



CWAC / RISE Mid-Season Challenge

Hosted by the Chicago Wolfpack Aquatic Club

December 6-7, 2025

USA Swimming Sanction:

Co-Meet Director

David Stephens
(312) 432-8321

david.stephens@ignatius.org

Meet Referee

Sherrie VanderVelde
sherriev@ymail.com

Entry Chair

David Stephens
(312) 432-8321

david.stephens@ignatius.org

Safety & Co-Meet Director

Adam Cremieux
(708) 214-6575

adam.cremieux@gmail.com

Host Teams

[Chicago Wolfpack Aquatic Club](#)
[Rise Aquatics](#)

Location: UIC Natatorium | 901 W. Roosevelt Road, Chicago, Illinois 60608

Facility: The UIC pool is a 50-meter, eight-lane pool. Short course competition occurs in the 25 yard, 8-lane cross length with Keifer Advantage II Wave Eater non-turbulent lane lines in 16 feet of water depth. Starting blocks are located at the west end. A warm-up/cool-down pool is available for use under coaches' supervision. A Daktronics automatic timing system with touch pads, pushbuttons and an eight-lane display board will be used. Seating capacity is 550. No smoking allowed on UIC grounds. Parking is available directly across Roosevelt Road from the main entrance of the building for approximately \$10.00 per day. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

RULES: Current USA Swimming and Illinois Swimming rules will govern this meet. USA Swimming Rule 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

All coaches must be currently registered with USA Swimming and must provide proof of current registration at all session of this meet. Coaches must sign in at the hospitality room upon arrival.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

- Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas or locker rooms.
- Changing into or out of swimsuits other than in locker rooms is not appropriate and is prohibited.
- Flash photography is prohibited in the pool area when athletes are on the starting blocks.
- Video recording or photography is not allowed behind the starting blocks.
- Smoking is not permitted within the facility or on the school grounds.
- Running on deck and horseplay is a safety concern and will not be tolerated.
- 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.



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MEET FORMAT: All 9-10 and 11-12 events on Saturday are prelim / finals and the following will return for finals:

- Ages 9-10 is Top 16 for 200 free and 100 free and **Top 20** for the 50 back, 50 breast and 50 fly
- Ages 11-12 is Top 16 for 200 free and 100 free and **Top 20** for the 50 back, 50 breast and 50 fly

There will be a Super Final for the 50 back, 50 breast and 50 fly on Saturday

All 8&Under, Open and Sunday events are timed finals. The 500 Free will be mixed gender and swum fastest to slowest. There will be a positive check-in for the 500. All 500 swimmers are required to provide one timer and one lap counter. The host team has the right to adjust the seeding of the 500 based on the number of entries after check-in. The 9-10 and 11-12 200 free and 200 IM may be limited based on the number of entries.

SESSION	DAY	AGE GROUP	WARM UP TIME	MEET START TIME
1	Saturday	9-10, 11-12	8:00 AM	9:00 AM
2	Saturday	8&Under, Open	1:00 PM	2:00 PM
3	Saturday	9-10, 11-12	5:45 PM	6:30 PM
4	Sunday	8&Under, Open	7:30 AM	8:30 AM
5	Sunday	13&Over 500	After Session 4	15 Minutes After Session 4
6	Sunday	9-10, 11-12	1:30 PM	2:30 PM
7	Sunday	12&Under 500	After Session 6	15 Minutes After Session 6

CWAC reserves the right to use fly-over starts for any or all events. Swimmers who miss an event will not incur penalties and a reasonable effort will be made to place the swimmer into an open lane in a different heat. Open events are for ages 9 and older. Positive check-in will be determined at the discretion of the meet host.

FINALS: All swimmers competing in the preliminary heat of an individual event on Saturday must notify the Clerk of Course of their intention to scratch from a final of an event within 30 minutes of the announcement of the preliminary results for that event. If a swimmer is uncertain of his or her intention to scratch from finals, he or she may notify the Clerk of Course—within 30 minutes of the announcement of preliminary results—that he or she may be intending not to compete in finals. That swimmer must further declare his or her final intention within 30 minutes following his or her last individual preliminary event of that day. Failure to further so declare such final intention shall be deemed a declaration of such swimmer's intention to swim in the finals of such event. Swimmers must compete in all final races for which they have qualified unless final intention to scratch is declared.

FAILURE TO COMPETE IN A FINAL: There will be no penalty for missing an event. However, we encourage all coaches to make sure their swimmers scratch finals if they know they will not be able to compete to allow another swimmer a chance to swim. Alternate(s) will be substituted into an empty lane. No movement of swimmers from a Consolation Final heat to a Final heat will take place. Instead, the alternate(s) will just be placed into the empty lane without movement of any other swimmers from the lane they were scheduled to be in.

ELIGIBILITY: Swimmers must be registered with USA Swimming prior to the competition. Age, as of December 7, 2024, shall determine the swimmer's age for the entire meet. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet.

ENTRY PROCESS: Entries will not be accepted before **8:00 AM, Friday November 7, 2025**. We will accept entries until the timeline capacity. Only entries received by e-mail will be accepted; no hand delivers, phoned or faxed entries.



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ENTRY FORMS: We will use Hytek Meet Manager 8.0 for Windows for this meet. Entries must be submitted via email attachment. Such entries must comply with the current USA Swimming and Illinois Swimming, Inc. rules discussed above. An entry is not complete until all necessary paperwork and fees are received. Email entries to the Entry Chair David Stephens at david.stephens@ignatius.org. Final deadline to submit entries or update times is Friday, November 28, 2025 at noon. Entries received after the meet reaches the time limits will be returned immediately. Entries may be reviewed online at www.cwacswimming.com. Questions regarding entries should be directed to the Entry Chair.

ENTRY LIMITS: Swimmers may swim a maximum of 3 events on Saturday and 3 events on Sunday plus the 500 free.

ENTRY FEES: All fees must accompany entry. **Make checks payable to CWAC or Zelle / Venmo**

Individual Entry Fees:	\$8.00 for timed final event / \$9.00 for prelim-final event
Illinois Surcharge:	\$2.00 per swimmer
UIC Facility Surcharge:	\$20.00 per swimmer

Fees not received 7 days after the meet are subject to a \$100 fine. Please include the Entry Summary/Release form with payment.

SEEDING / POSITIVE CHECK-IN: The meet will be pre-seeded, but host teams have the right to do positive check-in. **Please e-mail all scratches to the Meet Entry Chair by 6 PM on Friday (12/5).** There will be a positive check-in for the 500 free and the deadline is 10 AM for the morning session and 3 PM for the afternoon session on Sunday. 500's will run fastest to slowest. 500 swimmers must provide their own timer and counter. The host team has the right to adjust the seeding of the 500 based on the number of entries.

MEET RESULTS: Final results will be e-mailed to teams after the last session on December 7, 2025.

AWARDS: Individual swimmers in the 8&Under, 9-10 and 11-12 age group events will receive awards for 1st – 8th place. Meals for top 3 and ribbons for 4th – 8th. No awards will be given for Open events.

FACILITY NOTE: We are guests of UIC. It is important that all attending this meet, whether it be swimmers, coaches or volunteers, treat the facility with the utmost care. The following rules will be strictly enforced:

- Pick up all trash
- Do not go or let swimmers go, in any unauthorized areas. This means any place other than the lobby, seating areas, steps to the deck. Elevators are off limits. Due to USA Swimming insurance requirements **only** swimmers, coaches, officials and volunteers are allowed on deck.
- **Locker rooms will be closed**, but the upstairs restrooms will be available for changing
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- **NO FLASH PHOTOGRAPHY AT THE START OF RACE-HEATS!**

CWAC will have security people roaming the spectator areas, deck and locker room areas. If any spectator or swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further admittance or competition.



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BROADCAST STATEMENT: Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

DECK CHANGING: Changing into or out of swim suits other than in upstairs restrooms is not appropriate and strictly prohibited. Any athlete not complying with this rule is subject to removal from the meet.

ADMISSION: Included as part of the facility charge

HEAT SHEETS / RESULTS: Heat sheets will be posted and available on Meet Mobile. Meet results will be posted and available through Meet Mobile.

CONCESSIONS / VENDORS: There will be concessions at the meet as well as vendors for gear and shirts.

HOSPITALITY: There will be hospitality provided for all coaches and officials.



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WARM – UP PROCEDURE

WARM-UP PROCEDURE:

- No diving allowed from blocks or edge of pool.
- Sit & Slide entry only!
- Sprinting and pace work is done as needed.
- All lanes will be used for general warm-up.
- The Host Team will assign teams to lanes for warm-up.

At conclusion of the warm-up period, all swimmers MUST clear the pool. The first event will start no sooner than 10 minutes from the conclusion of the warm-up.

RACING STARTS:

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

COACHES RESPONSIBILITIES:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
- Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Unattached swimmers, or attached swimmers attending the meet without coaches, must report to the safety coordinator for lane assignment
- Any coaches' meetings at meets will be conducted at times other than the 30-minute general warm-up and the 15-minute specific warm-up.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where 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.

MAAPP: 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.



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ENTRY SUMMARY / RELEASE: This summary form must be completed and returned with all entries by **Saturday, December 6, 2025**. Please be certain to include all of the following:

1. Check for entries made payable to: **Chicago Wolfpack Aquatic Club** or Zelle to david.stephens@ignatius.org or Venmo to @David-Stephens-176

2. This summary form completed

Mail all of the above to: David Stephens, 1076 W Roosevelt Road, Chicago, IL 60608

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Illinois Swimming Surcharge: Number of Swimmers _____ @ \$2.00 =\$ _____

UIC Facility Surcharge: Number of Swimmers _____ @ \$20.00 =\$ _____

Number of Timed Final Entries: _____ @ \$8.00 =\$ _____

Number of Prelim / Final Entries: _____ @ \$9.00 =\$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Club official submitting entry:

Coaches Names:

Name _____

Address _____

City _____

State/Zip _____

Telephone(____) _____ (am) _____

(____) _____ (pm)

Please indicate the latest time that we may call in the evening _____

E-mail address _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; CWAC; UIC; for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

Signature (Coach, Parent, or Club Representative)



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USA Swimming Sanction:

SESSION 1 - SATURDAY AM - 8 AM Warm Up / 9 AM Meet Start

Women's Event #	Event	Men's Event #
1	9-10 200 Free	2
3	11-12 200 Free	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 Fly	14
15	11-12 50 Fly	16
17	9-10 100 Free	18
19	11-12 100 Free	20

SESSION 2 - SATURDAY PM - 1 PM Warm Up / 2 PM Meet Start

Women's Event #	Event	Men's Event #
21	Open 200 Free	22
23	8&Under 50 Back	24
25	Open 100 Back	26
27	8&Under 50 Breast	28
29	Open 100 Breast	30
31	8&Under 50 Fly	32
33	Open 100 Fly	34
35	8&Under 25 Free	36
37	Open 100 Free	38



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USA Swimming Sanction:

SESSION 3 - SATURDAY FINALS - 5:30 PM Warm Up / 6 PM Meet Start

Women's Event #	Event	Men's Event #
1	9-10 200 Free	2
3	11-12 200 Free	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 Fly	14
15	11-12 50 Fly	16
17	9-10 100 Free	18
19	11-12 100 Free	20

SATURDAY FINALS: All 9-10 and 11-12 events on Saturday are prelim / finals and the following will return for finals:

- Ages 9-10 is Top 16 for 200 free and 100 free and **Top 20** for the 50 back, 50 breast and 50 fly
- Ages 11-12 is Top 16 for 200 free and 100 free and **Top 20** for the 50 back, 50 breast and 50 fly

There will be a Super Final for the 50 back, 50 breast and 50 fly



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USA Swimming Sanction:

SESSION 4 - SUNDAY AM – 8 AM Warm Up / 9 AM Meet Start

Women's Event #	Event	Men's Event #
39	Open 200 IM	40
41	8&Under 25 Back	42
43	Open 200 Back	44
45	8&Under 25 Breast	46
47	Open 200 Breast	48
49	8&Under 25 Fly	50
51	Open 200 Fly	52
53	8&Under 50 Free	54
55	Open 50 Free	56

SESSION 5 - SUNDAY 500 SESSION - 15 Minutes After Session 4

Women's Event #	Event	Men's Event #
57	Mixed - 13&Over 500 Free	57

SESSION 6 - SUNDAY PM – 1 PM Warm Up / 2 PM Meet Start

Women's Event #	Event	Men's Event #
59	9-10 100 IM	60
61	11-12 100 IM	62
63	9-10 100 Back	64
65	11-12 100 Back	66
67	9-10 100 Breast	68
69	11-12 100 Breast	70
71	9-10 100 Fly	72
73	11-12 100 Fly	74
75	9-10 50 Free	76
77	11-12 50 Free	78

SESSION 7 - SUNDAY 500 SESSION - 15 Minutes After Session 6

Women's Event #	Event	Men's Event #
79	Mixed - 12&Under 500 Free	79