



# 2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM INFORMATION PACKET

It's almost time for the USA-Swimming Central Zone Age Group Championships! We hope to generate some real Illinois spirit by assembling our best Illinois Zone Team ever! Please make copies of this packet and distribute to your team members who have qualified, or plan to qualify, for this summer's meet.

Illinois swimmers qualifying and entering the Central Zone Age Group Championships must use the forms in this packet to register as members of the "Illinois Zone Team". Do not inquire about TEAM ILLINOIS specifics with the meet host as their job is to only host the competition. TEAM ILLINOIS information can be obtained from Illinois Swimming and the Team Manager listed in this packet.

- MEET:** 2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS
- LOCATION:** *Pool Events:* Pleasant Prairie RecPlex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158  
*Open Water:* Lake Andrea which is adjacent to the Pleasant Prairie RecPlex
- DATES:** Registration & Team Meeting/Team Pictures/Team Practice: Thursday, August 5, 2010  
Pool Competition: Fri-Sat-Sun August 6-7-8, 2010  
Open Water Competition: Monday August 9, 2010
- ELIGIBILITY:** For Pool Events swimmers must have Zone Qualifying Times (AAA) to apply. For Open Water events swimmers must have achieved a National 'A' in the following events (yards or meters): 10-Under 200 Free, 11-12 400/500 Free, or 13-14 1500/1650 Free to apply.
- TEAMS:** Illinois, Michigan, Minnesota, Ohio, and Wisconsin.

**Illinois Zone Team Homepage:** [www.ilswim.org](http://www.ilswim.org) > Age Group > Zones & Mid-States  
**Official Meet Homepage:** [www.kenoshaacvb.com/specialty/centralzone.asp](http://www.kenoshaacvb.com/specialty/centralzone.asp)

**APPLICATION:** ALL FORMS (Application, Event Entry list, Medical History Questionnaire, and Code of Conduct) must be received by **July 26, 2010 at 12:00pm (noon)** to be considered for this meet.

**REGISTRATION DEADLINE:** Payment in full and ALL FORMS must be in the Illinois Swimming Office by Monday July 26th, 2010 by 12:00PM (noon). **FAXED APPLICATIONS WILL NOT BE ACCEPTED!**

**LATE REGISTRATION:** A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who **newly** qualify for Zones **AT THAT MEET**, add new events and/or update times from swimmers already registered for Zones. **NO NEW ENTRIES WILL BE TAKEN AFTER MONDAY, JULY 26, 2010 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**

**FINAL REGISTRATION DEADLINE:** Sunday, August 1, 2010 at 8:00 PM

**TEAM ILLINOIS APPAREL FOR 2010**  
Team Illinois will be providing a discount on the Fastskin II suits listed at [www.theswimteamstore.com](http://www.theswimteamstore.com). Please be aware, in order to receive the discount, the swimmer must qualify AND participate at the Zone Meet as part of Team Illinois. Once the swimmer has been selected, the user name and password to order apparel will be provided to the families via e-mail. **BE SURE TO INCLUDE A REGULARLY CHECKED EMAIL ADDRESS ON THE APPLICATION TO INSURE YOU RECEIVE ALL THE NECESSARY INFORMATION IN A TIMELY MANNER.**

**QUESTIONS:** Contact Pam Lowenthal at the Illinois Swimming Office: [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org) or 847-824-1596.

**SPECIAL  
NOTE FOR  
SWIMMERS:**

Many of you have set this meet as your goal for the year. The Zone Championships is the highest level of age group competition in the United States. Qualifying for this meet is a major achievement that you should be very proud of. By participating in this competition, you will have the chance to be a part of Illinois' finest group of all-star swimmers. You will have the opportunity to compete on the same team and be a part of relays with athletes you have competed alongside all year long. Just ask any past Zone competitor and they will tell you many lasting friendships have been developed at Zones. Additionally, the experience you gain at this level will last a lifetime! You earned the opportunity to be here, and Illinois Swimming will see to it that you have the most exciting experience possible.

**SPECIAL  
NOTE FOR  
PARENTS:**

The Zone Championships has traditionally been the starting point for athletes competing at the national level. Most national qualifiers, collegiate swimmers, and American Olympians gained their first exposure to national-level competition at Zones. In addition to the competition, members of TEAM ILLINOIS will be part of a very special experience as they socialize, mature, compete, grow, and integrate with the rest of Illinois's finest athletes. Only a swimmer can describe the rigorous training, preparation, and competition they've endured to reach this level. For swimmers to spend 4 days with their peers whom they've competed against all season is a cherished experience that will last a lifetime. Your athlete will come home with stories, new friends, and a new level of excitement for this sport.

**ILLINOIS  
ZONE TEAM  
WEBSITE:**

[www.ilswim.org](http://www.ilswim.org) > Age Group > Zones and Mid-States. Meet information, updates to this packet and general information about the Zone Championships can be found at the Illinois Zone Team website listed above. As the meet date approaches, we will have the Illinois Team entries posted as well.

**QUALIFYING  
FOR THIS  
MEET:**

Illinois swimmers who are USA-Swimming members must have achieved a short or long course National "AAA" time made between August 7, 2009 (the *first* day of last year's Zone Championships) and Sunday August 1, 2010 (the *last* day of this year's Illinois Age Group State Championships). Swimmers who have achieved the short course (yards or meters) National AAA time but not the long course time during the qualification period must enter with the times actually achieved; annotating them as short course yards (SCY) or short course meters (SCM) times. Each LSC may enter up to two (2) 10 & under, two (2) 11-12 and two (2) 13-14 swimmers with a disability. Swimmers with a disability will not be required to have achieved the qualifying time standards. Please contact Pam Lowenthal at the Illinois Swimming Office at [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org) or 847-824-1596 if you plan to participate as one of Illinois's disability swimmers.

**ENTRY  
LIMITS:**

The age of a swimmer on Friday, August 6, 2010, determines his/her age for the pool events. Fourteen and under (14-Un) swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day. Coaches will setup relays from entered swimmers based on provable times achieved at sanctioned meets. Swimmers who achieve or exceed an *individual* event cut for the USA-Swimming Junior or Senior National Championships *prior* to the Zone entry deadline may not participate in that event or swim that stroke or distance in a relay at the Central Zone Championships. (Please note that swimmers who achieve a Speedo "Sectional" cut *are eligible and encouraged* to swim those events at Zones).

**RELAYS**

Relay lineups are setup by the Illinois Zone Coaches assigned to each age group. TEAM ILLINOIS is permitted to enter an "A" and "B" relay for each event. Lineups are based on current season times from fastest to slowest from all applications received. Relays will be posted PRIOR to the first day of competition. If a relay swimmer is leaving the meet early, the coaches will contact the next available alternate.

**TEAM  
MEMBERS:**

Parents are responsible for food, lodging, transportation, social activities, and supervision. TEAM ILLINOIS coaches will coach and supervise swimmers during the Wednesday practice, warm-up sessions and the pool & open water meet session(s) during which an athlete is competing each day.

**OFFICIALS:**

Applications for officiating at the meet can be found on the official meet website at [www.kenoshacvb.com/specialty/centralzone.asp](http://www.kenoshacvb.com/specialty/centralzone.asp)

- LODGING:** Hilton Hotels the “Official Hotel of Illinois Swimming” has discounted rates for Illinois Swimming members at The Hampton Inn Chicago / Gurnee - 5550 Grand Avenue, Gurnee, IL 60031. Phone: (847) 662-1100, from August 5-8, 2010. **Use Group Code ILLINOIS SWIMMING and receive reduced rate!** Rooms are \$99.00 plus taxes for Doubles. Rate includes: Hot Buffet Breakfast, fresh baked cookies, outdoor pool, free HBO movie channel and Free Parking. Hotel is 15 minutes from pool. **Block expires July 15, 2010**
- ADMISSION:** All Session pass: \$30 (this includes meet program, heat sheets for all meet sessions).  
General Admission: \$6 Daily (includes all three sessions). Finals only: \$4  
Children 12 and under will be admitted free of charge.  
Cost for parking is \$5 per day. Free parking within walking distance or shuttle transportation will be available.
- ENTRY DEADLINE:** All entries and reservations for the Illinois Zone team should be made *as soon as the swimmer qualifies and a decision has been made to attend the Zone Championships*. This includes athletes qualifying during the 2009-2010 short course, or 2010 long course seasons. In the past, we attempted to accept all registrations at the Illinois Age Group Championship meet, resulting in long lines and delays for parents as well as planning. You will be allowed to add events and update your times through and while attending the Illinois Age Group Championships. The official deadline for registering for this meet is **Monday, July 26, 2010 at 12:00pm (noon)**. A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who newly qualify for Zones **AT THAT MEET**, or add entries and update times from swimmers already registered for Zones. **NO NEW ENTRIES WILL BE TAKEN AFTER MONDAY, JULY 26, 2010 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**
- OPEN WATER:** To participate in the Open Water Championships on the morning of Monday August 9, 2010, swimmers must have achieved a National ‘A’ in the following events (yards or meters): 10-Under 200 Free, 11-12 400/500 Free, or 13-14 1500/1650 Free. It is recommended all swimmers entering the pool events also enter the Open Water event. Swimmers that have qualified for the Open Water Championships but have not qualified for pool events are members of TEAM ILLINOIS and may obtain the apparel package. The following Open Water distances will be swum by age group: 10U – ½ mile, 11-12 – 1 mile, 13-14 – 1 ½ mile.
- PAYMENT:** Checks should be made payable to “ILLINOIS SWIMMING” and must accompany registration forms.
- TEAM APPAREL:** Team Illinois will be providing a discount on the Fastskin II suits listed at [www.theswimteamstore.com](http://www.theswimteamstore.com). Please be aware, in order to receive the discount, the swimmer must qualify AND participate at the Zone Meet as part of Team Illinois. Once the swimmer has been selected, the user name and password to order apparel will be provided to the families via e-mail. **BE SURE TO INCLUDE A REGULARLY CHECKED EMAIL ADDRESS ON THE APPLICATION TO INSURE YOU RECEIVE ALL THE NECESSARY INFORMATION IN A TIMELY MANNER.**
- E-MAIL DISTRIBUTION LIST:** To include your e-mail address in the Illinois Zone Team distribution list for e-mail updates and important notes that need to get out, please send an e-mail to Team Illinois Manager Nancy Reese at [nancy@teamcoho.org](mailto:nancy@teamcoho.org). Also, when filling out the registration forms, please be sure to print your e-mail address clearly.



# 2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM TENTATIVE SCHEDULE OF EVENTS

ILLINOIS ZONE TEAM WEBSITE: [www.ilswim.org](http://www.ilswim.org) > Age Group > Zones and Mid-States

ALL TIMES CDT

<b>Thursday August 5th</b>	12:00PM	Registration
	1:00PM	Team Picture
	1:30PM	Team Practice
<b>Friday August 6th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
		Saturday Events Scratch Deadline
<b>Saturday August 7th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
		Sunday Events Scratch Deadline
<b>Sunday August 8th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
<b>Monday August 9th</b>	8:00AM	Open Water Event Registration / Check-in
	8:30AM	Mandatory clinic for all Open Water Participants
	9:00AM	Open Water Warm-up
	10:00AM	Open Water Competition starts (start may be staggered by age groups)

**\*\*TIMES WILL BE POSTED ON THE CENTRAL ZONES WEBSITE BY 6PM WEDNESDAY,  
AUGUST 4, 2010 AND AT THE VENUE**



# 2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM APPLICATION – Page 1

Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name First Name Initial

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ USA Swimming ID#: \_\_\_\_\_  
MM DD YY Format MMDDYYFFFILLLL F=First Name L=Last Name I=Initial

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on August 6, 2010 \_\_\_\_\_

FREQUENTLY CHECKED E-Mail Address: \_\_\_\_\_

Club: \_\_\_\_\_ Coach's E-mail Address: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone # (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_ (Cell) \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone # \_\_\_\_\_

**APPLICATION CHECKLIST:**

*(All items must be received by 12:00pm (noon) on July 26, 2010 for application to be considered)*

- \_\_\_\_\_ Application form filled out completely
- \_\_\_\_\_ Medical History Questionnaire
- \_\_\_\_\_ Signed Code of Conduct
- \_\_\_\_\_ Check for full amount payable to "Illinois Swimming"

**APPLICATION DEADLINE:**

All payments and forms **must** be received no later than **12:00pm (noon) on Monday July 26, 2010.**

Acceptance response will be emailed once your application is received and processed.

Applications received after 12:00pm (noon) on July 26, 2010 **will not be accepted!!!**

**QUALIFYING TIMES:**

- ⊗ Pool events qualifying times must equal or exceed National USA Swimming Long Course Meter "AAA" Qualifying Times as Published by USA Swimming Inc. and Illinois Swimming Inc. Swimmers who achieve or exceed an *individual* event cut for the USA-Swimming Junior or Senior National Championships *prior* to the Zone entry deadline may not participate in that event or swim that stroke or distance in a relay at the Central Zone Championships. (Please note that swimmers who achieve a Speedo "Sectional" cut *are eligible and encouraged* to swim those events at Zones).
- ⊗ Open Water qualifying times are National USA Swimming "A" Times for the following events:  
10&under – 200 Free; 11-12 – 400/500 Free, 13-14 – 1500/1650 Free



# 2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM APPLICATION – Page 2

Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name First Name Initial

**Event Limits:**

Fourteen and under (14-Un) swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.

	<i>Event #</i>	<i>Event Name (i.e. 11-12 50 Back)</i>	<i>Best Time (LCM,SCM,SCY)</i>	<i>Date Achieved (MM/DD/YY)</i>	<i>Entry Fee</i>
EX.	#19	11-12 Girls 100 Breast	1:18.54 LCM	07/21/10	example
1.					\$6.00
2.					\$6.00
3.					\$6.00
4.					\$6.00
5.					\$6.00
6.					\$6.00
+		Open Water			\$20.00

**ENTIRE PAYMENT MUST BE SUBMITTED WITH APPLICATION.**

ENTRY FEES: NUMBER OF INDIVIDUAL EVENTS x \$6.00 = \$ \_\_\_\_\_

ENTRY FEES: MONDAY OPEN WATER x \$20.00 = \$ \_\_\_\_\_

ENTRY FEES: NUMBER OF RELAY EVENTS x \$12.00 = \$ *paid by Illinois Swimming*

TOTAL (MAKE CHECKS PAYABLE TO "**ILLINOIS SWIMMING**"): = \$ \_\_\_\_\_

I, the undersigned, am a club coach for which the above athlete represents. My signature is verification that the time(s) stated above have been achieved in a USA Swimming sanctioned or approved meet by the stated athlete. I understand that if these times are not correct that I and/or the athlete will be subject to potential sanction by the Illinois Swimming Inc. Board of Review.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_  
*Head Club Coach/Head Age Group Coach (Required Signature)*

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_  
*Athlete*

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_  
*Parent*

**SEND COMPLETED APPLICATION VIA US POSTAL MAIL, FED EX, UPS, OR ANOTHER DELIVERY SERVICE TO THE FOLLOWING ADDRESS: (NO FAXED APPLICATIONS WILL BE ACCEPTED)**

**CENTRAL ZONE ATHLETE APPLICATION  
C/O ILLINOIS SWIMMING  
1400 E. TOUHY AVENUE - SUITE 245  
DES PLAINES, IL 60018**