



# Speedo® Illinois Swimming Senior Championship Meet



Hosted by Lake Forest Swim Club

March 5-March 8, 2009

USA Swimming and Illinois Swimming, Inc. Sanction ILS09-0306, and Time Trial Sanction ILS09-0307 sanction the 2009 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:** Flames Natatorium at University of Illinois/Chicago, 901 West Roosevelt Road, Chicago, Illinois

**FACILITY:** Eight-lane 25-yard competition pool. The start end and the turn end of the pool are 16'-0" deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads will be Colorado Aquagrips non-slip. The timing system is a Daktronics OmniSport 2000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 1,200 spectators.

<b>MEET DIRECTOR</b> Iain Campbell 847-295-4711 (before 9 PM) <a href="mailto:ifsc@sbcglobal.net">ifsc@sbcglobal.net</a>	<b>HOST CLUB</b> Lake Forest Swim Club Coaches: Maureen Sheehan, Michael Lawrence, Laurel Liberty 847-295-8343 <a href="mailto:ifsc@sbcglobal.net">ifsc@sbcglobal.net</a>	<b>MEET REFEREE</b> Pending appointment by Officials Committee
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<b>ENTRIES</b> On-Line Meet Entry (OME) Questions: ISI Office 847-824-1596 <a href="mailto:ilswimoffice@sbcglobal.net">ilswimoffice@sbcglobal.net</a>	<b>SAFETY COORDINATOR</b> Elaine Gilbert 847-680-7434 (before 9PM) <a href="mailto:ptgilbert1@comcast.net">ptgilbert1@comcast.net</a>
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## MEET SCHEDULE

	PRELIMS		FINALS	
	Warm-Ups	Start	Warm-Ups	Start
<b>Thursday</b>			4:30 pm	6:00 pm
<b>Friday</b>	6:30 am	8:30 am	4:00 pm	5:30 pm
<b>Saturday</b>	6:30 am	8:30 am	4:00 pm	5:30 pm
<b>Sunday</b>	6:30 am (DST)	8:30 am (DST)	3:30 pm (DST)	5:00 pm (DST)

## DEADLINE AND MEET SUMMARY

<b>Sunday</b>	<b>January 04</b>	<b>12:01 AM</b>	<b>Entry's Open (OME)</b>
<b>Wednesday</b>	<b>February 25</b>	<b>6:00 PM</b>	<b>Entry Deadline</b>
Friday	February 27	8:00 PM	Meet Format Decision (A/B Flight announcement)
<b>Monday</b>	<b>March 02</b>	<b>1:00 PM</b>	<b>Secondary Entry Deadline</b>
Wednesday	March 04	12:00 PM	All forms due. All non-credit card payments due.
Thursday	March 05	1:00 PM	Electronic Scratch Deadline
Thursday	March 05	4:00 PM	Coaches Meeting
Thursday	March 05	4:30 PM	Thursday Events Scratch Deadline
Thursday	March 05	6:30 PM	Scratch Deadline for Next Days Events
Friday	March 06	8:00 AM	Relay Scratch Deadline
Friday	March 06	8:15 AM	Coaches Meeting if Necessary
Friday	March 06	6:00 PM	Scratch Deadline for Next Days Events
Saturday	March 07	8:00 AM	Relay Scratch Deadline
Saturday	March 07	8:15 AM	Coaches Meeting if Necessary
Saturday	March 07	6:00 PM	Scratch Deadline for Next Days Events
Sunday	March 08	8:00 AM (DST)	Relay Scratch Deadline
Sunday	March 08	8:15 AM (DST)	Coaches Meeting if Necessary

\*\*\*\*\*PLEASE NOTE - DAYLIGHT SAVINGS TIME BEGINS SUNDAY, 2:00 AM, MARCH 8, 2009\*\*\*\*\*

**ENTRY DEADLINE: WEDNESDAY, FEBRUARY 25, 2009 @ 6:00PM**

**SECONDARY ENTRY DEADLINE: MONDAY, MARCH 2, 2009 @ 6:00PM**



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Only times achieved between Wednesday, February 25, 2009 6:00 PM and Monday, March 2, 2009 @ 1:00 PM inclusive are eligible for the secondary entry deadline.

**ENTRY DETAILS:** This meet will be using USA Swimming On-Line Meet Entry at: [www.usaswimming.org/ome](http://www.usaswimming.org/ome)  
 Initial entries may be submitted on-line beginning January 4, 2009 (12:01AM CST) and must be completed by Wednesday, February 25, 2009 6:00 pm CST. Secondary entries will begin on-line on Wednesday, February 25, 2009 at 6:01 pm CST and end Monday, March 2, 2009 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. Once you complete your online entry, you will be sent a confirmation email. You may update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete events or change out events after you have checked out and paid for them. Bring all communications with you to the meet in case of problems with your entries.

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

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

**ENTRY PROCESS:**

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using credit card OR pay by check Payable to **Illinois Swimming, Inc**
3. Mail the following to Illinois Swimming Office (due by Wednesday, March 4, 2009):
  - a. Team Summary and Release Form
  - b. Entry Fees and swimmer surcharge payments not paid by credit card

**Checks payable to: Illinois Swimming Inc**

MAIL FORMS TO:	Illinois Swimming, Inc 3166 S. River Rd. Suite 30 Des Plaines, IL 60018	EMAIL ENTRIES QUESTIONS TO:	<a href="mailto:senioreentry@ilswim.org">senioreentry@ilswim.org</a>
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**QUALIFYING TIMES:** 2009 Championship Time Standards are included. Only swimmers having achieved qualifying times between July 13, 2007 and February 25, 2009 @ 6:00 PM are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters. Please highlight and note ("SCM" or "LCM") next to all non-conforming entry times.

**ELIGIBILITY:** All swimmers must be current (2009) 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](http://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 1000 and 1650 free will be conducted as preliminary/final events.

Dependent on the number of entries, and at the discretion of the Senior Committee and the Meet Referee, the preliminary sessions may be conducted in an "A/B" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A" session, will be posted by Friday, February 27, 2009 at 8:00 pm on the ISI and host club website.

Finals will be the top 24 finishers competing in Bonus, Consolation, and Championship Finals heats (A, B, C, Finals). Bonus and Consolation heats should report behind the blocks, and the Championship heat should report to the ready room.

**DISTANCE EVENTS:** The 1000 and 1650 Free will be conducted as timed final events. The 1000 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats.

The fastest seeded heat of the woman's and men's 1650 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 1650 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 1650 Free should enter at the non-conforming qualifying time



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**DISTANCE BONUS EVENTS:** Swimmers with an 1000 free qualifying time may enter the 1650 free event; swimmers with a 1650 free qualifying time may enter the 1000 free event. Swimmers must enter at the Long Course Meter qualifying time in the event for which they do not have the current qualifying standard.

**RELAY EVENTS:** *All relay events will be conducted as timed final events with the top Eight (8) teams swimming in the evening session.*

All heats in prelim session will be swum fastest to slowest, alternating women and men, after the end of the individual events in the prelims session. 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 standard (LCM).

Each coach shall pick up relay entry forms from the clerk of course, on which he/she shall list the competing relay swimmers, their first and last names, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted there after and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.

**SEEDING:** Entries shall be seeded according to USA Swimming rules. Entry times conforming to course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is Short Course Yards (SCY), Long Course Meters (LCM) and Short Course Meters (SCM).

**SCRATCH PROCEDURES:** ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. The scratch deadline for preliminary events is as follows:

- Thursday 4:30 pm For Thursday events
- Thursday 6:30 pm For Friday events
- Friday 6:00 pm For Saturday events
- Saturday 6:00 pm For Sunday events

**COACHES MEETING:** There will be a coaches meeting in the Hospitality Room, 4:00 PM Thursday, March 5, 2009. 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.

**READY ROOM & AWARDS CEREMONY:** Swimmers in the championship finals should report to the ready room area two heats prior to their event. 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 beginning 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



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**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.

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

**MEET COMMITTEE/TECHNICAL JURY:** The Meet Referee and the Senior Vice-Chair will select the Meet Committee. The committee will consist of a coach, an athlete, and 1-3 other individuals.

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

**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:** This meet has been designated as an Officials Qualifying Meet, 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 [MeetOfficials@ilswim.org](mailto:MeetOfficials@ilswim.org). A mandatory briefing for all Officials working the meet will begin 1 hour before the start of each session.

**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.

**TIME TRIALS:** Time trials will be offered at the meet for competing swimmers. 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. Events offered will be in the following order:

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

\*1650 Free event will be offered only on Thursday and Sunday time permitting

**ADMISSIONS:** All session pass with meet program - \$36.00 (Includes all session pass, Meet Program, all Prelim and Finals Heat Sheets). Admission -Thursday \$3.00 Friday-Sunday \$6.00 (10 & under free) Meet Program: \$6.00, Finals Heat Sheets: \$3.00

**PARKING:** Parking is controlled by the UIC Parking Office which establishes all fees associated with parking. There is no free parking. The primary parking lot for all events at the UIC Athletic Facilities is Lot 5, located immediately north of the Physical Education Building. The entrance to this lot is located on Morgan Street between Roosevelt Road and Taylor Street. In the event Lot 5 is not available, UIC Athletics and the UIC Parking Office will open the next closest available lot.

**NO CHAIR POLICY:** Due to safety concerns at UIC Natatorium, chairs of any type (lawn chairs/folding chairs/etc...) **WILL NOT BE ALLOWED** into the facility. This has been deemed a security concern as it would create an evacuation hazard if a problem should arise. There are no exceptions to this rule. Spectators refusing to cooperate will be asked to leave the premises. If you require special seating then please inform the person at the ticket table and they will be able to assist you. Only coaches will be allowed to bring chairs on deck pending approval from the safety marshal.

**FOOD & SWIM SHOP:** The Swim Team Store will be on site to sell swimming-related items and concessions will be available.

**LOCKER ROOMS:** Locker room facilities are available on the deck level of the pool for changing purposes only. No lockers will be available for storage.

**HOTEL INFORMATION:** Hotel information can be found at <http://uicflames.cstv.com/travel/hotel/ilch-travel-hotel.html> .



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WOMAN				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	1000 Freestyle	10:39.99	9:10.59	9:26.79	2

WOMAN				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	2:17.99	2:13.49	2:00.49	200 Freestyle	1:51.39	2:03.19	2:08.79	6
				<b>10 Minute Break</b>				
7	1:11.49	1:08.99	1:02.19	100 Butterfly	56.39	1:02.59	1:04.89	8
9	5:38.79	5:24.39	4:52.19	400 Individual Medley	4:37.19	5:07.69	5:16.19	10
				<b>10 Minute Break</b>				
11	9:29.99	9:15.09	8:20.09	800 Freestyle Relay	7:42.59	8:33.49	8:54.79	12

WOMAN				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	2:31.49	2:16.59	200 Individual Medley	2:06.39	2:20.29	2:27.69	14
15	29.29	28.29	25.49	50 Freestyle	22.89	25.39	26.69	16
				<b>10 Minute Break</b>				
17	3:02.29	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	58.29	1:04.69	1:08.59	20
				<b>10 Minute Break</b>				
21	4:52.29	4:42.29	5:23.59	500 Freestyle	5:04.09	4:26.09	4:33.89	22
				<b>10 Minute Break</b>				
23	4:58.39	4:38.99	4:11.29	400 Medley Relay	3:52.99	4:18.69	4:33.89	24

WOMAN				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
				<b>10 Minute Break</b>				
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:11.19	2:25.59	2:33.89	30
				<b>10 Minute Break</b>				
31	4:24.39	4:12.79	3:47.69	400 Freestyle Relay	3:29.29	3:52.29	3:58.59	32
				<b>10 Minute Break</b>				
33	19:16.99	18:43.79	18:51.99	1650 Freestyle	17:51.99	17:43.99	18:15.99	34



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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., Lake Forest Swim Club, the University of Illinois/Chicago, Board of Trustees, 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 March 5, 2009. Email scratches to [SeniorEntry@ilswim.org](mailto:SeniorEntry@ilswim.org) It is the responsibility of the sender to ensure that this Email form is received.

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				

Signature: \_\_\_\_\_  
(Club Representative)