



2010 Speedo[®] Illinois Swimming Regional Championship Meets February 26-February 28, 2010



The 2010 Speedo[®] Illinois Swimming Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Barrington- ILS10-0301; Fox Valley - ILS10-0302; Glenbrook Aquatics- ILS10-0303; Homewood Flossmoor - ILS10-0304; Peoria Area Water Wizards - ILS10-0305). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

There are five (5) Regional Championship Meets. Please check the Team Listings for the location of the meet that your team has been assigned to. Each team may only attend the meet to which they are assigned. Please Note:

LOCATIONS:

BSC	FOX	GA	HFSC	PAWW
BARRINGTON H.S. 616 West Main Street (aka Lake-Cook Road) Barrington, IL 60010	NEUQUA VALLEY H.S. 2360 95th Street, Naperville, IL 60564	GLENBROOK NORTH H.S. 2300 Shermer Road Northbrook, IL 60062	HOMEWOOD FLOSSMOOR COMMUNITY H.S. 999 Kedzie Avenue Flossmoor, IL 60422	CENTRAL PARK POOL 415 W. Richmond Peoria, IL 61604

FACILITIES:

10 Lane, 25-yard competition pool. Colorado System 5 timing system with Colorado touchpad Scoreboard is a Colorado Myriad showing 12 lines. Water depth at the start is 7.5 – 13.5 feet and at turn end is 7 feet.

8 lane, 25 -yard competition pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool Spectator seating for 750.

8 lane, 25- yard competition pool with starting blocks on both ends.. Colorado System 6 timing system with Colorado touchpads and an eight lane read out board. Water depth at start end is 7 feet, middle depth is 7.5 feet and turn end depth is 14 feet. There is a separate 6 lane 25-yard warm-up/cool-down pool. Spectator seating for 500.

8 lane, 25- yard competition pool. Colorado System 6 timing system with Colorado touchpads. Water depth at start end is 13.5 feet, middle depth is 7 feet and turn end depth is 4 feet 8 inches. Spectator seating for 500.

8 lane, 25 yard competition pool. IST timing system with IST touch pads. Water depth at start end is 5 feet, middle depth is 3.5 feet and turn end depth is 3.5 feet

DEADLINE AND MEETING SUMMARY:

Tuesday	February 16	6:00 PM	Initial Entry Deadline
Monday	February 22	1:00 PM	Secondary E-mail Entry Deadline
Thursday	February 25	1:00 PM	Email Scratch Deadline
Friday	February 26	5:25 PM	Positive Check-In Closes
Friday	February 26	5:45 PM	Coaches Meeting
Friday	February 26	6:00 PM	Session 1 Start
Saturday	February 27	7:25 AM	Positive Check-In Closes
Saturday	February 27	7:45 AM	Coaches Meeting (If Necessary)
Saturday	February 27	8:00 AM	Session 2 Start
Saturday	February 27	12:25 PM	Positive Check-In Closes
Saturday	February 27	1:00 PM	Session 3 Start
Sunday	February 28	7:25 AM	Positive Check-In Closes
Sunday	February 28	7:45 AM	Coaches Meeting (If Necessary)
Sunday	February 28	8:00 AM	Session 4 Start
Sunday	February 28	12:25 PM	Positive Check-In Closes
Sunday	February 28	1:00 PM	Session 5 Start
Sunday	February 28	3:45 PM	Time Trial Sign-Up Closes
Sunday	February 28	5:30 PM	Time Trial



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TEAM ASSIGNMENTS:

You must attend the meet to which you are assigned. All unattached athletes must contact the ISI Office (847-824-1596) to determine which meet they should attend.

BSC		FOX		GA		HFSC		PAWW	
AA	FAST	ACAD	OBS	BDSC	MAC	BBSC	LHSC	BNY	PAWW
BEST	HTSW	CHMP	RBSC	CLSC	MMSC	BSA	LU	CIA	RED
BLFN	MCY	DLTA	SSSC	COHO	MYST	CPD	LWSA	DDST	RIOS
BRRY	MMAC	EMSC	UICA	DPRC	NASA	CSSC	LYON	DOCS	BNSC
BSC	PALA	EXPR	ULT	ERSC	NTSC	CWAC	MDWY	DSC	SBD
BTS	PARK	FOX	WHTN	GA	NU	GILS	NAC	HEAT	SPY
CATS	PPD	MAVS	WSCS	GTAC	PAC	HFSC	OCS	JAXY	SST
DCST	RMSC	MBLM	WVA	HPAC	SCT	HOSC	OFSA	LYNX	SUSA
DUND	SCST	NAPY		IGSC	TOPS	HSC	OLSA	MARL	
ECST	SPD			KNAC	WILD	HWSA	PASS	MSSC	
EGSC	WCS			LACS	WSO	JAMS	POSA		
ELY	WDST			LATT	Y2K	JETS	RASC		
EST				LEAN	YWFF	KAST	WEST		
				LFSC					

MEET ADMINISTRATION:

	BSC	FOX	GA	HFSC	PAWW
Meet Director	Cathy Aschbacher (847) 277-7224 cathya@swimbsc.org	John Ivkovich (630) 378-3421 ikester5@comcast.net	Brian Brown (708) 267-1783 gameetdirector@gmail.com	Lynn Adamonis / Jen Sesto (708) 826-8401 hfwimclub@aol.com	Jamie Skinner (309) 267-9500 skinner@mtco.com
Entry Chair	Liz Rodney (847) 757-6952 bscentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Kelly Pontarelli (847) 509-2568 gaentrychair@gmail.com	Debbie Mathews (708) 309-8162 hfwimclub@aol.com	Mary Nielson (309) 472-7531 pawwswimming@gmail.com
Meet Referee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee
Web Site	www.swimbsc.org	www.foxswimteam.com	www.glenbrook-aquatics.com	www.homewoodflossmoorswim.org	www.PAWW.org
Entry Address	ISI Regional C/O Liz Rodney 20851 N Exmoor Barrington, IL 60010	ISI Regional C/O Sonia Hertogs 1255 Levern Rd. Naperville, IL 60564	ISI Regional C/O Kelly Pontarelli 621 S. Burno Drive Arlington Heights, IL 60067	ISI Regional C/O Debbie Mathews Homewood Flossmoor S. C. 3625 W. 198 th Street Flossmoor, IL 60422	ISI Regional C/O Mary Nielson PAWW P.O. Box 5304 Morton, IL 61550

MEET SCHEDULE:

Friday Evening Session (1) Ages All	Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under	Saturday and Sunday Afternoon Sessions (3 & 5) Ages 14 & Under, Senior
Warm-up: 5:00 PM	Warm-up: 7:00 AM	Warm-up: 12:00 PM
Positive Check-In Closes: 5:25 PM	Positive Check-In Closes: 7:25 AM	Positive Check-In Closes: 12:25 PM
Start: 6:00 PM	Start: 8:00 AM	Start: 1:00 PM



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ENTRY DETAILS AND DEADLINE: This meet will be utilizing a Centralized Electronic Entry using Hy-Tek Meet Manager files submitted to the Illinois Swimming Office. All entry files must be E-mailed to the ISI Office no later than Tuesday, February 16, 2010 at 6:00 PM. All required forms must be received on or before close of business, Thursday, February 18, 2010. Please send forms and any entry fees with an overnight service that has tracking capabilities and include the following:

1. Team Summary & Release Form
2. Any Entry fees and swimmer surcharge payments

A fine of \$50.00 per day for late or modified materials due to club error shall be imposed after the 48-hour grace period if the meet host does not receive the items.

Checks payable to: Illinois Swimming Inc

MAIL FORMS TO:	Illinois Swimming, Inc 3166 S. River Rd. Suite 30 Des Plaines, IL 60018 Attn: Regional Entries	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@sbcglobal.net
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QUALIFYING TIMES: 2009-10 Regional Championship Time Standards are included. Only swimmers having achieved qualifying times by 6:00 PM, Tuesday February 16, 2010 are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long course meters. Please highlight and note ("SCM" or "LCM") next to all non-conforming entry times. Fax/Email entries for times achieved between 6:00 PM February 16, 2010 and 1:00 PM Monday, February 22, 2010, dates inclusive.

Minimum Qualifying Time:	2009-10 Illinois Regional Championship time standards
Maximum Qualifying Time:	2009-10 Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.
Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event in the Regional Championships in that event.	

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

SECONDARY EMAIL ENTRY DETAILS AND DEADLINE: E-mail entries are limited to qualifying times achieved between 6:00 PM, Tuesday, February 16, 2010 and 1:00 PM, Monday, February 22, 2010, dates inclusive. These entries are due by 1:00pm on Monday, February 22, 2010. Please use the E-mail entry form provided and E-mail to the appropriate host club. It is the responsibility of the person submitting entries to confirm delivery. **For E-mail entries ONLY, make checks payable to the appropriate host club**

1. Submit the following to the entry chair for e-mail entries achieved during the e-mail qualifying period
 - a. E-mail entry form
 - b. Payment due by the first day of competition.
 - c. **Checks for E-mail entries ONLY are payable to the appropriate host club as listed below:**

	BSC	FOX	GA	HFSC	PAWW
Entry Chair	Liz Rodney (847) 757-6952 bscentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Kelly Pontarelli (847) 509-2568 gaentrychair@gmail.com	Debbie Mathews (708) 309-8162 hfswimclub@aol.com	Mary Nielson (309) 472-7531 pawwswimming@gmail.com

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 nine (9) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. For the Friday evening Session 1, the host club reserves the right to limit each event (combined women and men) to the fastest six (6) heats. Those entries not accepted will be returned to the club.



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POSITIVE CHECK-IN: All events will be **Positive Check-In**, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 35 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in ISI Article 206.11

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), Short Course Meters (SCM), and Long Course Meters (LCM).

INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Long Course 1500-meter qualifying time.

RELAY EVENTS: THERE ARE NO RELAYS AT THE REGIONAL CHAMPIONSHIP MEETS.

INDIVIDUAL AWARDS: Medals for 1ST-8TH places will be awarded in each event.

TEAM AWARDS: There are no team awards for this meet.

AWARDS CEREMONY: Awards for top eight women and men will be presented after each set of four individual events are swum.

COACHES MEETING: There will be a coaches meeting 15 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

MEET RESULTS: Meet results will be available via .PDF file on the Illinois Swimming website. (Glenbrook Aquatics will have live results posted on their website: www.glenbrookaquatics.com)

TECHNICAL JURY/ELIGIBILITY JURY: The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but not more than three other persons and an Eligibility Jury will be appointed by the Program Operations Vice-Chair and the Meet Referee.

WARM-UP: ISI warm-up and safety procedures will be in effect.

DECK ACCESS: Current (2010) 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 at the Clerk of Course Table for all coaches, prior to receiving coach's 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 e-mail address must be listed on your Team Summary and Release Form that is submitted with your entry. Swimmers in the 1650 Free as well as swimmers in Time Trial events must provide their own timers.

MISSED QUALIFYING TIMES & FINES: Entry times will be 'Pre-Proven' from the SWIMS database. Custom times may be entered; however, printed 'proof of time' will be required upon request. The \$150.00 'proof of time' fine will be in effect for this competition.

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



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Regional Championship Meets
February 26-February 28, 2010**



ADMISSIONS: Admissions will be charged for entrance to each session. Heat sheets will also be available for sale. The host club will set these prices.

VENDOR: The Swim Team Store will be on site at each location to sell swimming-related items and Northwest Designs be on site at each location to sell event-specific apparel.

TIME TRIAL EVENTS: A single session time trial will be offered for competing athletes on Sunday starting 30 minutes after the completion of session 5, or earlier at meet referee's discretion. Entry in time trials is limited to athletes age 13 & older with entries in events for previous sessions. Time trial events will be counted against the meet limit of nine events. Swimmers are not allowed to time trial an event that they have previously swum in the meet. Sign-up for time trials will close 30 minutes after the start of Session 5. Swimmers in the Time Trial events must provide their own timers.



2010 Speedo[®] Illinois Swimming Regional Championship Meets



Friday, February 26, 2010														
SESSION 1														
GIRLS														
BOYS														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
1	3:33.09		3:25.89		3:06.29		12&Under 200 Fly	3:04.69		3:24.09		3:30.99		2
3	7:42.09		7:26.79		8:30.49		10&Under 500 Free	8:25.49		7:22.69		7:38.49		4
5	3:57.59		3:49.09		3:27.29		12&Under 200 Breast	3:21.79		3:42.99		3:54.69		6
7	11:08.89	10:08.09	10:49.29	9:50.29	12:22.09	11:14.59	Open 1000 Free	11:56.09	10:39.99	10:26.59	9:10.59	10:23.49	9:26.79	8
9	3:30.79		3:22.49		3:03.29		12&Under 200 Back	2:59.39		3:18.29		3:30.29		10
11	7:32.09		7:15.79		6:34.39		12&Under 400 IM	6:27.29		7:07.99		7:28.29		12
							AWARDS							



2010 Speedo[®] Illinois Swimming Regional Championship Meets



Saturday, February 27, 2010														
GIRLS							BOYS							
SESSION 2														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
13	5:51.39	5:19.49	5:37.09	5:06.49	6:25.29	5:50.29	12&Under 500 Free	6:24.79	5:49.79	5:36.79	5:06.19	5:56.59	5:24.19	14
15	1:46.59	1:36.89	1:38.59	1:29.59	1:28.79	1:20.69	10&Under 100 Fly	1:30.59	1:22.39	1:40.59	1:31.49	1:51.39	1:41.29	16
17	1:28.19	1:20.19	1:23.39	1:15.79	1:15.09	1:08.29	12&Under 100 Fly	1:15.79	1:08.89	1:24.09	1:16.49	1:29.99	1:21.79	18
AWARDS														
19	38.69	35.19	37.39	33.99	33.69	30.59	10&Under 50 Free	33.49	30.49	37.29	33.89	39.19	35.59	20
21	34.59	31.49	33.29	30.29	29.99	27.29	12&Under 50 Free	29.59	26.89	32.89	29.89	34.59	31.49	22
AWARDS														
23	1:54.39	1:43.99	1:48.59	1:38.69	1:37.79	1:28.89	10&Under 100 Breast	1:40.29	1:31.19	1:51.29	1:41.19	1:59.49	1:48.59	24
25	1:40.09	1:30.99	1:33.99	1:25.49	1:24.69	1:16.99	12&Under 100 Breast	1:25.99	1:18.19	1:35.49	1:26.79	1:43.49	1:34.09	26
AWARDS														
27	46.29	42.09	43.89	39.89	39.49	35.89	10&Under 50 Back	39.59	35.99	43.99	39.99	47.09	42.79	28
29	40.79	37.09	38.69	35.19	34.89	31.69	12&Under 50 Back	34.99	31.79	39.79	35.29	41.19	37.49	30
AWARDS														
31	3:33.89	3:14.49	3:24.29	3:05.69	3:03.99	2:47.29	10&Under 200 IM	3:07.79	2:50.69	3:28.39	3:09.49	3:42.79	3:22.49	32
33	3:08.49	2:51.39	3:00.09	2:43.69	2:42.29	2:27.49	12&Under 200 IM	2:42.89	2:28.09	3:00.79	2:44.39	3:10.09	2:52.79	34
AWARDS														
Saturday, February 27, 2010														
GIRLS							BOYS							
SESSION 3														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
35	5:19.79	4:50.69	5:09.09	4:40.99	5:53.29	5:21.19	Open 500 Free	5:28.99	4:59.09	4:47.89	4:21.69	5:01.29	4:33.89	36
37	5:29.99	4:59.99	5:15.59	4:47.19	6:00.79	5:28.29	14&Under 500 Free	5:48.59	5:16.89	5:04.99	4:37.29	5:20.29	4:51.19	38
AWARDS														
39	1:18.59	1:11.49	1:15.49	1:08.59	1:07.99	1:01.79	Open 100 Fly	1:01.99	56.39	1:08.89	1:02.59	1:11.39	1:04.89	40
41	1:21.29	1:13.89	1:17.49	1:10.49	1:09.79	1:03.49	14&Under 100 Fly	1:06.39	1:00.39	1:13.69	1:06.99	1:17.79	1:10.69	42
AWARDS														
43	32.19	29.29	31.09	28.29	27.99	25.49	Open 50 Free	25.19	22.89	27.89	25.39	29.39	26.69	44
45	32.99	29.99	31.79	28.89	28.59	25.99	14&Under 50 Free	26.69	24.29	29.69	26.99	31.09	28.29	46
AWARDS														
47	1:31.79	1:23.49	1:27.09	1:19.19	1:18.39	1:11.29	Open 100 Breast	1:11.99	1:05.49	1:19.99	1:12.69	1:24.29	1:16.59	48
49	1:34.29	1:25.69	1:29.09	1:20.99	1:20.29	1:12.99	14&Under 100 Breast	1:16.89	1:09.89	1:25.39	1:17.59	1:31.99	1:23.59	50
AWARDS														
51	2:55.69	2:39.69	2:46.99	2:31.79	2:30.49	2:16.79	Open 200 Back	2:19.49	2:06.79	2:34.79	2:20.69	2:46.19	2:31.09	52
53	2:58.99	2:42.69	2:49.79	2:34.39	2:32.99	2:19.09	14&Under 200 Back	2:27.39	2:13.99	2:43.59	2:28.69	2:52.99	2:37.29	54
AWARDS														
55	6:12.69	5:38.79	5:55.49	5:23.19	5:20.29	4:51.19	Open 400 IM	5:03.39	4:35.79	5:36.69	5:06.09	5:47.79	5:16.19	56
57	6:18.69	5:44.29	6:01.09	5:28.39	5:25.49	4:55.89	14&Under 400 IM	5:15.89	4:47.19	5:50.69	5:18.79	6:07.19	5:33.79	58
AWARDS														



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Sunday, February 28, 2010														
GIRLS							BOYS							
SESSION 4														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
59	3:09.89	2:52.49	3:00.99	2:44.49	2:42.09	2:28.19	10&Under 200 Free	2:45.69	2:30.59	3:03.89	2:47.19	3:13.69	2:56.09	60
61	2:45.49	2:30.49	2:38.89	2:24.49	2:23.19	2:10.19	12&Under 200 Free	2:22.19	2:09.29	2:37.79	2:23.49	2:46.29	2:31.19	62
63	44.29	40.29	42.09	38.29	37.89	34.49	10&Under 50 Fly	38.29	34.79	42.49	38.59	45.79	41.59	64
65	38.19	34.69	36.99	33.59	33.29	30.29	12&Under 50 Fly	33.29	30.29	36.99	33.59	38.49	34.99	66
67	1:40.49	1:31.39	1:34.69	1:26.09	1:25.39	1:17.59	10&Under 100 Back	1:26.29	1:18.49	1:35.79	1:27.09	1:42.39	1:33.09	68
69	1:27.99	1:19.99	1:23.49	1:15.89	1:15.19	1:08.39	12&Under 100 Back	1:15.09	1:08.29	1:23.39	1:15.79	1:29.39	1:21.29	70
71	52.09	47.39	49.39	44.89	44.59	40.49	10&Under 50 Breast	45.29	41.19	50.29	45.69	54.39	49.49	72
73	45.59	41.49	43.09	39.19	38.79	35.29	12&Under 50 Breast	39.29	35.69	43.59	39.59	46.89	42.59	74
75	1:26.69	1:18.79	1:22.29	1:14.79	1:14.09	1:07.39	10&Under 100 Free	1:14.49	1:07.79	1:22.69	1:15.19	1:27.39	1:19.49	76
77	1:15.59	1:08.69	1:12.49	1:05.89	1:05.29	59.39	12&Under 100 Free	1:04.69	58.79	1:11.79	1:05.29	1:15.99	1:09.09	78
79			1:34.39	1:25.79	1:24.99	1:17.29	10&Under 100 IM	1:26.19	1:18.39	1:35.69	1:26.99			80
81			1:23.59	1:15.99	1:15.29	1:08.49	12&Under 100 IM	1:15.49	1:08.59	1:23.69	1:16.09			82
							AWARDS							
Sunday, February 28, 2010														
GIRLS							BOYS							
SESSION 5														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
83	2:31.19	2:17.49	2:26.59	2:13.29	2:12.09	2:00.09	Open 200 Free	2:01.59	1:50.59	2:15.09	2:02.79	2:20.99	2:08.19	84
85	2:35.79	2:21.59	2:29.19	2:15.59	2:14.39	2:02.19	14&Under 200 Free	2:07.59	1:55.99	2:21.69	2:08.79	2:29.79	2:16.19	86
87	2:55.99	2:39.99	2:50.49	2:34.99	2:34.29	2:20.29	Open 200 Fly	2:24.29	2:11.19	2:40.19	2:25.59	2:49.29	2:33.89	88
89	3:06.09	2:49.19	2:57.09	2:40.99	2:39.49	2:24.99	14&Under 200 Fly	2:33.79	2:19.79	2:50.69	2:35.19	3:02.29	2:45.69	90
91	1:20.49	1:13.19	1:16.79	1:09.79	1:09.19	1:02.89	Open 100 Back	1:03.19	57.49	1:10.19	1:03.79	1:15.49	1:08.59	92
93	1:23.19	1:15.59	1:18.39	1:11.29	1:10.59	1:04.19	14&Under 100 Back	1:07.39	1:01.29	1:14.79	1:07.99	1:19.89	1:12.59	94
95	3:19.09	3:00.99	3:10.39	2:53.09	2:51.49	2:35.89	Open 200 Breast	2:39.89	2:25.39	2:57.49	2:41.39	3:07.09	2:50.09	96
97	3:22.59	3:04.19	3:13.59	2:55.99	2:54.59	2:38.59	14&Under 200 Breast	2:48.49	2:33.19	3:07.09	2:50.09	3:20.99	3:02.69	98
99	1:10.29	1:03.89	1:07.29	1:01.19	1:00.59	55.09	Open 100 Free	55.19	50.19	1:00.89	55.39	1:03.39	57.59	100
101	1:11.59	1:05.09	1:08.89	1:02.59	1:01.99	56.39	14&Under 100 Free	58.29	52.99	1:04.69	58.79	1:07.99	1:01.79	102
103	2:53.89	2:38.09	2:46.39	2:31.29	2:29.89	2:16.29	Open 200 IM	2:17.69	2:05.19	2:32.89	2:18.99	2:42.49	2:27.69	104
105	2:57.39	2:41.29	2:49.89	2:34.49	2:33.09	2:19.19	14&Under 200 IM	2:26.29	2:12.99	2:42.39	2:27.59	2:50.49	2:34.99	106
107	21:29.19	19:16.99	20:52.69	18:43.79	20:45.19	18:51.99	Open 1650 Free	19:58.79	17:51.99	20:05.09	17:43.99	20:09.99	18:15.99	108
							AWARDS							



2010 Speedo[®] Illinois Swimming Regional Championship Meets



TIME TRIAL EVENTS ALL LOCATIONS														
Sunday, February, 28, 2010														
GIRLS							TIME TRIAL	BOYS						
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
135	5:19.79	4:50.69	5:09.09	4:40.29	5:53.29	5:21.19	Open 500 Free	5:28.99	4:59.09	4:47.89	4:21.69	5:01.29	4:33.89	136
139	1:18.59	1:11.49	1:15.49	1:08.59	1:07.99	1:01.79	Open 100 Fly	1:01.99	56.39	1:08.89	1:02.59	1:11.39	1:04.89	140
143	32.19	29.29	31.09	28.29	27.99	25.49	Open 50 Free	25.19	22.89	27.89	25.39	29.39	26.69	144
147	1:31.79	1:23.49	1:27.09	1:19.19	1:18.39	1:11.29	Open 100 Breast	1:11.99	1:05.49	1:19.99	1:12.69	1:24.29	1:16.59	148
151	2:55.69	2:39.69	2:46.99	2:31.79	2:30.49	2:16.79	Open 200 Back	2:19.49	2:06.79	2:34.79	2:20.69	2:46.19	2:31.09	152
155	6:12.69	5:38.79	5:55.49	5:23.19	5:20.29	4:51.19	Open 400 IM	5:03.39	4:35.79	5:36.69	5:06.09	5:47.79	5:16.19	156



**2010 Speedo® Illinois Swimming Regional Championship Meets
February 26-February 28, 2010**

TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Club Timer Coordinator: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

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 =	\$ _____
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, the Homewood Flossmoor Swim Club, Homewood Flossmoor Community HS District #233 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) _____ E-mail: _____



**2010 Speedo[®] Illinois Swimming Regional Championship Meets
February 26-February 28, 2010**

E-MAIL ENTRY FORM

Name of Club: _____ Club Code: _____

Coach of Record for this Meet: _____ Mobile Number: _____

Entry Contact Person: _____

Phone (Day)

Phone (Eve)

E-mail

The deadline for E-mail entries is 1:00 PM, Monday February 22, 2010.

It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.

	BSC	FOX	GA	HFSC	PAWW
Entry Chair	Liz Rodney (847) 757-6952 bscentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Kelly Pontarelli (847) 509-2568 gaentrychair@gmail.com	Debbie Matthews (708) 309-8162 hfwimclub@aol.com	Mary Nielson (309) 472-7531 pawwswimming@gmail.com

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

Total Women's Events _____	X \$5.00 per event = \$ _____
Total Men's Events _____	X \$5.00 per event = \$ _____
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 the appropriate host club</i>	Total Amount Enclosed = \$ _____

Signature: _____
(Club Representative)



**2010 Speedo[®] Illinois Swimming Regional Championship Meets
February 26-February 28, 2010**

E-MAIL SCRATCH FORM

Name of Club: _____ Club Code: _____

Coach of Record for this Meet: _____ Mobile Number: _____

Entry Contact Person: _____

Phone (Day)

Phone (Eve)

E-mail

**The deadline for E-mail scratches is 1:00 PM, Thursday, February 25, 2010.
It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.**

	BSC	FOX	GA	HFSC	PAWW
Entry Chair	Liz Rodney (847) 757-6952 bscentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Kelly Pontarelli (847) 509-2568 gaentrychair@gmail.com	Debbie Matthews (708) 309-8162 hfsimclub@aol.com	Mary Nielson (309) 472-7531 pawswimming@gmail.com

**The 2010 Regional Championship meet is positive check in so pre-meet scratching is not necessary;
however, if you would like to scratch swimmers in advance, please use this form.**

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Signature: _____
(Club Representative)