



Speedo® Illinois Swimming Senior Championship Meet

Hosted by NASA Wildcat Aquatics

July 15-18, 2010



USA Swimming and Illinois Swimming, Inc. Sanction ILL10-0801, and Time Trial Sanction ILL10-0802 sanction the 2010 Illinois Senior Long Course Swimming Championship. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced and posted at the meet.

LOCATION: Norris Aquatics Center, Northwestern University, 2311 Campus Drive, Evanston IL 60208

FACILITY: Eight-lane 50 meter competition pool with starting blocks at both ends. The start end of the pool is 15' 0" deep, with non-turbulent lane lines and a Colorado System 6 timing system. Water depth at the turn end is 4 feet deep. There is seating for approximately 300 spectators.

MEET DIRECTOR
Tanya Hussey 847-501-5179 tanya@thehusseys.net

MEET REFEREE
Cyndi Alexander 847-382-5701 cyndialexander@sbcglobal.net

ENTRY / SCRATCH CONTACTS
OME Entry Contact: ISI Office 847-824-1596 ilswimoffice@ilswim.org Email Scratch Contact: Andy Grevers 847-467-6272 seniorchamps@ilswim.org

SAFETY COORDINATOR
Alessio DeRosi 847-467-6272 alexderosi@gmail.com

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

DEADLINE AND MEET SUMMARY:

Tuesday	May 18	12:01 AM	Entry's Open (OME)
Monday	July 12	1:00 PM	Electronic Entry deadline (OME)
Monday	July 12	6:00 PM	Meet Format Decision (A/B Flight Announcement)
Wednesday	July 14	12:00 PM	All forms due. All non-credit card payments due.
Thursday	July 15	1:00 PM	Electronic Scratch Deadline
Thursday	July 15	4:00 PM	Coaches Meeting
Thursday	July 15	4:30 PM	Thursday Events Scratch Deadline
Thursday	July 15	5:30 PM	Session 1 Start
Thursday	July 15	6:00 PM	Scratch Deadline for Next Days Events
Friday	July 16	8:00 AM	Relay Scratch Deadline
Friday	July 16	8:15 AM	Coaches Meeting (if Necessary)
Friday	July 16	8:30 AM	Session 2 Start
Friday	July 16	5:30 PM	Session 3 Start
Friday	July 16	6:00 PM	Scratch Deadline for Next Days Events
Saturday	July 17	8:00 AM	Relay Scratch Deadline
Saturday	July 17	8:15 AM	Coaches Meeting (if Necessary)
Saturday	July 17	8:30 AM	Session 4 Start
Saturday	July 17	5:30 PM	Session 5 Start
Saturday	July 17	6:00 PM	Scratch Deadline for Next Days Events
Sunday	July 18	8:00 AM	Relay Scratch Deadline
Sunday	July 18	8:15 AM	Coaches Meeting (if Necessary)
Sunday	July 18	8:30 AM	Session 6 Start
Sunday	July 18	5:00 PM	Session 7 Start



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ENTRY DEADLINE: MONDAY, JULY 12 @ 1:00PM

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 Tuesday, May 18, 2010 (12:01AM CDT) and must be completed by Monday July 12, 2010 at 1:00 pm CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. Once you complete your online entry, you will be sent a confirmation email. You may update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete events or change out events after you have checked out and paid for them. Bring all communications with you to the meet in case of problems with your entries.

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

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

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using credit card OR pay by check Payable to **Illinois Swimming, Inc**
3. Mail the following to Illinois Swimming Office (due by Wednesday, July 14, 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 1400 E. Touhy Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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QUALIFYING TIMES: 2010 Championship Time Standards are included. Only swimmers having achieved qualifying times from February 27, 2009 through July 12, 2010 (dates inclusive) 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 "SCY") 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, 1400 E. Touhy Avenue, Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org.

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

INDIVIDUAL EVENTS: All individual events except the 800 and 1500 free will be conducted as preliminary/final events.

Dependent on the number of entries, and at the discretion of the Meet Referee, with input from the Senior Committee, 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 on the ISI website www.ilswim.org by Monday, July 12, 2010 at 6:00 PM as well as on the 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 Consolation and Bonus Finals (B and C) must check in with the Deck Referee behind the starting blocks and swimmers in Championship Finals (A) must report to the Ready Room and check-in with the Ready Room official prior to the start of the Championship Final **of the previous event**.



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DISTANCE EVENTS: The 800 and 1500 Free will be conducted as timed final events. The 800 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men's heats. Each swimmer must provide his/her own timer.

The fastest seeded heat of the woman's and men's 1500 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 1500 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 1500 Free should enter at the lowest non-conforming qualifying time (SCY). Each swimmer must provide his/her own timer.

DISTANCE BONUS EVENTS: Swimmers with an 800 free qualifying time may enter the 1500 free event; swimmers with a 1500 free qualifying time may enter the 800 free event. Swimmers must enter at the Short Course Yards qualifying time in the event for which they do not have the current qualifying standard.

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

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

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 thereafter 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 (LCM) 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 Long Course Meters (LCM), Short Course Meters (SCM), and Short Course Yards (SCY).

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 no later than thirty (30) minutes after initial qualifiers are announced. Scratches from preliminary and individual timed final events shall be made using the scratch box at the clerk of course. The scratch deadline for preliminary events is as follows:

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

COACHES MEETING: There will be a coaches meeting in the Hospitality Room @ 4:00PM, Thursday July 15, 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 Consolation and Bonus Finals (B and C) must check in with the Deck Referee behind the starting blocks and swimmers in the Championship Finals (A) 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.**



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AWARDS CEREMONY: Awards for women and men will be presented after each Men’s championship final heat. Awards for day one and Relay awards for day two and day three events will be presented at the first Awards Break of the following evening’s finals.

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

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. First Place winners receive Gold Medal, Second Place receive Silver Medal, Third Place receive Bronze Medal, 4th Place medal w/ ribbon color-yellow, 5th Place medal w/ ribbon color-green, 6th Place medal w/ ribbon color-maroon, 7th Place medal w/ ribbon color-orange, 8th Place medal w/ ribbon color-purple.

BREAKS: The pool will be open during breaks in competition. A full list of the breaks is on the event list of this meet packet. Other breaks (if necessary) will be made at the discretion of the Meet Referee.

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

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

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

WARM-UP: ISI warm-up and safety procedures will be in effect. Host Club will post additional warm-up information on their website.

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 ericpeterson@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 wish to, and 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.

PUBLICITY: Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file. Forms will be located at the Clerk of Course and Admin Tables.



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TIME TRIALS: Time trials will be offered at the meet for swimmers entered in at least one individual event and swimmers competing on at least one relay. ***If a swimmer competes in a time trial and does not swim in any events, that swimmers' club will be fined \$50.00 payable to the Meet Host.*** 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 their own timer. **Sign-Up (Entry) Deadline is 6:00 PM on Thursday and 11:00 AM on Friday, Saturday and Sunday.**

Events offered will be in the following order:

Thursday	Friday	Saturday	Sunday
Thursday events*	Friday Events Saturday Events Sunday Events*	Saturday Events Sunday Events Friday Events*	Sunday Events Friday Events Saturday Events*

*1500 Free event will be offered only on Thursday and Sunday, time permitting.

ADMISSIONS:

Thursday Admission:	\$5.00 (includes Heat Sheet)
Friday – Sunday All-Day Admission:	\$10.00 (includes Heat Sheet)
Friday – Sunday Finals Admission:	\$5.00 (includes Heat Sheet)

PARKING: Parking is free and available at the adjoining parking lot assigned to the facility on Saturday and Sunday and after 4:00 PM on Thursday and Friday. Parking will be available in the Ryan Field North/West parking lots located on Ashland Avenue during the day on Friday. A complementary shuttle bus service will run between the parking lot and the pool. There is limited parking available on the streets surrounding the University. Friday parking passes for officials will be provided complimentary, Coaches passes will be available at a cost of \$7 per pass in advance (number available will be limited by the number of swimmers the club has competing in the session) and \$10 on Friday. The passes will be available on Thursday evening at the pool. Detailed parking instructions will be available on the Host Club website (www.nasawild.org) including arrangements for Coaches and Officials.

CONCESSIONS AND VENDORS: The Swim Team Store will be on site, selling 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. The locker rooms are shared with patrons of the facility and appropriate behavior is expected at all times.

HOTEL INFORMATION: Hilton Hotels the "Official Hotel of Illinois Swimming" has discounted rates for Illinois Swimming members. Hilton has extended discount offers at the following Hilton property for this meet:

The Hampton Inn & Suites Skokie
5201 Old Orchard Road
Skokie, IL 60077
(847) 583-1111 www.northshoresuites.hamptoninn.com

Use Group Code CHXISM and receive reduced rates!
\$119.00 plus taxes for Standard King or Double
Rate includes: Hot breakfast daily, Free WiFi and Free Parking
Block expires: July 1st
Hotel is 4 ½ miles from pool



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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	800 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>
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
10 Minute 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
10 Minute Break*								
11	9:29.99	9:07.19	8:12.99	800 Freestyle Relay	7:38.59	8:28.99	8:54.79	12

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
10 Minute 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
10 Minute Break*								
21	4:50.69	4:40.99	5:21.19	400 Freestyle	4:59.09	4:21.69	4:33.89	22
10 Minute Break*								
23	4:55.99	4:37.49	4:09.99	400 Medley Relay	3:49.89	4:15.19	4:33.89	24

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>
25	2:39.69	2:31.79	2:16.79	200 Backstroke	2:06.79	2:20.69	2:31.09	26
27	1:03.89	1:01.19	55.09	100 Freestyle	50.19	55.39	57.59	28
10 Minute Break*								
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:11.19	2:25.59	2:33.89	30
10 Minute Break*								
31	4:23.99	4:11.29	3:46.39	400 Freestyle Relay	3:27.49	3:50.29	3:58.59	32
10 Minute Break*								
33	19:16.99	18:43.79	18:51.99	1500 Freestyle	17:51.99	17:43.99	18:15.99	34

***10 Minute Break for Prelims Only-** the Pool will be open for warm-up/cool-down.

During Finals- the Pool will be open for warm-up/cool-down during Awards presentations.

Relay take-offs will be allowed in designated lanes per the Meet Referee **ONLY** during the breaks prior to relay events.



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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., NASA Aquatics Club (the host club), their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

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

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

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



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EMAIL SCRATCH FORM

Name of Club: _____ Club Code: _____

Coach of Record for this meet: _____

Contact Person for this entry: _____

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

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

The deadline for Email scratches is 1:00 PM, Thursday July 15, 2010. Email scratches to seniorchamps@ilswim.org. It is the responsibility of the sender to ensure that this Email form is received.

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

Signature: _____
(Club Representative)