



# Howloween X Invitational

Hosted by the Chicago Wolfpack Aquatic Club

October 18-19, 2025

USA Swimming Sanction:



## Meet Director

David Stephens

(312) 432-8321

[david.stephens@ignatius.org](mailto:david.stephens@ignatius.org)

## Meet Referee

Sherrie VanderVelde

[sherriev@ymail.com](mailto:sherriev@ymail.com)

## Entry Chair

David Stephens

(312) 432-8321

[david.stephens@ignatius.org](mailto:david.stephens@ignatius.org)

## Safety Director

Paul Moniak

(312) 952-0166

[pvmoniak@yahoo.com](mailto:pvmoniak@yahoo.com)

## Host Team

Chicago Wolfpack Aquatic Club

[www.cwacswimming.com](http://www.cwacswimming.com)

**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 Kiefer 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 750. 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 or other designated areas is not appropriate and is prohibited.
- Flash photography is prohibited in the pool area
- Videotaping or photography is not permitted behind the 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 events are timed finals. The 1000 and 500 Free will be mixed gender and swum fastest to slowest after seeding. All 1000 and 500 swimmers are required to provide one timer and one lap counter. The host team has the right to adjust the seeding of the 1000 and 500 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	Open (1000)	After Session 2	15 Minutes After Session 2
4	Sunday	9-10, 11-12	7:30 AM	8:30 AM
5	Sunday	8&Under, Open	12:30 PM	1:30 PM
6	Sunday	Open (500)	After Session 5	15 Minutes After Session 5

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. 200's may be limited in order to accommodate timelines.

**ELIGIBILITY:** Swimmers must be registered with USA Swimming prior to the competition. Age, as of October 18, 2025, 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 September 26**. We will accept entries until the timeline capacity. Only entries received by e-mail will be accepted; no hand delivers, phoned or faxed entries.

**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](mailto:david.stephens@ignatius.org). Final deadline to submit entries or update times is Friday, October 10, 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](http://www.cwacswimming.com). Questions regarding entries should be directed to the Entry Chair.

**ENTRY LIMITS:** Swimmers may enter a maximum of 3 individual events each day plus the 1000 on Saturday and the 500 on Sunday. If the timelines allows, a fourth event may be added and teams will be notified.

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

Individual Entry Fees:	\$6.00 per event
Illinois Surcharge:	\$2.00 per swimmer
Admission / 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 CWAC does reserve the right to positive check-in. Please e-mail all scratches to the Meet Entry Chair by 6 PM on Friday (10/17). There will be a positive check-in for the 1000 and 500 free and the deadline is 3 PM on Saturday and Sunday respectively. 1000's and 500's will run fastest to slowest. 1000 and 500 swimmers must provide their own timer and counter. The host team has the right to adjust the seeding of the 1000 based on the number of entries.

## MEET RESULTS:

Final results will be posted on the CWAC website at [www.cwacswimming.com](http://www.cwacswimming.com) and will be e-mailed to teams after the last session.



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## AWARDS:

Individual swimmers in the 8&Under, 9-10 and 11-12 age group events will receive awards for 1<sup>st</sup> – 8<sup>th</sup> place. No awards will be given for Open events.

## FACILITY NOTE:

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

- **ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK**
- Keep all trash picked up
- Do not go or let children go, in any unauthorized areas. This means any place other than the lobby, seating areas, steps to the deck. Elevators and steps going up and down stairs are off limits. Due to USA Swimming insurance requirements **only** swimmers, coaches, officials and volunteers are allowed on deck.
- 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!**

## 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.

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.

## DECK CHANGING:

Changing into or out of swim suits other than in locker rooms or designated areas is not appropriate and strictly prohibited. Any athlete not complying with this rule is subject to removal from the meet.

## ADMISSION:

Admission will be included as part of the entry fees.

## 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 payment by **Friday, October 17, 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](mailto:david.stephens@ignatius.org) or Venmo to @David-Stephens-176

2. This summary / release 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 =\$ \_\_\_\_\_

Admission / Facility Surcharge: Number of Swimmers \_\_\_\_\_ @ \$20.00 =\$ \_\_\_\_\_

Number of Entries: \_\_\_\_\_ @ \$5.00 =\$ \_\_\_\_\_

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)

*This signed release must accompany the entry or the entry will not be accepted*



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## SATURDAY EVENTS

SESSION 1 - SATURDAY AM - 8 AM Warm Up / 9 AM Meet Start		
Women's Event #	Event	Men's Event #
1	11-12 200 IM	2
3	9-10 200 IM	4
5	11-12 50 Fly	6
7	9-10 50 Fly	8
9	11-12 100 Back	10
11	9-10 100 Back	12
13	11-12 50 Breast	14
15	9-10 50 Breast	16
17	11-12 100 Free	18
19	9-10 100 Free	20

SESSION 2 - SATURDAY PM - 1 PM Warm Up / 2 PM Meet Start		
Women's Event #	Event	Men's Event #
21	Open 200 IM	22
23	8&Under 100 Free	24
25	Open 50 Fly	26
27	8&Under 25 Back	28
29	Open 100 Back	30
31	8&Under 50 Breast	32
33	Open 50 Breast	34
35	8&Under 25 Fly	36
37	Open 100 Free	38
39	8&Under 50 Free	40

SESSION 3 - SATURDAY 1000 SESSION - 15 Minutes After Session 2		
Women's Event #	Event	Men's Event #
41	Open Mixed 1000 Free	41



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## SUNDAY EVENTS

SESSION 4 - SUNDAY AM – 7:30 AM Warm Up / 8:30 AM Meet Start		
Women's Event #	Event	Men's Event #
43	11-12 200 Free	44
45	9-10 200 Free	46
47	11-12 100 Breast	48
49	9-10 100 Breast	50
51	11-12 50 Back	52
53	9-10 50 Back	54
55	11-12 100 Fly	56
57	9-10 100 fly	58
59	11-12 50 Free	60
61	9-10 50 Free	62
63	11-12 100 IM	64
65	9-10 100 IM	66

SESSION 5 - SUNDAY PM – 12:30 PM Warm Up / 1:30 PM Meet Start		
Women's Event #	Event	Men's Event #
67	Open 200 Free	68
69	8&Under 100 IM	70
71	Open 100 Breast	72
73	8&Under 25 Free	74
75	Open 50 Back	76
77	8&Under 25 Breast	78
79	Open 100 Fly	80
81	8&Under 50 Fly	80
83	Open 50 Free	84
85	8&Under 50 Back	86
87	Open 100 IM	88

SESSION 6 - SATURDAY 500 SESSION - 15 Minutes After Session 5		
Women's Event #	Event	Men's Event #
89	Open Mixed 500 Free	89