



2011 Speedo® Illinois Swimming Winter Regional Championship Meets February 25-27, 2011



The 2011 Speedo® Illinois Swimming Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Barrington Swim Club: ILS11-0301; Lincoln-Way Swim Association: ILS11-0302; Glenbrook Aquatics: ILS11-0303; Homewood Flossmoor Swim Club: ILS11-0304; Springfield USA: ILS11-0305). 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 AND FACILITIES:

BSC	GA	HFSC	LWSA	SUSA
BARRINGTON H.S. 616 West Main Street (aka Lake-Cook Road) Barrington, IL 60010	GLENBROOK NORTH H.S. 2300 Shermer Road Northbrook, IL 60062	HOMEWOOD FLOSSMOOR COMMUNITY H.S. 999 Kedzie Avenue Flossmoor, IL 60422	LINCOLN-WAY EAST H.S. 201 Colorado Avenue Frankfort, IL 60423	EISENHOWER POOL 2351 E. Cornell Springfield, IL 62703
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 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.	2-6 lane, 25-yard pools separated by a 4' wide bulkhead. Water depth of competition is 12'8" at start end, 7' in middle and 6' at turn end. Spectator seating for approximately 800	6 lane, 25-yard pool competition pool. Colorado System 5 timing system with Colorado touchpads. Water depth of competition is 5' at start end, 6'5" in middle and 5' at turn end. Spectator seating for approximately 600

DEADLINE AND MEETING SUMMARY:

Monday	January 20	12:01 AM	Entries Open
Monday	February 21	1:00 PM	Entry Deadline (OME)
Thursday	February 24	1:00 PM	Email Scratch Deadline
Friday	February 25	4:55 PM	Positive Check-In Closes
Friday	February 25	5:10 PM	Coaches Meeting
Friday	February 25	5:30 PM	Session 1 Start
Saturday	February 26	7:25 AM	Positive Check-In Closes
Saturday	February 26	7:45 AM	Coaches Meeting (If Necessary)
Saturday	February 26	8:00 AM	Session 2 Start
Saturday	February 26	12:25 PM	Positive Check-In Closes
Saturday	February 26	1:00 PM	Session 3 Start
Sunday	February 27	7:25 AM	Positive Check-In Closes
Sunday	February 27	7:45 AM	Coaches Meeting (If Necessary)
Sunday	February 27	8:00 AM	Session 4 Start
Sunday	February 27	12:25 PM	Positive Check-In Closes
Sunday	February 27	1:00 PM	Session 5 Start



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TEAM ASSIGNMENTS:

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

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

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 Open, 14 & Under	
Warm-up:	4:30 PM	Warm-up:	7:00 AM	Warm-up:	12:00 PM
Positive Check-In		Positive Check-In		Positive Check-In	
Closes:	4:55 PM	Closes:	7:25 AM	Closes:	12:25 PM
Start:	5:30 PM	Start:	8:00 AM	Start:	1:00 PM

MEET ADMINISTRATION:

	BSC	GA	HFSC	LWSA	SUSA
Meet Director	Cathy Aschbacher (847) 277-7224 cathya@swimbosc.org	Brian Brown (708) 267-1783 gameetdirector@gmail.com	Jen Sesto (7078) 826-8401 hfwimclub@aol.com	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Shelley Mueller (217) 415-3411 justrun@hotmail.com
Entry Chair	Liz Rodney (847) 756-6952 bscentries@swimbosc.org	Brian Brown (708) 267-1783 gaentrychair@gmail.com	Debbie Mathews (708) 309-8162 hfwimclub@aol.com	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Bob Barrett (217) 415-4387 bobbarrett@springfieldparks.org
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.swimbosc.org	www.glenbrook-aquatics.com	www.homewoodflossmoorswim.org	www.lwsagators.org	www.susaswimming.com

QUALIFYING TIMES: 2010-2011 Regional Championship Time Standards are included. Only swimmers having achieved qualifying times by 1:00 PM CDT, Monday, February 21, 2011 are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long course meters.

Minimum Qualifying Time: 2010-11 Illinois Regional Championship time standards
Maximum Qualifying Time: 2010-11 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, for that age group, in the Regional Championships.



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ENTRY CHECKLIST:

This meet will be using USA Swimming Online Meet Entry www.usaswimming.org/ome. All forms must be received on or before close of business (5:00 PM CDT), Wednesday, February 23, 2011.

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

Checks payable to: Illinois Swimming Inc

MAIL PAYMENT TO:	Illinois Swimming Inc 1400 E Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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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.

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME).
2. Pay for OME entry online using a credit card OR if paying by check Payable to **Illinois Swimming , Inc**
3. Submit the following to Illinois Swimming Office (due by February 23, 2011)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card.

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 East Touhy Avenue, Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org. Any swimmer entered in the meet 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 ten (10) 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.

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 Championship meet rules.

INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 13/14 1000 Free and Open 1000 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together. The 13/14 1000 Free and Open 1000 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together.
3. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats.
4. 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 for their age group. The seeded times for these events for each age group are: 21:43.49 LCM (13/14 Girls), 21:18.19 LCM (13/14 Boys), 21:12.69 LCM (Open Girls), and 20:05.59 LCM (Open Boys).
5. A swimmer who has qualified in the 1500 meters or 1650 yards may swim the 1000 Free, but must enter using the Long Course 800-meter qualifying time for their age group. The seeded times for events for each age group will be: 11:26.19 LCM (13/14 Girls), 11:13.19 LCM (13/14 Boys), 11:08.89 LCM (Open Girls), and 10:23.49 LCM (Open Boys).

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

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 the 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 10 events and will follow the Open events qualifying standards. Swimmers may not 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. More details on time trial will be made available at the meet.



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SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming short course state championship meets (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: *The following information is for coaches and club representatives only.* The 2011 Short Course Regional Championship meet is positive check-in, thus pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to your Host Club entry chair. The following information must be included for your scratches:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer’s Information – Full Name (Last, First, MI), USA Swimming ID number, Event Number, Event Name, & Entry Time.
3. Name, information, and club position of person submitting scratches

The deadline for E-mail scratches is 1:00 PM, Thursday, February 24, 2011.

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

	BSC	GA	HFSC	LWSA	SUSA
Entry Chair Info	Liz Rodney (847) 756-6952 bscentries@swimbsc.org	Brian Brown (708) 267-1783 gaentrychair@gmail.com	Debbie Mathews (708) 309-8162 hfwimclub@aol.com	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Bob Barrett (217) 415-4387 bobbarrett@springfieldparks.org

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 according to the awards breaks shown in the event list.

COACHES MEETING: There will be a coaches meeting 20 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 on the host web site and the Illinois Swimming website.

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. The Program Operations Vice-Chair and the Meet Referee will appoint an Eligibility Jury.

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

DECK ACCESS & RESTRICTIONS: Current (2011) USA Swimming membership is required for coaches and working officials to be on deck. Coaches and officials must display USA Swimming credentials at all times while on deck.

TIMERS: Each team with swimmers in the meet must be prepared to 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 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.

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.

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

VENDORS: 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.



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EVENT ORDER: All time Standards for all events are included in the meet packet. The minimum standard for each event is the 2010-2011 Regional Qualifying Time Standard. The maximum standard for each event is the 2010-2011 Championship (Age Group or Senior) Qualifying Time Standard for each age group. All 12&U events shall follow the 11/12 Illinois Swimming championship time standards for the maximum qualifying standard. All 14&U events shall follow 13/14 Illinois Swimming championship time standards for the maximum qualifying standard. **Exception** – There is no maximum qualifying time for the following events: 12&U 200 Fly, 10&U 500 Free, 12&U 200 Breast, & 12&U 400 IM.

Friday, February 25, 2011
Session 1

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	12&U 200 Fly	2
3	10&U 500 Free	4
	Awards	
5	12&U 200 Breast	6
7	**Open 1000 Free**	8
9	**14&U 1000 Free**	10
11	12&U 200 Back	12
	Awards	
13	12&U 400 IM	14
	Awards	

Events 7 & 9 (Girls Open and 13/14 1000 Free) will be entered separately but will be swum together.
Events 8 & 10 (Boys Open and 13/14 1000 Free) will be entered separately but will be swum together.



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Saturday, February 26, 2011
Session 2

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
15	12&U 500 Free	16
17	10&U 100 Fly	18
19	12&U 100 Fly	20
	<i>Awards</i>	
21	10&U 50 Free	22
23	12&U 50 Free	24
	<i>Awards</i>	
25	10&U 100 Breast	26
27	12&U 100 Breast	28
	<i>Awards</i>	
29	10&U 50 Back	30
31	12&U 50 Back	32
	<i>Awards</i>	
33	10&U 200 IM	34
35	12&U 200 IM	36
	<i>Awards</i>	

Saturday, February 26, 2011
Session 3

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
37	Open 500 Free	38
39	14&U 500 Free	40
	<i>Awards</i>	
41	Open 100 Fly	42
43	14&U 100 Fly	44
	<i>Awards</i>	
45	Open 50 Free	46
47	14&U 50 Free	48
	<i>Awards</i>	
49	Open 100 Breast	50
51	14&U 100 Breast	52
	<i>Awards</i>	
53	Open 200 Back	54
55	14&U 200 Back	56
	<i>Awards</i>	
57	Open 400 IM	58
59	14&U 400 IM	60
	<i>Awards</i>	



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Sunday, February 27, 2011
Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
61	10&U 200 Free	62
63	12&U 200 Free	64
	<i>Awards</i>	
65	10&U 50 Fly	66
67	12&U 50 Fly	68
	<i>Awards</i>	
69	10&U 100 Back	70
71	12&U 100 Back	72
	<i>Awards</i>	
73	10&U 50 Breast	74
75	12&U 50 Breast	76
	<i>Awards</i>	
77	10&U 100 Free	78
79	12&U 100 Free	80
	<i>Awards</i>	
81	10&U 100 IM	82
83	12&U 100 IM	84
	<i>Awards</i>	

Sunday, February 27, 2011
Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
85	Open 200 Free	86
87	14&U 200 Free	88
	<i>Awards</i>	
89	Open 200 Fly	90
91	14&U 200 Fly	92
	<i>Awards</i>	
93	Open 100 Back	94
95	14&U 100 Back	96
	<i>Awards</i>	
97	Open 200 Breast	98
99	14&U 200 Breast	100
	<i>Awards</i>	
101	Open 100 Free	102
103	14&U 100 Free	104
	<i>Awards</i>	
105	Open 200 IM	106
107	14&U 200 IM	108
	<i>Awards</i>	
109	**Open 1650 Free**	110
111	**14&U 1650 Free**	112
	<i>Awards</i>	

Events 109 & 111 (Girls Open and 13/14 1650 Free) will be entered separately but will be swum together.

Events 110 & 112 (Boys Open and 13/14 1650 Free) will be entered separately but will be swum together.



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Sunday, February 27, 2011

TIME TRIAL

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
137	Open 500 Free	138
141	Open 100 Fly	142
145	Open 50 Free	146
149	Open 100 Breast	150
153	Open 200 Back	154
157	Open 400 IM	158

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 the 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 10 events and will follow the Open events qualifying standards. Swimmers may not 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. More details on time trial will be made available at the meet.



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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 =	\$ _____
Make checks payable to "Illinois Swimming Inc"			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, Barrington 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) _____ E-mail: _____



ISI AGE GROUP STATE CHAMPIONSHIP TIME STANDARDS
March 11-13, 2011 at UIC-Hosted by WSO
July 28-31, 2011 at Kenosha RecPlex-Hosted by ACAD



Girls	Event (SCY)	Boys
AGST	10&Under	AGST
30.59	50 Free	30.49
1:07.39	100 Free	1:07.39
2:28.19	200 Free	2:29.59
6:28.29	500 Free	6:28.29
35.89	50 Back	35.99
1:17.09	100 Back	1:18.09
40.49	50 Breast	41.09
1:28.89	100 Breast	1:30.59
34.49	50 Fly	34.79
1:19.99	100 Fly	1:21.49
1:17.29	100 IM	1:17.99
2:47.29	200 IM	2:49.69
2:08.49	200 Free Relay	2:10.59
2:25.19	200 Med. Relay	2:28.29
AGST	11&12	AGST
27.19	50 Free	26.89
59.19	100 Free	58.79
2:09.49	200 Free	2:09.29
5:47.89	500 Free	5:49.79
31.59	50 Back	31.79
1:07.89	100 Back	1:08.29
2:24.39	200 Back	2:27.59
35.29	50 Breast	35.69
1:16.99	100 Breast	1:18.19
2:45.59	200 Breast	2:53.19
30.19	50 Fly	30.29
1:07.89	100 Fly	1:08.49
2:34.59	200 Fly	2:45.89
1:08.09	100 IM	1:08.59
2:26.29	200 IM	2:28.09
4:07.49	400 Free Relay	4:12.99
4:37.99	400 Med. Relay	4:44.99
AGST	13&14	AGST
25.99	50 Free	24.19
56.29	100 Free	52.79
2:01.69	200 Free	1:55.49
5:27.79	500 Free	5:15.29
11:25.69	1000 Free	11:08.19
19:08.19	1650 Free	18:38.29
1:03.79	100 Back	1:00.89
2:18.49	200 Back	2:13.19
1:12.79	100 Breast	1:09.49
2:38.29	200 Breast	2:32.19
1:03.29	100 Fly	59.79
2:24.59	200 Fly	2:18.09
2:18.79	200 IM	2:11.89
4:55.89	400 IM	4:45.79
3:50.79	400 Free Relay	3:41.49
8:24.79	800 Free Relay	8:09.19
4:16.89	400 Med. Relay	4:06.69

Girls	Event (LCM)	Boys
AGST	10&Under	AGST
34.99	50 Free	35.19
1:18.79	100 Free	1:18.99
2:51.39	200 Free	2:54.09
5:49.29	400 Free	5:49.29
42.09	50 Back	42.39
1:30.89	100 Back	1:32.29
47.39	50 Breast	48.99
1:43.49	100 Breast	1:47.59
39.79	50 Fly	40.99
1:35.59	100 Fly	1:39.09
3:14.49	200 IM	3:19.99
2:30.29	200 Free Relay	2:35.59
2:50.99	200 Med. Relay	2:57.89
AGST	11&12	AGST
31.29	50 Free	31.29
1:08.49	100 Free	1:09.09
2:29.39	200 Free	2:31.19
5:17.39	400 Free	5:22.99
36.89	50 Back	37.29
1:19.49	100 Back	1:20.79
2:46.69	200 Back	2:49.09
41.39	50 Breast	42.59
1:30.59	100 Breast	1:33.79
3:10.09	200 Breast	3:18.69
34.49	50 Fly	34.99
1:19.69	100 Fly	1:21.69
2:53.59	200 Fly	3:06.29
2:49.99	200 IM	2:52.79
4:47.99	400 Free Relay	5:00.29
5:24.99	400 Med. Relay	5:43.59
AGST	13&14	AGST
29.99	50 Free	28.29
1:04.99	100 Free	1:01.59
2:20.99	200 Free	2:15.39
4:58.99	400 Free	4:50.39
10:23.79	800 Free	10:11.99
19:44.99	1500 Free	19:21.99
1:15.19	100 Back	1:12.49
2:41.79	200 Back	2:36.29
1:25.59	100 Breast	1:23.19
3:04.09	200 Breast	3:01.19
1:13.59	100 Fly	1:10.69
2:48.89	200 Fly	2:45.69
2:40.69	200 IM	2:34.99
5:43.09	400 IM	5:33.79
4:28.89	400 Free Relay	4:20.69
9:46.89	800 Free Relay	9:32.29
5:02.79	400 Med. Relay	5:00.79

Girls	Event (SCM)	Boys
AGST	10&Under	AGST
33.99	50 Free	33.89
1:14.79	100 Free	1:14.79
2:44.49	200 Free	2:45.99
5:39.79	400 Free	5:39.79
39.89	50 Back	39.99
1:25.59	100 Back	1:26.69
44.89	50 Breast	45.59
1:38.69	100 Breast	1:40.59
38.29	50 Fly	38.59
1:28.79	100 Fly	1:30.49
1:25.79	100 IM	1:26.59
3:05.69	200 IM	3:08.39
2:22.59	200 Free Relay	2:24.99
2:41.19	200 Med. Relay	2:44.59
AGST	11&12	AGST
30.29	50 Free	29.89
1:05.69	100 Free	1:05.29
2:23.69	200 Free	2:23.49
5:04.39	400 Free	5:06.19
35.09	50 Back	35.29
1:15.39	100 Back	1:15.79
2:40.29	200 Back	2:43.79
39.19	50 Breast	39.59
1:25.49	100 Breast	1:26.79
3:03.79	200 Breast	3:12.19
33.49	50 Fly	33.59
1:15.39	100 Fly	1:15.99
2:51.59	200 Fly	3:04.19
1:15.59	100 IM	1:16.09
2:42.39	200 IM	2:44.39
4:34.69	400 Free Relay	4:40.79
5:08.59	400 Med. Relay	5:16.29
AGST	13&14	AGST
28.89	50 Free	26.89
1:02.49	100 Free	58.59
2:15.09	200 Free	2:08.19
4:46.79	400 Free	4:35.89
9:59.99	800 Free	9:44.69
19:15.09	1500 Free	18:44.99
1:10.79	100 Back	1:07.59
2:33.69	200 Back	2:27.79
1:20.79	100 Breast	1:17.09
2:55.69	200 Breast	2:48.89
1:10.29	100 Fly	1:06.39
2:40.49	200 Fly	2:33.29
2:34.09	200 IM	2:26.39
5:28.39	400 IM	5:17.19
4:16.19	400 Free Relay	4:05.89
9:20.29	800 Free Relay	9:02.99
4:45.19	400 Med. Relay	4:33.79



ISI REGIONAL CHAMPIONSHIP TIME STANDARDS

February 25th – 27th, 2011



Girls	Event (SCY)	Boys
REG	10&Under	REG
33.69	50 Free	33.49
1:14.09	100 Free	1:14.09
2:42.09	200 Free	2:44.59
8:30.49	500 Free	8:25.49
39.49	50 Back	39.59
1:24.79	100 Back	1:25.89
44.59	50 Breast	45.19
1:37.79	100 Breast	1:39.69
37.89	50 Fly	38.29
1:27.99	100 Fly	1:29.59
1:24.99	100 IM	1:25.79
3:03.99	200 IM	3:06.69
REG	12&Under	REG
29.99	50 Free	29.59
1:05.09	100 Free	1:04.69
2:22.39	200 Free	2:22.19
6:22.69	500 Free	6:24.79
34.79	50 Back	34.99
1:14.69	100 Back	1:15.09
3:03.29	200 Back	2:59.39
38.79	50 Breast	39.29
1:24.69	100 Breast	1:25.99
3:27.29	200 Breast	3:21.79
33.19	50 Fly	33.29
1:14.69	100 Fly	1:15.29
3:06.29	200 Fly	3:04.69
1:14.89	100 IM	1:15.49
2:40.89	200 IM	2:42.89
6:34.39	400 IM	6:27.29
REG	14&Under	REG
28.59	50 Free	26.59
1:01.89	100 Free	58.09
2:13.89	200 Free	2:00.99
6:00.59	500 Free	5:46.79
12:34.29	1000 Free	12:14.99
21:02.99	1650 Free	20:30.09
1:10.19	100 Back	1:06.99
2:32.29	200 Back	2:26.49
1:20.09	100 Breast	1:16.39
2:54.09	200 Breast	2:47.39
1:09.59	100 Fly	1:05.79
2:39.09	200 Fly	2:31.89
2:32.69	200 IM	2:25.09
5:25.49	400 IM	5:14.39
REG	Open	REG
27.89	50 Free	25.09
1:00.49	100 Free	54.69
2:11.09	200 Free	2:00.69
5:51.09	500 Free	5:26.79
12:22.09	1000 Free	11:56.09
20:42.99	1650 Free	19:39.19
1:09.19	100 Back	1:03.19
2:29.89	200 Back	2:19.29
1:18.39	100 Breast	1:11.99
2:51.49	200 Breast	2:39.89
1:07.79	100 Fly	1:01.99
2:34.29	200 Fly	2:24.29
2:28.29	200 IM	2:16.59
5:19.19	400 IM	5:03.39

Girls	Event (LCM)	Boys
REG	10&Under	REG
38.49	50 Free	38.69
1:26.69	100 Free	1:26.89
3:08.49	200 Free	3:11.49
7:42.09	400 Free	7:38.49
46.29	50 Back	46.59
1:39.99	100 Back	1:41.49
52.09	50 Breast	53.89
1:53.79	100 Breast	1:58.39
43.79	50 Fly	45.09
1:45.19	100 Fly	1:48.99
3:33.89	200 IM	3:39.99
REG	12&Under	REG
34.39	50 Free	34.59
1:15.29	100 Free	1:15.99
2:44.29	200 Free	2:46.29
5:49.09	400 Free	5:55.29
40.59	50 Back	40.99
1:27.39	100 Back	1:28.89
3:30.79	200 Back	3:30.29
45.49	50 Breast	46.89
1:39.69	100 Breast	1:43.19
3:57.59	200 Breast	3:54.69
37.89	50 Fly	38.49
1:27.69	100 Fly	1:29.89
3:33.09	200 Fly	3:30.99
3:06.99	200 IM	3:10.09
7:32.09	400 IM	7:28.29
REG	14&Under	REG
32.99	50 Free	31.09
1:11.49	100 Free	1:07.79
2:35.09	200 Free	2:28.89
5:28.89	400 Free	5:19.39
11:26.19	800 Free	11:13.19
21:43.49	1500 Free	21:18.19
1:22.69	100 Back	1:19.69
2:57.99	200 Back	2:51.89
1:34.19	100 Breast	1:31.49
3:22.49	200 Breast	3:19.29
1:20.99	100 Fly	1:17.79
3:05.79	200 Fly	3:02.29
2:56.79	200 IM	2:50.49
6:17.39	400 IM	6:07.19
REG	Open	REG
32.19	50 Free	29.39
1:09.99	100 Free	1:03.39
2:30.79	200 Free	2:19.29
5:19.79	500 Free	5:01.29
11:08.89	800 Free	10:23.49
21:12.69	1500 Free	20:05.59
1:20.29	100 Back	1:15.49
2:54.59	200 Back	2:45.79
1:31.79	100 Breast	1:24.29
3:18.79	200 Breast	3:07.09
1:18.29	100 Fly	1:11.09
2:55.99	200 Fly	2:49.29
2:53.49	200 IM	2:41.49
6:12.69	400 IM	5:47.79

Girls	Event (SCM)	Boys
REG	10&Under	REG
37.39	50 Free	37.29
1:22.29	100 Free	1:22.29
3:00.99	200 Free	3:02.59
7:26.79	400 Free	7:22.69
43.89	50 Back	43.99
1:34.19	100 Back	1:35.39
49.39	50 Breast	50.19
1:48.59	100 Breast	1:50.69
42.09	50 Fly	42.49
1:37.69	100 Fly	1:39.49
1:34.39	100 IM	1:35.29
3:24.29	200 IM	3:27.19
REG	12&Under	REG
33.29	50 Free	32.89
1:12.29	100 Free	1:11.79
2:38.09	200 Free	2:37.79
5:34.79	400 Free	5:36.79
38.59	50 Back	39.79
1:22.89	100 Back	1:23.39
3:22.49	200 Back	3:18.29
43.09	50 Breast	43.59
1:33.99	100 Breast	1:35.49
3:49.09	200 Breast	3:42.99
36.89	50 Fly	36.99
1:22.89	100 Fly	1:23.59
3:25.89	200 Fly	3:24.09
1:23.19	100 IM	1:23.69
2:58.59	200 IM	3:00.79
7:15.79	400 IM	7:07.99
REG	14&Under	REG
31.79	50 Free	29.59
1:08.69	100 Free	1:04.49
2:28.59	200 Free	2:20.99
5:15.49	400 Free	5:03.49
10:59.99	800 Free	10:43.19
21:10.59	1500 Free	20:37.49
1:17.89	100 Back	1:14.39
2:49.09	200 Back	2:42.59
1:28.89	100 Breast	1:24.79
3:13.29	200 Breast	3:05.79
1:17.29	100 Fly	1:12.99
2:56.49	200 Fly	2:48.59
2:49.49	200 IM	2:40.99
6:01.09	400 IM	5:48.89
REG	Open	REG
30.99	50 Free	27.79
1:07.09	100 Free	1:00.69
2:25.49	200 Free	2:13.99
5:07.19	500 Free	4:45.99
10:49.29	800 Free	10:26.59
20:50.49	1500 Free	19:46.19
1:16.79	100 Back	1:10.19
2:46.39	200 Back	2:34.49
1:27.09	100 Breast	1:19.99
3:10.39	200 Breast	2:57.49
1:15.19	100 Fly	1:08.89
2:50.49	200 Fly	2:40.19
2:44.59	200 IM	2:31.69
5:54.29	400 IM	5:36.69



ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS

March 3-6, 2011 @ UIC – Hosted by LFSC

July 14-17, 2011 @ To Be Announced



<i>WOMEN</i>			EVENTS	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
29.29	28.19	25.39	<i>50 Freestyle</i>	22.79	25.29	26.69
1:03.59	1:00.99	54.99	<i>100 Freestyle</i>	49.69	55.19	57.59
2:17.09	2:12.29	1:59.19	<i>200 Freestyle</i>	1:49.69	2:01.79	2:06.59
4:50.69	4:39.29	5:19.19	<i>400 / 500 Freestyle</i>	4:57.09	4:19.99	4:33.89
10:08.09	9:50.29	11:14.59	<i>800 / 1000 Freestyle</i>	10:39.99	9:10.59	9:26.79
19:16.99	18:56.79	18:49.99	<i>1500 / 1650 Freestyle</i>	17:51.99	17:58.39	18:15.99
1:12.99	1:09.79	1:02.89	<i>100 Backstroke</i>	57.49	1:03.79	1:08.59
2:38.69	2:31.29	2:16.29	<i>200 Backstroke</i>	2:06.59	2:20.49	2:30.69
1:23.49	1:19.19	1:11.29	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
3:00.69	2:53.09	2:35.89	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.19	1:08.39	1:01.59	<i>100 Butterfly</i>	56.39	1:02.59	1:04.59
2:39.99	2:34.99	2:20.29	<i>200 Butterfly</i>	2:11.19	2:25.59	2:33.89
2:37.69	2:29.59	2:14.79	<i>200 Individual Medley</i>	2:04.19	2:17.89	2:26.79
5:38.79	5:22.09	4:50.19	<i>400 Individual Medley</i>	4:35.79	5:06.09	5:16.19
4:23.99	4:11.29	3:46.39	<i>400 Freestyle Relay</i>	3:27.49	3:50.29	3:58.59
9:29.99	9:07.19	8:12.99	<i>800 Freestyle Relay</i>	7:38.59	8:28.99	8:54.79
4:55.99	4:36.29	4:08.89	<i>400 Medley Relay</i>	3:47.29	4:12.29	4:33.89