township High School, 1600 Dodge Avenue, Evanston, Illinois 60204 OR bring to the meet.
ENTRY FEES	The entry fee is $5 per event per swimmer. A $12 per swimmer surcharge (includes $2 for ISI and $10 admission and facility fee) also must be included with the entry fee. Checks payable to "WSO".
EVENTS	All age groups will swim one event in each stroke. 13-14 year olds will swim as seniors. Each swimmer may be entered in all 4 events and should have legal strokes in each event. See attached list for order of events. 8 & under 25 yard events will start from a push from the turn end of the pool. The Meet Director and Meet Referee may limit event entries and/or combine events for timeline purposes.
SEEDING	All events will be swum in heats with swimmers seeded from slowest to fastest.
AWARDS	Ribbons will be awarded to top 12 swimmers in each event. Overall high-point medals will be given to the top 3 places in each age group. High point award will be determined by quadrathlon scoring (lowest total cumulative time). 13-14's will receive awards. No awards will be given swimmers 15 & over.

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SUMMARY OF ENTRY AND RELEASE

Complete this form and mail entry forms and check to:
Kevin Auger
Athletics
Evanston Township High School
1600 Dodge Avenue
Evanston, Illinois 60204
(773) 320-4784

Summary of Fees

Total Number of Entries: _____ x $5.00 = $ _____

Total Number of Swimmers: _____ x $12.00 = $_____

Total Fee Enclosed: $_____

Make checks payable to: Wildkit Swimming Organization

Name of Club _____
USA Swimming Association _____ Club Initial Code for Heat Sheets_____
Names of Coaches Attending Meet_____
Person Submitting Entry _____
Complete Mailing Address_____
Home Phone _____ Town _____ Zip_____

In consideration of the acceptance of this entry, as a duly authorized representative of the Club identified above, on behalf of the Club and intending for the Club to be legally bound by my signature, I/we hereby consign, waive, and release any and all rights and claims for damages which may occur against U.S.A. Swimming, Inc., Illinois Swimming, Inc., Evanston Township High School, School District 202, and the Wildkit Swimming Organization and their representatives, officers, directors, employees, or successors, for any or all injuries suffered by me or by any contestant or representative of the Club in the Wildkit Swimming Organization's Quadrathlon. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Signature_____
(Coach or Club Representative)

Printed Name:_____ Position with Club_____
This signed release must accompany entry, or entry will not be accepted.

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TIMERS AND OFFICIALS

We need timers and officials! All teams entering swimmers are asked to provide timers and ISI officials. Please return this sheet with your entry.

Club Name _____

Club Contact _____ Phone _____

TIMERS

_____ _____

_____ _____

_____ _____

_____ _____

OFFICIALS

Name	Level	Telephone
Name	Level	Telephone
Name	Level	Telephone
Name	Level	Telephone

WARMUP SAFETY GUIDELINES

1. **Coaches Responsibilities**
   - **a.** Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
   - **b.** Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
   - **c.** Each team has its own lane and will conduct warmup according to the Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures.
2. **Host Team Responsibilities**
   - **d.** Marshaling
     - **1)** 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.
     - **2)** Marshals shall be current members of USA Swimming.
     - **3)** 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.
   - **e.** 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."
   - **f.** 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.
   - **g.** 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:**
   - **a.** Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
   - **b.** Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
   - **c.** 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.
   - **d.** Warm-up procedures shall be enforced for any breaks scheduled during the competition.
   - **e.** 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.

ORDER OF EVENTS			
GIRLS	**SESSION 1**		**BOYS**
WARMUPS ~~7-7:50~~ 8-8:50 AM			
1	9-10	50 FLY	2
3	11-12	50 FLY	4
5	9-10	50 BACK	6
7	11-12	50 BACK	8
9	9-10	50 BREAST	10
11	11-12	50 BREAST	12
13	9-10	50 FREE	14
15	11-12	50 FREE	16
GIRLS	**SESSION 2**		**BOYS**
WARMUPS 12-12:50 PM			
17	8 & UNDER	25 FLY	18
19	13 & OVER	100 FLY	20
21	8 & UNDER	25 BACK	22
23	13 & OVER	100 BACK	24
25	8 & UNDER	25 BREAST	26
27	13 & OVER	100 BREAST	28
29	8 & UNDER	25 FREE	30
31	13 & OVER	100 FREE	32