



USA Swimming and Illinois Swimming, Inc. Sanction ILL12-0805, and Time Trial Sanction ILL12-0806 sanction the 2012 Speedo Illinois Swimming Long Course Senior Championship. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced and posted at the meet.

LOCATION: Myers-McLoraine Pool at the Gerald Ratner Center, University of Chicago, 5530 S Ellis Ave., Chicago, IL 60637

FACILITY: Nine-lane 50-meter competition pool with starting blocks at both ends. The start end of the pool is 7' 0" deep, with non-turbulent lane lines and a Colorado 6 timing system. Water depth at the turn end is 13' 6" deep. Spectator seating for approximately 550.

MEET DIRECTOR Mike Cunningham 630-204-7142 mdwycoachmike@gmail.com ENTRY / SCRATCH CONTACTS OME Entry Contact: ISI Office 847-824-1596 ilswimoffice@ilswim.org Mike Cunningham 630-204-7142

seniorchamps@ilswim.org

MEET REFEREE Dave Johnson 630-699-1583 johnson dmj@hotmail.com SAFETY COORDINATOR

> Kim Kuehl 386-405-2750 <u>coachkim@midwayaquaticsclub.com</u>

MEET SCHEDULE:

	PREI	IMS	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 15	12:01 AM	Entries Open (OME)	
Monday	July 09	1:00 PM	Electronic Entry deadline (OME)	
Monday	July 09	6:00 PM	Meet Format Decision (A/B Flight Announcement)	
Wednesday	July 11	12:00 PM	All forms due. All non-credit card payments due.	
Thursday	July 12	1:00 PM	Electronic Scratch Deadline	
Thursday	July 12	4:00 PM	Coaches Meeting	
Thursday	July 12	4:30 PM	Thursday Events Check In Deadline	
Thursday	July 12	5:30 PM	Session 1 Start	
Thursday	July 12	6:00 PM	Scratch Deadline for Next Days Events	
Friday	July 13	10:00 AM	Relay Check In Deadline	
Friday	July 13	8:15 AM	Coaches Meeting (if Necessary)	
Friday	July 13	8:30 AM	Session 2 Start	
Friday	July 13	5:30 PM	Session 3 Start	
Friday	July 13	6:00 PM	Scratch Deadline for Next Days Events	
Saturday	July 14	10:00 AM	Relay Check In Deadline	
Saturday	July 14	8:15 AM	Coaches Meeting (if Necessary)	
Saturday	July 14	8:30 AM	Session 4 Start	
Saturday	July 14	5:30 PM	Session 5 Start	
Saturday	July 14	6:00 PM	Scratch Deadline for Next Days Events	
Sunday	July 15	10:00 AM	Relay & 1,500 Check In Deadline	
Sunday	July 15	8:15 AM	Coaches Meeting (if Necessary)	
Sunday	July 15	8:30 AM	Session 6 Start	
Sunday	July 15	5:00 PM	Session 7 Start	

ENTRY DEADLINE: MONDAY, JULY 9 @ 1:00 pm





ENTRY DETAILS: This meet will be using USA Swimming Online Meet Entry at: <u>www.usaswimming.org/ome</u>

Entries may be submitted online beginning Tuesday, May 15, 2012 (12:01AM CDT) and must be completed by Monday July 9, 2012 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 11, 2012):
 - a. Team Summary and Release Form
 - b. Entry Fees and swimmer surcharge payments not paid by credit card

Checks payable to: Illinois Swimming, Inc

checks payable to, innois Swimming, inc							
MAIL FORMS TO:	Illinois Swimming, Inc	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org				
	1400 E. Touhy						
	Suite 245						
	Des Plaines, IL 60018						

QUALIFYING TIMES: 2012 Championship Time Standards are included. Only swimmers having achieved qualifying times from July 15, 2010 through July 9, 2012 (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.

ELIGIBLITY: All swimmers must be current (2012) members of USA Swimming and Illinois Swimming, Inc. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. <u>www.ilswim.org</u>.

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 seven (7) 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 <u>www.ilswim.org</u> by Monday, July 9, 2012 at 6:00 PM as well as on the host club website.

A/B FORMAT: The A/B format will adhere to the following guidelines.

- 1. The B flight will be considered only if a preliminary session is scheduled to be 5.5 hours or longer.
- 2. All relays will be swum in the A flight alternating women/men swum fast to slow.
- 3. Events will be moved into the B flights in the following priority 400 meter, 200 meter.
- 4. A minimum of 5 heats in the A flight for events 400 and longer.
- 5. A minimum of 7 heats in the A flight for 200 meter events.
- 6. All heats of 50 and 100 meter events will swim in the A flight.





FINALS: Finals will be the top 24 athletes competing in <u>Bonus, Consolation, and Championship Finals heats (C,B,A Finals)</u>. Swimmers in the Bonus and Consolation Finals (C and B) 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.

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**.

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's and men's heats. Each swimmer must provide his/her own timer.

The fastest seeded heat of the women'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 preliminary session of the 1500 Free should enter at the lowest non-conforming qualifying time (SCY).

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 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 preliminary (AM) session should enter at the lowest non-conforming qualifying time (SCY).

Each coach shall pick up relay 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 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 in events where preliminary heats are necessary shall be made using the scratch box at the clerk of course. The scratch deadlines for preliminary events are listed below.

CHECK-IN PROCEDURES: ISI Championship scratch rules and procedures will be in effect at this meet. Athletes entered in Timed Final events and all relays teams must check in and confirm their intention to compete prior to the announced deadline in order to be seeded.

Individua	I Event Scratch Deadlines	Timed Final and Relay Check-in Deadline				
Thursday	4:30 pm For Thursday events	Thursday 4:30 pm for Thursday's events.				
Thursday	6:00 pm For Friday events	Friday 10:00 am for Friday's Events				
Friday	6:00 pm For Saturday events	Saturday 10:00 am for Saturday's Events				
Saturday	6:00 pm For Sunday events	Sunday 10:00 am for Sunday's Events				





COACHES MEETING: There will be a coaches meeting in the Hospitality Room @ 4:00PM, Thursday July 12, 2012. 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. Coaches are responsible for all items discussed at the coaches meetings.

ISI COACHES REPRESENTATIVE MEETING: The ISI Coaches Representative will hold a meeting immediately following the conclusion of prelims on Sunday. The election for the Coaches Representative Position will be held at this meeting.

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.

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 in the <u>Officials</u> section of the ISI website. They can also direct questions regarding officiating to Bonnie Quinn at <u>dquinn1575@wowway.com</u>. 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 <u>Officials</u> section of the ISI website (<u>www.ilswim.org</u>). 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.

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. 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 \$5.00 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 Thursday Events* **Friday** Friday Events Saturday Events Sunday Events* **Saturday** Saturday Events Sunday Events* Friday Events **Sunday** Sunday Events* Friday Events Saturday Events

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

ADMISSIONS: Daily admission is \$7.00 per day. Heat Sheets: Prelims \$5.00, Finals \$2.00

PARKING: Parking is free after 4:00 PM and on weekends in the parking garage located directly across the street from the pool (entrance on east side of Ellis Ave). Thursday & Friday parking is \$4.00 per hour (maximum \$20 per day). **NOTE:** If you arrive before 4:00 PM and stay late on Thursday or Friday, you will pay the \$4.00 hourly rate for the entire time you are in the garage. In lieu of garage parking there is free street parking located in the immediate vicinity of the pool. Suggest looking to park on-street before 4:00 PM on Thursday and Friday.

FOOD & SWIM SHOP: 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: Hotel information can be found on the Illinois Swimming website www.ilswim.org.

PALMER HOUSE HILTON 17 East Monroe Street <u>877-865-5321</u> (Reservations) Request the Illinois Swimming Room Block for Discounted Rates Group Rates: \$149.00 plus 16.4% Reservations must be made no later than June 21, 2012





	WOMEN			THURSDAY			MEN	
EVENT #	LCM	<u>SCM</u>	SCY	EVENT NAME	<u>SCY</u>	<u>SCM</u>	LCM	EVENT #
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>	EVENT NAME	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
3	1:23.49	1:19.19	1:11.29	100 Breaststroke	1:04.69	1:11.79	1:16.59	4
5	2:17.09	2:11.89	1:58.79	200 Freestyle	1:48.59	2:00.49	2:06.59	6
				10 Minute Break*				
7	1:11.19	1:08.39	1:01.59	100 Butterfly	55.29	1:01.39	1:04.59	8
9	5:38.79	5:22.09	4:50.19	400 Individual Medley	4:32.29	5:02.19	5:16.19	10
				10 Minute Break*				
11	9:29.99	9:02.69	8:08.89	800 Freestyle Relay	7:31.49	8:21.19	8:54.79	12
	WOMEN			SATURDAY			MEN	
EVENT #	LCM	SCM	SCY	EVENT NAME	<u>SCY</u>	SCM	LCM	EVENT #
13	2:37.19	2:28.99	2:14.19	200 Individual Medley	2:03.69	2:17.29	2:26.79	14
15	29.29	28.09	25.29	50 Freestyle	22.69	25.19	26.69	16
				10 Minute Break*				
17	3:00.69	2:52.59	2:35.49	200 Breaststroke	2:24.29	2:40.19	2:50.09	18

				10 Minute Break*				
17	3:00.69	2:52.59	2:35.49	200 Breaststroke	2:24.29	2:40.19	2:50.09	18
19	1:12.99	1:09.09	1:02.29	100 Backstroke	57.19	1:03.49	1:08.59	20
				10 Minute Break*				
21	4:50.69	4:37.79	5:17.49	400 Freestyle	4:57.09	4:19.99	4:33.89	22
				10 Minute Break*				
23	4:55.99	4:34.69	4:07.49	400 Medley Relay	3:44.19	4:08.89	4:33.89	24

	WOMEN			SUNDAY			MEN	
EVENT #	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	EVENT NAME	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	EVENT #
25	2:38.69	2:29.29	2:14.49	200 Backstroke	2:05.89	2:19.69	2:29.19	26
27	1:03.59	1:00.79	54.79	100 Freestyle	49.29	54.69	57.59	28
				10 Minute Break*				
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:09.59	2:23.79	2:33.89	30
				10 Minute Break*				
31	4:23.99	4:09.29	3:44.59	400 Freestyle Relay	3:23.09	3:45.39	3:58.59	32
				10 Minute Break*				
33	19:16.99	18:56.79	18:49.99	1500 Freestyle	17:51.99	17:58.39	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.





TEAM SUMMARY & RELEASE FORM

Name of Club:			Club Code:	
Complete Mailing Address:				
Club Timer Coordinator:				
Phone (Day)				
Names of Coaches at Meet:				
CLUB CONTACT PERSON:				
Phone (Day)				
Club Officials for meet (Name, cert				
NAME:	Certification:	Phone (Day)	(Eve)	
NAME:	Certification:	Phone (Day)	(Eve)	
Total Women Events		Х	\$5.00 per event	= \$
Total Menos Events		х	\$5.00 per event	= \$
Total Relay Entries		х	\$15.00 per relay	= \$
Number of Women Entered in In	dividual Events	X	\$2.00 Surcharge	= \$
Number of Men Entered in Indivi	dual Events	X	\$2.00 Surcharge	= \$
Make Checks Payable to "Illinoi	is 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., Midway Aquatic 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)



ILLINOIS SWIMMING

EMAIL SCRATCH FORM

Name of Club:		Club Code:							
Coach of Record for this meet:									
Contact Person for this entry:									
Phone (Day)	_(Eve)	Email:							
The deadline for Email scratches is 1:00 PM responsibility of the sender to ensure that the sender to ensure the sender	, Thursday July 12, 2012. his Email form is receive	d.	amps@ilswim.org. It is the						
NAME Last, First, MI	EVENT #	EVENT NAME	SEED TIME						
1.									
2.									
3.									
4.									
5.									
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17.									

Signature:

(Club Representative)