



Speedo® Illinois Swimming Senior Championship Meet

Hosted by Westmont Swim Club
March 4-March 7, 2010



USA Swimming and Illinois Swimming, Inc. Sanction ILS10-0306, and Time Trial Sanction ILS10-0307 sanction the 2010 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.

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| MEET DIRECTOR Barb Grosshans 630-988-1231 (before 9 PM) brgrosshans@aol.com |
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| MEET REFEREE Bonnie Quinn 630-334-0953 dquinn1575@wowway.com |
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| ENTRY / SCRATCH CONTACTS OME Entry Contact: ISI Office 847-824-1596 ilswimoffice@sbcglobal.net Email Scratch Contact: Erik Enslin 708-305-3198 seniorchamps@ilswim.org |
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| SAFETY COORDINATOR Kim Glowniak 630-734-1464 glowniak@sbcglobal.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 | March 1 | 1:00 PM | Entry Deadline |
| Thursday | March 4 | 1:00 PM | Electronic Scratch Deadline |
| Thursday | March 4 | 4:00-4:15 PM | Coaches Meeting |
| Thursday | March 4 | 4:30 PM | Scratch Deadline for Thursday Events |
| Thursday | March 4 | 6:00 PM | Scratch Deadline for next day's events |
| Friday | March 5 | 8:00 AM | Relay Scratch Deadline |
| Friday | March 5 | 8:15 AM | Coaches Meeting (if necessary) |
| Friday | March 5 | 6:00 PM | Scratch Deadline for next day's events |
| Saturday | March 6 | 8:00 AM | Relay Scratch Deadline |
| Saturday | March 6 | 8:15 AM | Coaches Meeting (if necessary) |
| Saturday | March 6 | 6:00 PM | Scratch Deadline for next day's events |
| Sunday | March 7 | 8:00 AM | Relay Scratch Deadline |
| Sunday | March 7 | 8:15 AM | Coaches Meeting (if necessary) |

ENTRY DEADLINE: MONDAY, MARCH 1, 2010 @1:00 PM

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 6, 2010 (12:01AM CST) and must be completed by Monday, March 1, 2010 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.



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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 3, 2010):
 - 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 3166 S. River Rd. Suite 30 Des Plaines, IL 60018 | EMAIL ENTRIES QUESTIONS TO: | ilswim@sbcglobal.net |
|----------------|---|-----------------------------|--|

QUALIFYING TIMES: 2010 Championship Time Standards are included. Only swimmers having achieved qualifying times between July 11, 2008 and March 1, 2010 @ 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 ("SCM" or "LCM") next to all non-conforming entry times.

ELIGIBILITY: All swimmers must be current (2010) 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, 3166 S. River Road, Suite 30, 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, March 1, 2010 at 6:00 pm on the ISI and host club website.

Finals will be the top 24 athletes competing in Bonus, Consolation, and Championship Finals heats (A, B, C, Finals). Swimmers in the Championship, Consolation and Bonus 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**.

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 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.



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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 lowest non-conforming standard (LCM).

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 8:00 am for Friday's Relay Events |
| Thursday 6:00 pm For Friday events | Saturday 8:00 am for Saturday's Relay Events |
| Friday 6:00 pm For Saturday events | Sunday 8:00 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 4, 2010. 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 after prelims on Sunday. All coaches are encouraged to attend.

FINALS READY ROOM: Swimmers in the Championship, Consolation and Bonus 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.**

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



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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 22, 2010.

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 Eric Peterson at Eric.Peterson@gerberonline.com or 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.

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 6:00 PM on Thursday and 11:00 AM on Friday, Saturday and Sunday.**

| <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|------------------|--|--|--|
| Thursday Events* | Friday Events Saturday Events Sunday Events* | Saturday Events Sunday Events* Friday Events | Sunday Events* Friday Events Saturday Events |

*1,650 Free event will be offered only on Thursday and Sunday time permitting

ADMISSIONS: All days pass with Heat Sheets - \$35.00. Admission -Thursday \$3.00; Friday-Sunday \$5.00; Prelims Heat Sheets: \$5.00; 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 and Northwest Designs Inc will be on-site to sell event specific merchandise. Concessions will be available.

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 and room rate.



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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 | 2:17.49 | 2:13.29 | 2:00.09 | 200 Freestyle | 1:50.59 | 2:02.79 | 2:08.19 | 6 |
| | | | | Awards Break | | | | |
| 7 | 1:11.49 | 1:08.59 | 1:01.79 | 100 Butterfly | 56.39 | 1:02.59 | 1:04.89 | 8 |
| 9 | 5:38.79 | 5:23.19 | 4:51.19 | 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 | 2:38.09 | 2:31.29 | 2:16.29 | 200 Individual Medley | 2:05.19 | 2:18.99 | 2:27.69 | 14 |
| 15 | 29.29 | 28.29 | 25.49 | 50 Freestyle | 22.89 | 25.39 | 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 | 4:40.99 | 5:21.19 | 500 Freestyle | 4:59.09 | 4:21.69 | 4:33.89 | 22 |
| | | | | Awards Break | | | | |
| 23 | 4:55.99 | 4:37.49 | 4:09.99 | 400 Medley Relay** | 3:49.89 | 4:15.19 | 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 | 18:43.79 | 18:51.99 | 1,650 Freestyle* | 17:51.99 | 17:43.99 | 18:15.99 | 34 |
| 25 | 2:39.69 | 2:31.79 | 2:16.79 | 200 Backstroke | 2:06.79 | 2:20.69 | 2:31.09 | 26 |
| | | | | Awards Break | | | | |
| 27 | 1:03.89 | 1:01.19 | 55.09 | 100 Freestyle | 50.19 | 55.39 | 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 women's 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., Westmont 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: _____