



Speedo® Illinois Swimming Senior Championship Meet

Hosted by Lake Forest Swim Club
March 3-March 6, 2011



USA Swimming and Illinois Swimming, Inc. Sanction ILS11-0306, and Time Trial Sanction ILS11-0307 sanction the 2011 Illinois Senior Short Course Swimming Championship. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced and posted at the meet.

LOCATION: Flames Natatorium at University of Illinois/Chicago, 901 West Roosevelt Road, Chicago, Illinois

FACILITY: Eight-lane 25-yard competition pool. The start end and the turn end of the pool are 16'-0" deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads will be Colorado Aquagrip non-slip. The timing system is a Daktronics OmniSport 2000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 1,200 spectators.

MEET DIRECTOR Iain Campbell 414-429-1122 iaincampbell@comcast.net
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MEET REFEREE Ann Widdowson 224-633-6363 widsona@gmail.com

OME ENTRY QUESTIONS Pam Lowenthal 847-824-1596 ilswimoffice@ilswim.org	EMAIL SCRATCH CONTACT Michael Lawrence 847-295-8343 (Days) 847-220-3940 (Evening) lfsc@sbcglobal.net	SAFETY COORDINATOR Elaine Gilbert 224-715-1830 ptgilbert@comcast.net
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MEET SCHEDULE

	PRELIMS		FINALS	
	Warm-Ups	Start	Warm-Ups	Start
Thursday			4:00 pm	5:30 pm
Friday	6:30 am*	8:30 am	4:00 pm	5:30 pm
Saturday	6:30 am*	8:30 am	4:00 pm	5:30 pm
Sunday	6:30 am*	8:30 am	3:30 pm	5:00 pm
Split w-up	Group 1: 6:30-7:10am	Group 2: 7:15-7:55am	Specific W-up: 8:00-8:20am	

DEADLINE AND MEET SUMMARY

Wednesday	January 6	12:01 AM	Entries Open
Monday	February 28	1:00 PM	Entry Deadline
Monday	February 28	6:00 PM	A/B Format posted
Thursday	March 3	1:00 PM	Electronic Scratch Deadline
Thursday	March 3	4:00-4:15 PM	Coaches Meeting
Thursday	March 3	4:30 PM	Scratch Deadline for Thursday Events
Thursday	March 3	6:00 PM	Scratch Deadline for next day's events
Friday	March 4	8:00 AM	Relay Scratch Deadline
Friday	March 4	8:15 AM	Coaches Meeting (if necessary)
Friday	March 4	6:00 PM	Scratch Deadline for next day's events
Saturday	March 5	8:00 AM	Relay Scratch Deadline
Saturday	March 5	8:15 AM	Coaches Meeting (if necessary)
Saturday	March 5	6:00 PM	Scratch Deadline for next day's events
Sunday	March 6	8:00 AM	Relay Scratch Deadline
Sunday	March 6	8:15 AM	Coaches Meeting (if necessary)

ENTRY DEADLINE: MONDAY, FEBRUARY 28, 2011 @1:00 PM



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ENTRY DETAILS: This meet will be using USA Swimming On-Line Meet Entry at: www.usaswimming.org/ome
 Entries may be submitted on-line beginning January 5, 2011 (12:01AM CST) and must be completed by Monday, February 28 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. Once you complete your online entry, you will be sent a confirmation email. You may update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete events or change out events after you have checked out and paid for them. Bring all communications with you to the meet in case of problems with your entries.

ALL CUSTOM TIMES MUST BE PRE-PROVEN PRIOR TO THE SCRATCH DEADLINE FOR THAT EVENT.

ENTRY FEES: \$5.00 per individual event, and \$15.00 per relay entry. A swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using credit card OR pay by check Payable to **Illinois Swimming, Inc**
3. Mail the following to Illinois Swimming Office (due by Wednesday, March 2, 2011):
 - a. Team Summary and Release Form
 - b. Entry Fees and swimmer surcharge payments not paid by credit card

Checks payable to: Illinois Swimming Inc

MAIL FORMS TO:	Illinois Swimming, Inc 1400 E. Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRIES QUESTIONS TO:	seniorchamps@ilswim.org
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QUALIFYING TIMES: 2011 Championship Time Standards are included. Only swimmers having achieved qualifying times between July 10, 2009 and February 28, 2011 @ 1:00 PM are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters. Please highlight and note ("LCM" or "SCM") next to all non-conforming entry times.

ELIGIBILITY: All swimmers must be current (2011) members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Ave., Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org.

EVENT LIMITATIONS: A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than six (6) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day.

INDIVIDUAL EVENTS: All individual events except the 1,000 and 1,650 free will be conducted as preliminary/final events.

Dependent on the number of entries, and at the discretion of the Senior Committee and the Meet Referee, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be posted by Monday, February 28, 2011 at 6:00 pm on the ISI and host club website.

FINALS: Finals will be the top 24 athletes competing in Bonus, Consolation, and Championship Finals heats (A, B, C, Finals). Swimmers in the Championship Finals, must report to the ready room area and check in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation and Bonus Finalists must report to the Deck Referee behind the starting blocks prior to the start of the Championship Final **of the previous event**.

DISABLED ATHLETES: This meet will be open to all disabled athletes age 15 or older as of March 11, 2011. Those athletes with disabilities who have not met the entry time qualifying standards may enter any event 200 yards or shorter. There will be one heat swum at the beginning of each night's finals session open to these athletes (with certain restrictions) in the following events: Friday – 100 Butterfly, Saturday – 100 Backstroke, Sunday – 100 Freestyle. This entry will be done manually through the Illinois Swimming Disability Chair. All entries must be submitted by the initials entry deadline. Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.



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DISTANCE EVENTS: The 1,000 and 1,650 Free will be conducted as timed final events. The 1,000 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats.

The fastest seeded heat of the women's and men's 1,650 free are swum as the first event of finals on the same day as all other heats for the event. All remaining heats of the 1,650 will swim at the conclusion of Sunday's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. Swimmers who choose to swim in the prelim session of the 1,650 Free should enter at the non-conforming qualifying time. Each swimmer must provide his/her own timer.

DISTANCE BONUS EVENTS: Swimmers with a 1,000 free qualifying time may enter the 1,650 free event; swimmers with a 1,650 free qualifying time may enter the 1,000 free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

RELAY EVENTS: All relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim at the conclusion of that day's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum.

Relay scratches are due no later than thirty (30) minutes prior to the start of each preliminary session. The time for each relay team shall be submitted on the entry blank and no change in time will be permitted. Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. Relay teams with properly proven times will be declared entered in the meet. All teams desiring to swim in the AM should enter at the Long Course Meter (LCM) non-conforming qualifying time.

Each coach shall pick up relay entry forms from the clerk of course, on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted there after and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.

SEEDING: Entries shall be seeded according to USA Swimming rules. Entry times conforming to course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is Short Course Yards (SCY), Long Course Meters (LCM) and Short Course Meters (SCM).

SCRATCH PROCEDURES: ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary and individual timed final events shall be made using the scratch box at the clerk of course. The scratch deadline for preliminary events is as follows:

Individual Event Scratch Deadlines	Relay Event Scratch Deadlines
Thursday 4:30 pm For Thursday events	Friday 8:30 am for Friday's Relay Events
Thursday 6:00 pm For Friday events	Saturday 8:30 am for Saturday's Relay Events
Friday 6:00 pm For Saturday events	Sunday 8:30 am for Sunday's Relay Events
Saturday 6:00 pm For Sunday events	

COACHES MEETING: There will be a coaches meeting in the Hospitality Room, 4:00 PM Thursday, March 3, 2011. Other Coaches meetings will be held 15 minutes prior to the start of each prelim session if needed. Each team or unattached swimmer must be represented.

OPEN SENIOR SWIMMING MEETING: An open Senior Swimming meeting will be held 15 minutes after the conclusion of prelims on **Friday**. All coaches are encouraged to attend.



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FINALS READY ROOM: Swimmers in the Championship Finals, must report to the ready room area and check in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation and Bonus Finalists must report to the Deck Referee behind the starting blocks prior to the start of the Championship Final **of the previous event**.

AWARDS CEREMONY: Awards for individual and relay events will be presented as shown on page 5 of this meet information.

AWARDS: The Carolyn Lambert Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Other awards will be given to the top 8 finishers in individual events, the top three finishers in relay events and best individual performance women and men, based on IMX points at the meet.

SCORING:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

MEET RESULTS: Meet results will be available via .PDF and meet back up file on the Illinois Swimming website.

ELIGIBILITY JURY: The Meet Director and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least of a coach, the Registration/Membership Coordinator and one other person in attendance.

TECHNICAL JURY: The Senior Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.

WARM-UP: ISI warm-up and safety procedures will be in effect. UIC requires a split warm-up on Friday, Saturday and Sunday due to pool bather load limits. The warm-up procedure will be as follows:

- **Group 1: 6:30-7:10am**
- **Group 2: 7:15-7:55am**
- **Specific Warm-up: 8:00-8:20am (Lanes 1, 2 & 8 are Push/Pace; Lanes 3-7 are one way sprints).**

Clubs can specify which warm-up they prefer via email to Seniorchamps@ilswim.org. Preferences may be accepted beginning Monday, February 21, 2011.

DECK ACCESS: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be current with all safety certifications. Coaches and officials must display USA Swimming credentials at all times while on deck. Credentials will be checked for all Coaches at the Clerk of Course table prior to receiving team packet.

TIMERS: Each team with swimmers in the meet must provide timers. A list of lane assignments for each team will be posted after the entry deadline. A club timer coordinator with phone number and email address must be listed on your Team Summary and Release Form that is submitted with your entry.

OFFICIALS: Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Bonnie Quinn at dquinn1575@wowway.com. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

This meet has been designated as an Officials Qualifying Meet. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should submit an Application to Officiate Form from the "Officials" section of the ISI website (www.ilswim.org). There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.

BIO's FOR FINALISTS: Any swimmer competing in the championship final of an event should complete a biographical information form. Forms can be picked up and returned to the announcer.



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TIME TRIALS: Time trials will be offered at the meet for swimmers entered in at least one individual event. Time Trials shall be counted in the daily maximum number of individual events swum, but shall not count in the meet limit of events swum. Fee is \$7.50 per event and is payable to host club at time of entry, which can be done at the Clerk of Course table. Each swimmer must provide his/her own timer. **Sign-Up (Entry) Deadline is 5:00 PM on Thursday and 11:00 AM on Friday, Saturday and Sunday.**

<u>Thursday</u> Thursday Events*	<u>Friday</u> Friday Events Saturday Events Sunday Events*	<u>Saturday</u> Saturday Events Sunday Events* Friday Events	<u>Sunday</u> Sunday Events* Friday Events Saturday Events
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*1,650 Free event will be offered only on Thursday and Sunday time permitting

ADMISSIONS: All session pass with meet program - \$36.00 (Includes all session pass, Meet Program, all Prelim and Finals Heat Sheets). Admission -Thursday \$3.00 Friday-Sunday \$6.00 (10 & under free) Meet Program: \$6.00, Finals Heat Sheets: \$3.00

PARKING: Parking is controlled by the UIC Parking Office, which establishes all fees associated with parking. There is no free parking. The primary parking lot for all events at the UIC Athletic Facilities is Lot 5, located immediately north of the Physical Education Building. The entrance to this lot is located on Morgan Street between Roosevelt Road and Taylor Street. In the event Lot 5 is not available, UIC Athletics and the UIC Parking Office will open the next closest available lot.

FOOD & SWIM SHOP: The Swim Team Store will be on site to sell swimming-related items along with Northwest Designs which will be selling event specific apparel. Concessions will be available for purchase at the venue.

LOCKER ROOMS: Locker room facilities are available on the deck level of the pool for changing purposes only. No lockers will be available for storage.

HOTEL INFORMATION: Hilton Hotels the "Official Hotel of Illinois Swimming" has a discounted rate for Illinois Swimming members: Hilton/Chicago, 720 S. Michigan Ave., Room rate is \$99.00 per night (15.4% taxes not included), Call 1-877-865-5320 for reservations and mention the Illinois Swimming room block.



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WOMEN			THURSDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
1	10:08.09	9:50.29	11:14.59	1,000 Freestyle	10:39.99	9:10.59	9:26.79	2

WOMEN			FRIDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
				1,000 Awards				
3	1:23.49	1:19.19	1:11.29	100 Breaststroke	1:05.49	1:12.69	1:16.59	4
5	2:17.09	2:12.29	1:59.19	200 Freestyle	1:49.69	2:01.79	2:06.59	6
				Awards Break				
7	1:11.19	1:08.39	1:01.59	100 Butterfly	56.39	1:02.59	1:04.59	8
9	5:38.79	5:22.09	4:50.19	400 Individual Medley	4:35.79	5:06.09	5:16.19	10
				Awards Break				
11	9:29.99	9:07.19	8:12.99	800 Freestyle Relay**	7:38.59	8:28.99	8:54.79	12
				Awards Break				

WOMEN			SATURDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
13	2:37.69	2:29.59	2:14.79	200 Individual Medley	2:04.19	2:17.89	2:26.79	14
15	29.29	28.19	25.39	50 Freestyle	22.79	25.29	26.69	16
				Awards Break				
17	3:00.99	2:53.09	2:35.89	200 Breaststroke	2:25.39	2:41.39	2:50.09	18
19	1:13.19	1:09.79	1:02.89	100 Backstroke	57.49	1:03.79	1:08.59	20
				Awards Break				
21	4:50.69	4:39.29	5:19.19	500 Freestyle	4:57.09	4:19.99	4:33.89	22
				Awards Break				
23	4:55.99	4:36.29	4:08.89	400 Medley Relay**	3:47.29	4:12.29	4:33.89	24
				Awards Break				

WOMEN			SUNDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
33	19:16.99	18:56.79	18:49.99	1,650 Freestyle*	17:51.99	17:58.39	18:15.99	34
25	2:38.69	2:31.29	2:16.29	200 Backstroke	2:06.59	2:20.49	2:30.69	26
				Awards Break				
27	1:03.59	1:00.99	54.99	100 Freestyle	49.69	55.19	57.59	28
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:11.19	2:25.59	2:33.89	30
				Awards Break				
31	4:23.99	4:11.29	3:46.39	400 Freestyle Relay**	3:27.49	3:50.29	3:58.59	32
				Relay Awards, Individual Performance Awards, Team Awards				

*The 1,650 free will be swum at the conclusion of prelims, with the fastest heat swum at the start of finals.

**The relays will be swum at the conclusion of prelims, with the fastest heat swum at the conclusion of finals.

In the prelims, there will be a 10 minute break prior to the 1,650 and the relays.



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TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Club Timer Coordinator: _____

Phone (Day) _____ (Eve) _____ Email: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ Email: _____

Club Officials for meet (Name, certification type, and Phone #)

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

Total Women's Events	_____	X	\$5.00 per event	= \$ _____
Total Men's Events	_____	X	\$5.00 per event	= \$ _____
Total Relay Entries	_____	X	\$15.00 per relay	= \$ _____
Number of Women Entered in Individual Events	_____	X	\$2.00 Surcharge	= \$ _____
Number of Men Entered in Individual Events	_____	X	\$2.00 Surcharge	= \$ _____
<i>Make Checks Payable to "Illinois Swimming Inc."</i>			Total Amount Enclosed	= \$ _____

In consideration of the acceptance of this entry, intending to be legally bound, I hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Lake Forest Swim Club, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

The undersigned coach or team representative of all swimmers listed on this entry hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that, in accordance with ISI and USA Swimming rules, a substantial fine will be paid to Illinois Swimming, Inc., for each time that is false, incorrect, or unacceptable.

Signature of Coach, Parent, or Club Representative & contact information for entry questions

Phone (Day) _____ (Eve) _____ Email: _____



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EMAIL SCRATCH FORM

Name of Club: _____ Club Code: _____

Coach of Record for this meet: _____

Contact Person for this entry: _____

Phone (Day) _____ (Eve) _____ Email: _____

Please refer to the ISI Rules & Regulations (Article 206) for additional information regarding email entry procedures.

The deadline for Email scratches is 1:00 PM, Thursday March 3, 2011. Email scratches to Seniorchamps@ilswim.org. It is the responsibility of the sender to ensure that this Email form is received.

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				

Signature: _____
(Club Representative)