



WILDKIT SWIMMING ORGANIZATION

Presents

NORTH SHORE SWIM CONFERENCE CHAMPIONSHIPS

FEBRUARY 17-19, 2023

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction No. ILS0238-23

MEET DIRECTOR	Kate Nissan kate.nissan@gmail.com
MEET REFEREE	Amanda Schleede schleedeamanda@gmail.com
SEND ENTRIES AND PAYMENT:	Kevin Auger, Athletics Evanston Township High School 1600 Dodge Avenue Evanston, Illinois 60204 swim@wildkitaquatics.com
TEAMS	Chicago Latin Swim Club, Northwestern Aquatics Swim Association, New Trier Swim Club, Scout Aquatic Club, Swift Aquatics, Wildkit Swimming Organization
LOCATION:	Evanston Township High School 1600 Dodge Avenue Evanston, Illinois 60204
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. 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 Colorado timing system with touch pads and 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.
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 2023 USA Swimming and FINA registered swimmers are eligible. All swimmers must be registered prior to competing. Entries listed as “Registration applied for” will not be accepted. A swimmer’s age as of February 17, 2023 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.

SCHEDULE

See attached list for event schedule. **POSITIVE CHECK-IN WITH COACHES DUE 35 MINUTES BEFORE THE BEGINNING OF THE SESSION.**

QUALIFYING

The host club reserves the right to limit entries in the 200 & 400 IM and 200 & 500 Free to 4 heats. Each team will be allowed 5 entries per event AND additional entries will be accepted to fill sessions and keep the length of each session to approximately 4 hours. Last year we were able to accommodate all swimmers.

USA SWIMMING, INC.
MEMBERSHIP

Insurance regulations require that all swimmers, judges, starters, and referees be a current member 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.

ENTRY DEADLINE

Meet information will be mailed no later than Jan 10, 2023. All entries must be received by 4 pm Feb 7, 2023.

ENTRIES	<p>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: swim@wildkitaquatics.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. Please send the enclosed summary sheet and release signed by the coach or club representative. Enter best short course yard times only. Non-conforming times will not be accepted. No deck entries allowed. Send summary sheet and release to: Kevin Auger, Athletics, Evanston Township High School, 1600 Dodge Avenue, Evanston, Illinois 60201</p>
ENTRY FEES	<p>The entry fee is \$5.00 per event per swimmer. \$10.00 per relay event. A \$12.00 per swimmer surcharge (includes \$2 ISI surcharge and \$10 admission) also must be included with the entry fee. Checks made payable to "WSO".</p>
EVENTS	<p>See attached list for order of events. Each swimmer may enter a maximum of 3 events per session. 13-14 year olds will swim in senior events but scored separately. FINA starting procedures and rules (whistle command and no recall) will be in effect for this meet. In accordance with USA swimming Rules: Article 105 and 202.1113, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches and swimmers to contact the Meet Referee, prior to the competition, with specific requests.</p>
SEEDING	<p>All events will be swum in heats with swimmers seeded from slowest to fastest.</p>
AWARDS	<p>Heat winner awards will be given. Awards will be given for the following age groups: 8&under, 9-10, 11-12 and 13-14. Medals will be awarded for the top 6 swimmers with ribbons awarded to 7th – 12th place swimmers in each event for each age group. Relays will receive medals for the top 3 teams and ribbons for 4th-6th place. High Point trophies will be awarded to the top male and female swimmer in each age group excluding open. A team championship plaque will be awarded.</p>
SCORING	<p>Only the top 3 swimmers from each team may score points in age groups 8 & Under, 9-10, 11-12, 13-14. Open events will not be scored. Top 12 score as follows: 16-13-12-11-10-9-7-5-4-3-2-1</p>
MEET RESULTS	<p>Will be available online at http://www.wildkitaquatics.com .</p>
COVID-19	<p>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 individual 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.</p>

**NORTH SHORE SWIMMING CONFERENCE CHAMPIONSHIPS
FEBRUARY 17-19, 2023**

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
(847) 424-7941

Summary of Fees

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

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

Total Number of Relays: _____ x \$10.00 = \$ _____

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 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 North Shore Conference Championships. 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.

**NORTH SHORE SWIMMING CONFERENCE CHAMPIONSHIPS
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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

WILDKIT SWIMMING ORGANIZATION

A. WARM-UP PROCEDURES

1. **General Warm-up** (first 30-45 minutes)
 - a. **NO DIVING** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
 - b. No sprinting or pace work allowed during this general warm-up session.
 - c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
2. **Specific Warm-up** (last 30-45 minutes)
 - a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
 - b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
 - c. **General Warm-up Lanes - NO DIVING.** Circle swim only.
 - d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

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

B. SAFETY GUIDELINES

1. **Coaches Responsibilities**
 - 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.
2. **Host Team Responsibilities**
 - a. 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.
 - b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
 - c. 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."
 - d. 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.
 - e. 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. Backstrokes 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.

NORTH SHORE SWIMMING CONFERENCE CHAMPIONSHIPS
FEBRUARY 17-19, 2023
ORDER OF EVENTS

Friday February 17

SESSION 1

Warmups: 4:30-5:30 pm

GIRLS	EVENT	BOYS
1	9-10 200 IM	2
3	11-12 200 IM	4
5	13&Over 200 IM	6
7	9-10 50 Free	8
9	11-12 50 Free	10
11	13&Over 50 Free	12
13	9-10 200 Free	14
15	11-12 200 Free	16

Saturday February 18

SESSION 2

Warmups 7-8 a.m.

GIRLS	EVENT	BOYS
17	Senior 400 IM	18

SESSION 3

Warmups not before 8:30-9:30 a.m.

GIRLS	EVENT	BOYS
19	8&Under 100 Freestyle	20
21	13&Over 100 Butterfly	22
23	8&Under 25 Backstroke	24
25	Senior 200 Backstroke	26
27	8&Under 50 Breaststroke	28
29	13&Over 100 Breaststroke	30
31	8&Under 50 Butterfly	32
33	13&Over 200 Freestyle	34
35	8&Under 50 Freestyle	36
37	13&Over 200 Med Relay	38
39	8&Under 200 Med Rel	40

SESSION 4

Warmups not before 1-2 pm

GIRLS	EVENT	BOYS
41	9-10 100 IM	42
43	11-12 50 Breaststroke	44
45	9-10 100 Breaststroke	46
47	11-12 50 Backstroke	48
49	9-10 100 Backstroke	50
51	11-12 100 Butterfly	52
53	9-10 50 Butterfly	54
55	11-12 100 IM	56
57	9-10 200 Med Relay	58
59	11-12 200 Med Relay	60

Sunday February 19

SESSION 5

Warmups 7-8 a.m.

GIRLS	EVENT	BOYS
61	Senior 500 Freestyle	62

SESSION 6

Warmups not before 9-10 a.m.

GIRLS	EVENT	BOYS
63	8&Under 100IM	64
65	Senior 200 Breaststroke	66
67	8&Under 25 Breaststroke	68
69	13&Over 100 Backstroke	70
71	8&Under 50 Backstroke	72
73	Senior 200 Butterfly	74
75	8&Under 25 Butterfly	76
77	13&Over 100 Freestyle	78
79	8&Under 25 Freestyle	80
81	13&Over 200 Free Relay	82
83	8&Under 200 Free Relay	84

SESSION 7

Warmups not before 1-2 pm

GIRLS	EVENT	BOYS
85	11-12 100 Free	86
87	9-10 50 Breaststroke	88
89	11-12 100 Breaststroke	90
91	9-10 50 Backstroke	92
93	11-12 100 Backstroke	94
95	9-10 100 Butterfly	96
97	11-12 50 Butterfly	98
99	9-10 100 Free	100
101	11-12 200 Free Relay	102
103	9-10 200 Free Relay	104

ALL WARMUP TIMES ARE APPROXIMATE
CHECK IN WITH COACH DUE 35 MINUTES BEFORE THE START OF EACH SESSION