

THE POSEIDON ADVENTURE SWIM MEET

Hosted by the PAV YMCA Poseidon's Swim Team

Date: Sunday March 2, 2025

Location: Amos Alonzo Stagg High School
8015 W 111th Street
Palos Hills, IL 60465

Pool Course: Total length of the pool is 40 meters. There is a small bulkhead making it a 25-yard competition pool. The remaining 20 yards of the pool will be available for warm-up and cool down swimming during the meet. There will be NO DIVING in the warm-up end of the pool.

6 lanes: non-turbulent fresh water.

Due to the size of the Bulkhead no coaches or swimmers will be allowed to cross during the meet. The only time swimmers will be allowed on the bulkhead is during the 500-yard Freestyle as counters.

All 8 and under 25-yard events and 100 yard relay events that start at the bulkhead will require the swimmers to start in the water. The depth of the pool does not allow for diving from the bulkhead.

Meet Director/Entry Coordinator: Mark Sobieszczyk swimteam@pavymca.org

Meet Schedule:

Session 1: 10 & under and 12 & under

7:30 am – Doors Open

7:45-8:45 am Warm-ups *

9:00 am Anticipated Meet Start

Session 2: 21 & under 500 Free

Will follow 15 min after conclusion of Session 1

Session 3: 8 & under, 14 & under and 21 & under

will be determined after entries are received

*Start times are subject to chance depending on entries Notification will be given to each team via email

Warmups:

Warm Up Lanes and times will be determined after entries are received. Lane assignments will be emailed before the meet.

USA Technical Rules will be administered.

Rules:

This meet is governed by the current National YMCA

“Rules that Govern YMCA Competitive Sports,” Illinois State Swim Committee and USA Swimming rules.

Eligibility:

A swimmer’s age as of March 2, 2025, will determine their age for the meet. Athletes must be full members of their respective YMCA prior to the start of the meet

Entry Limitations:

Swimmers may enter up to 4 events and 2 relays

Disabilities

The Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to competition, with specific requests.

Awards:

Heat winner tags and team combined banners will be presented.

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

Bullpen: Staging will be done for swimmers 8 and under swimming in the 25y events and the 100 relay.

Entries Deadline: Please email your entries to:
swimteam@pavymca.org no later than 11:59 pm
Sunday February 23, 2025

Scratch Deadline will be Wednesday Feb 26, 2025, at 12 noon. Heat Sheets will be emailed out to the Coaches on Friday Feb 28. There will be a limited number of Heat Sheets available for sale at the meet.

Entry Fees: \$25.00 per swimmer

No individual swimmer payments will be accepted only team payments will be accepted.

Credit Cards will be accepted. Please contact Coach Mark @ swimteam@pavymca.org to make credit card arrangements.

Checks should be made payable to

PAV YMCA Swim Team

Mailing address:

Poseidon Swim Team

2947 S. Oak Park Ave

Berwyn, IL 60402

The PAV YMCA is not part of Metro Chicago.
Balance transfers will not be accepted.

Safety: During warm-ups each Team must have at least one coach supervising the swimmers. The warmup will be determined once all the entries have been received.

Due to the size of the deck Coaches chairs will only be allowed on North Side of the pool deck only.

- Parking: Free on school grounds only. There will be no parking in the adjoining Church Parking lot.
- Admission: Free
- Refreshments: Concession will be determined at a later date.
- Heat Sheets: Will be emailed to each team's email on the Friday before the meet. It is the responsibility of the coach to distribute the heat sheet to their team members. There will be a limited number of heat sheets available for sale at the meet. Heat Sheet and results will be available on Meet Mobile.
- Final Results: A copy of the final results will be emailed to each team.
- Officials: We are always in need of officials If you have officials that are interested in volunteering, please contact me at swimteam@pavymca.org.
- Safe Sport: Parents will not be allowed in any of the locker rooms or on deck. Adults only Bathrooms are located just off the pool deck by the starting blocks.
- Seating: Spectator seating will be in the balcony. No folding chairs or coolers will be allowed in the balcony. No Parents will be allowed on deck unless timing. There will be no standing against the glass. All spectators must remain seated during competition.
- Team Area: Teams will be located on the deck of the pool.
- Timers: Timers will be determined after all the entries are received.

COVID Protocols:

All swimmers, parents, coaches, and officials over the age of 2 years old are encouraged to wear a properly fitting face covering at all times while inside the building. If you are visibly ill you will be asked to leave the school for the safety of the swimmers and fellow parents, coaches and officials. If you or anyone in your immediate family has tested positive for COVID within 24 hours of the start of the meet please do not attend the meet. The meet director has the final judgment to enforce District 230, PAV YMCA and CDC COVID Guidelines during the event. This includes but is not limited to disqualification of the swimmer from a single event or the remainder of the invite. There will be no refunds if asked to leave.

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.

Event List

Session 1 Morning

- | | |
|---------------------------------------|--|
| 101 Girls 12 & Under 200 Freestyle | 122 Girls 10 & Under 100 Breaststroke |
| 102 Boys 12 & Under 200 Freestyle | 123 Boys 10 & Under 100 Breaststroke |
| 103 Mixed 10 & Under 100 Medley Relay | 124 Girls 12 & Under 100 Breaststroke |
| 104 Girls 12 & Under 200 Medley Relay | 125 Boys 12 & Under 100 Breaststroke |
| 105 Boys 12 & Under 200 Medley Relay | 126 Girls 10 & Under 100 Freestyle |
| 106 Girls 10 & Under 100 IM | 127 Boys 10 & Under 100 Freestyle |
| 107 Boys 10 & Under 100 IM | 128 Girls 12 & Under 100 Freestyle |
| 108 Girls 12 & Under 200 IM | 129 Boys 12 & Under 100 Freestyle |
| 109 Boys 12 & Under 200 IM | 130 Girls 10 & Under 50 Backstroke |
| 110 Girls 10 & Under 50 Freestyle | 131 Boys 10 & Under 50 Backstroke |
| 111 Boys 10 & Under 50 Freestyle | 132 Girls 12 & Under 50 Backstroke |
| 112 Girls 12 & Under 50 Freestyle | 133 Boys 12 & Under 50 Backstroke |
| 113 Boys 12 & Under 50 Freestyle | 134 Girls 12 & Under 100 Backstroke |
| 114 Girls 10 & Under 50 Butterfly | 135 Boys 12 & Under 100 Backstroke |
| 115 Boys 10 & Under 50 Butterfly | 136 Girls 10 & Under 200 Freestyle Relay |
| 116 Girls 12 & Under 50 Butterfly | 137 Boys 10 & Under 200 Freestyle Relay |
| 117 Boys 12 & Under 50 Butterfly | 138 Girls 12 & Under 200 Freestyle Relay |
| 118 Girls 10 & Under 50 Breaststroke | 139 Boys 12 & Under 200 Freestyle Relay |
| 119 Boys 10 & Under 50 Breaststroke | |
| 120 Girls 12 & Under 50 Breaststroke | |
| 121 Boys 12 & Under 50 Breaststroke | |

Session 2 Distance

- 150 Girls 21 & Under 500 Free
- 151 Boys 21 & Under 500 Free
- 152 Girls 21 & Under 200 Breaststroke
- 153 Boys 21 & Under 200 Breaststroke
- 154 Combined 21 & Under 1650 Freestyle

Session 3 Afternoon

- 201 Girls 21 & Under 200 Freestyle
- 202 Boys 21 & Under 200 Freestyle
- 203 Mixed 8 & Under 100 Medley Relay
- 204 Girls 14 & Under 200 Medley Relay
- 205 Boys 14 & Under 200 Medley Relay
- 206 Girls 21 & Under 200 Medley Relay
- 207 Boys 21 & Under 200 Medley Relay
- 208 Girls 8 & Under 100 IM
- 209 Boys 8 & Under 100 IM
- 210 Girls 14 & Under 200 IM
- 211 Boys 14 & Under 200 IM
- 212 Girls 21 & Under 200 IM
- 213 Boys 21 & Under 200 IM
- 214 Girls 8 & Under 25 Freestyle
- 215 Boys 8 & Under 25 Freestyle
- 216 Girls 14 & Under 50 Freestyle
- 217 Boys 14 & Under 50 Freestyle
- 218 Girls 21 & Under 50 Freestyle
- 219 Boys 21 & Under 50 Freestyle
- 220 Girls 8 & Under 25 Butterfly
- 221 Boys 8 & Under 25 Butterfly
- 222 Girls 14 & Under 100 Butterfly
- 223 Boys 14 & Under 100 Butterfly
- 224 Girls 21 & Under 100 Butterfly
- 225 Boys 21 & Under 100 Butterfly
- 226 Girls 8 & Under 25 Breaststroke
- 227 Boys 8 & Under 25 Breaststroke
- 228 Girls 14 & Under 100 Breaststroke
- 229 Boys 14 & Under 100 Breaststroke
- 230 Girls 21 & Under 100 Breaststroke
- 231 Boys 21 & Under 100 Breaststroke
- 232 Girls 8 & Under 50 Freestyle
- 233 Boys 8 & Under 50 Freestyle
- 234 Girls 14 & Under 100 Freestyle
- 235 Boys 14 & Under 100 Freestyle
- 236 Girls 21 & Under 100 Freestyle
- 237 Boys 21 & Under 100 Freestyle
- 238 Girls 8 & Under 25 Backstroke
- 239 Boys 8 & Under 25 Backstroke
- 240 Girls 14 & Under 100 Backstroke
- 241 Boys 14 & Under 100 Backstroke
- 242 Girls 21 & Under 100 Backstroke
- 243 Boys 21 & Under 100 Backstroke
- 244 Girls 8 & Under 100 Freestyle Relay
- 245 Boys 8 & Under 100 Freestyle Relay
- 246 Girls 14 & Under 200 Freestyle Relay
- 247 Boys 14 & Under 200 Freestyle Relay
- 248 Girls 21 & Under 200 Freestyle Relay
- 249 Boys 21 & Under 200 Freestyle Relay
- 250 Girls 21 & Under 400 Freestyle Relay
- 251 Boys 21 & Under 400 Freestyle Relay