



2026 HSC Spring Kick-Off Meet

Sunday, May 3, 2026

Entry Deadline: Tuesday, April 21 at 11:59 pm
Scratch Deadline: Thursday, April 30 at 5:00 pm

Sanctioned by Illinois Swimming, Inc. Sanction Number: ILL0527-26

Meet Entry Chair:	Morgan Wind P.O. Box 126 Hinsdale, IL 60522-0126	e-mail: hscmeetentries@gmail.com
Meet Director:	Morgan Wind	e-mail: coachmwind@gmail.com
Meet Referee:	Jim Bey	e-mail: tribey@msn.com
Safety Director:	Betsy Bruns	e-mail: betsybruns@yahoo.com
IDPH Compliance Director:	Betsy Bruns	e-mail: betsybruns@yahoo.com
Lead Admin Official:	Morgan Wind	e-mail: coachmwind@gmail.com
HSC Head Coach:	Scott Erdman	e-mail: scotterdman@hotmail.com 708-717-4218

Location: Don Watson Aquatic Center, Hinsdale Central High School, 5500 S. Grant Street, Hinsdale, IL 60521

Facility: 10 lane, 25-yard competition pool; additional lanes available at all times for warmup/cooldown. It is equipped with non-turbulent lane lines, temporary starting blocks, a horn start system with a strobe and automatic timing with touch pads. Kiefer retractable backstroke wedges may be available. Starting depth end of the pool is 12'6" and depth at the turn end is 7'0". The facility is owned and operated by the Hinsdale Township High School District 86. As necessary, staff at the facility will handle operational matters. Please note that the Host Club does not control operational decisions. The competition course has not been certified in accordance with 104.2.2C(4).

Entry/Exit: All swimmers, coaches, officials and volunteers should enter and exit as shown on the map in Addendum A. Swimmers can be dropped off at the indicated drop off/pick up point on the map.

Athlete Areas: All athletes will sit on deck or in designated areas in the stands.

Restrooms/Locker Rooms: There will be locker rooms and restrooms available for athletes on the deck level of the pool building. Separate restrooms will be available to adults, volunteers, and spectators.

Recording Devices and Swimmer Privacy: 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.

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.

Spectators: Spectators will be permitted.

Parking: Parking is available in the parking lots as indicated on Addendum A.

Admissions: None (included in swimmer surcharge).

Heat Sheets: Printed heat sheets will NOT be available at the meet. The meet, including heat sheets, will be available online at no charge through the Meet Mobile app. Heat sheets will be posted for swimmers at several places on deck and available to coaches at the Admin table. Coaches are responsible for distributing their copies of the heat sheets to responsible individuals who will assist their swimmers in determining when they are swimming.

Warm-ups: Warm-up lane assignments will be shared with coaches a few days prior to the start of the meet for planning purposes.

Results: Results will be available at www.thehinsdaleswimclub.com at the conclusion of the meet and will be made available utilizing the Meet Mobile app.

Timers: There will be a minimum of one timer per lane. HSC will ask teams attending for help filling these slots, if needed.

Positive Check-In: There will be no positive check-in. The meet will be pre-seeded. Final scratch deadline is Thursday, April 30th at 5:00 PM. Deck entries will not be permitted.

Eligibility: Only USA Swimming and FINA registered swimmers are eligible. Entries listed "Registration Applied For" will not be accepted. All swimmers must be registered prior to the entry deadline. Age for this meet shall be the swimmer's age as of May 3, 2026.

Rules & Safety: This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI rules 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.

Coaches: All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Coaches must display their HSC-provided lanyard at all times while on deck. All coaches are required to sign in if they are on deck or if they are off deck and engaging with swimmers.

Seeding: All events will be pre-seeded. Each event will be swum in heats with swimmers seeded from slowest to fastest. Modifications may be made at the time of seeding to create a more competitive atmosphere for the athletes.

Entries: All events are timed finals and swimmers are limited to swim 4 individual events and 2 relay events per session. There will be no refunds for scratched events after the scratch deadline, declared false starts (DFSs), or no shows. There may be refunds for canceled events.

Relays: There are 2 relay events per session. There is no limit for each relay offered. Each coach shall be responsible for submitting relay names to the Administrative Table approximately one (1) hour prior to the start of the relays. Teams will be notified of this deadline for each relay. Relays may be changed up to the time of the swim. Teams may also email in relay names prior to the start of the meet, which can then be changed at the meet, if necessary or desired.

ENTRY FEES: \$6.00 per individual event
 \$12.00 per relay event
 \$2.00 per swimmer ISI surcharge
 \$18.00 per swimmer facility charge

Please make entry fee checks payable to Hinsdale Swim Club.

Any entries that are canceled due to event or heat limitations may be refunded.

Awards: There will be NO awards at this meet.

Results: Results will be posted as available on Meet Mobile.

Concessions: There will be limited concessions at this meet-we will share more details as it gets closer to the meet date.

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.

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.

Event Schedule

Sunday, May 3, 2026

Session 1: 8 & Unders and 10 & Unders
Warm-ups: 10:00 am, Session Start: 11:00 am

Girls		Boys
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
-	-5 Minute Break-	-
5	8 & Under 25 Free	6
7	9-10 50 Free	8
9	10 & Under 100 Free	10
11	8 & Under 25 Breast	12
13	10 & Under 50 Breast	14
15	8 & Under 25 Back	16
17	10 & Under 50 Back	18
19	8 & Under 25 Fly	20
21	10 & Under 50 Fly	22
23	8 & Under 50 Free	24
25	10 & Under 100 IM	26
-	-5 Minute Break-	-
27	8 & Under 100 Free Relay	28
29	9-10 200 Free Relay	30

Sunday, May 3, 2026

Session 2: 11-12s and 13 & Overs
Warm-ups: 2:00 pm, Session Start: 2:45 pm

Girls		Boys
31	11-12 200 Medley Relay	32
33	13 & Over 200 Medley Relay	34
-	-5 Minute Break-	-
35	11-12 100 Free	36
37	13 & Over 100 Free	38
39	11-12 50 Breast	40
41	13 & Over 50 Breast	42
43	11-12 100 Back	44
45	13 & Over 100 Back	46
47	11-12 50 Fly	48
49	13 & Over 50 Fly	50
51	11-12 100 IM	52
53	13 & Over 100 IM	54
-	-5 Minute Break-	-
55	11-12 50 Free	56
57	13 & Over 50 Free	58
59	11-12 100 Breast	60
61	13 & Over 100 Breast	62
63	11-12 50 Back	64
65	13 & Over 50 Back	66
67	11-12 100 Fly	68
69	13 & Over 100 Fly	70
-	-5 Minute Break-	-
71	11-12 200 Free Relay	72
73	13 & Over 200 Free Relay	74

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Warm-Up Procedures (To Be Posted)

A. WARM-UP PROCEDURES

1. General Warm-up

- a. There will be assigned warm-up lanes for this meet.
- b. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
- c. No diving shall be allowed from the blocks or the edge of the pool at any time when a lane is being used for any one swimmer to swim more than one length. At such times, 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.
- d. When a coach converts the use of a lane to a diving lane, swimmers shall swim one length from the start end and exit the pool at the turn end. No swimmer shall return to the start end or linger in swimming to the turn end to exit the pool.

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 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 effect at this meet."
- d. An announcer shall be on duty each Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up. Coaches are encouraged to plan for Warm-ups in advance.
- e. Hazards 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.

Note: The host club may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommend lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Addendum A

Hinsdale Central High School Don Watson Aquatic Center 5500 S. Grant Street, Hinsdale, IL 60521



Swimmers and spectators should enter on the west side of the building at the Pool Entrance. Parking is available in the lots indicated above. There is also street parking available on 57th and Grant Streets. We will have signs directing people from the parking lot to the pool (indicated by the green arrows). Parents may also have the option of dropping their swimmers at the circle on the south side of the building off 57th Street, in between Madison and Grant Streets.