



ILLINOIS SWIMMING



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Speedo® Illinois Swimming Senior Championship Meet

Hosted by St Charles Swim Team

Feb 28 – Mar 02, 2008

USA Swimming and Illinois Swimming, Inc. Sanction ILS08-0306, and Time Trial Sanction ILS08-0307 sanction the 2008 Illinois Senior Short 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 with starting blocks at both ends. The start end and the turn end of the pool are 16' 0" deep. Lanes are 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 1200 spectators.

MEET DIRECTOR

Jon Cabel
630-377-1720
jcabel@stcswim.com

MEET REFEREE

Jim Williams
815-625-3652
jameswilli@gmail.com

ENTRIES CHAIR

Bill Roth
847-878-2488
senioreentry@ilswim.org

SAFETY COORDINATOR

Sally Scott
630-513-7433
Sallyscott60@sbcglobal.net

MEET SCHEDULE

	PRELIMS		FINALS	
	Warm-Ups	Start	Warm-Ups	Start
Thursday			4:30 pm	5:45 pm
Friday	7:15 am	8:45 am	4:15 pm	5:30 pm
Saturday	7:15 am	8:45 am	4:15 pm	5:30 pm
Sunday	7:15 am	8:45 am	4:15 pm	5:30 pm

DEADLINE AND MEET SUMMARY

Sunday	December 30	12:01 AM	Entry's Open
Monday	February 25	1:00 PM	Entry Deadline
Thursday	February 28	1:00 PM	Fax Scratch Deadline
Thursday	February 28	3:15 PM	Coaches Meeting
Thursday	February 28	4:30 PM	Thursday Events Scratch Deadline
Thursday	February 28	5:45 PM	Session 1 Start
Thursday	February 28	6:15 PM	Scratch Deadline for Next Days Events
Friday	February 29	8:15 AM	Relay Scratch Deadline
Friday	February 29	8:30 AM	Coaches Meeting if Necessary
Friday	February 29	8:45 AM	Session 2 Start
Friday	February 29	5:45 PM	Session 3 Start
Friday	February 29	6:15 PM	Scratch Deadline for Next Days Events
Saturday	March 01	8:15 AM	Relay Scratch Deadline
Saturday	March 01	8:30 AM	Coaches Meeting if Necessary
Saturday	March 01	8:45 AM	Session 4 Start
Saturday	March 01	5:45 PM	Session 5 Start
Saturday	March 01	6:15 PM	Scratch Deadline for Next Days Events
Sunday	March 02	8:15 AM	Relay Scratch Deadline
Sunday	March 02	8:30 AM	Coaches Meeting if Necessary
Sunday	March 02	8:45 AM	Session 6 Start
Sunday	March 02	5:45 PM	Session 7 Start



Speedo® Illinois Swimming Senior Championship Meet Hosted by St Charles Swim Team Feb 28 – Mar 02, 2008

ENTRIES CHECK LIST: This meet will be using USA Swimming On-Line Meet Entry www.usaswimming.org/ome. All forms must be received on or before close of business, Wednesday, February 27, 2008 please send forms with an overnight service that has tracking capabilities and include the following:

1. Team Summary & Release Form
2. Any Entry fee and swimmer surcharge payments

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	senioreentry@ilswim.org
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QUALIFYING TIMES: 2008 Championship Time Standards are included. Only swimmers having achieved qualifying times between March 2, 2007 and February 25, 2008 @ 1:00 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.

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 DETAILS AND DEADLINE: This meet will be using USA Swimming On-Line Meet Entry at: www.usaswimming.org/ome

Entries may be submitted on line beginning on December 30, 2007 (12:01AM CDT) and must be completed by Monday, February 25, 2008 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 after you have paid for them. Bring all communications with you to the meet in case of problems with your entries.

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 February 20, 2008):
 - a. Team Summary and Release Form
 - b. Entry Fees and swimmer surcharge payments not paid by credit card

ELIGIBILITY: All swimmers must be current (2008) 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.

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.

Preliminaries will be A/B Flight format on Friday and Saturday only with the top 6 heats swimming in "A" Flight, and all remaining heats swimming in "B" Flight. "B" Flight will start 45 minutes after the conclusion of the Relays. Any event with seven (7) or less heats and Sunday Prelims will be "A" Flight only.

Finals will be the top 24 athletes 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.



Speedo® Illinois Swimming Senior Championship Meet

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Feb 28 – Mar 02, 2008

DISTANCE EVENTS: The 1000 and 1650 Free will all 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. Swimmers desiring to swim in the prelim session of the 1650 Free should enter at the non-conforming qualifying time. 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. A 10 minute warm-up shall precede the first heat.

Swimmers with a 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 20 minutes after the end of the "A" Flight prelims, fastest to slowest, alternating women and men. 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 standard (SCM).

Relay entry times shall be achieved from the first day of the previous year's corresponding Senior Championships and the entry deadline. 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 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), Short Course Meters (SCM), and Long Course Meters (LCM). After seeding the event, the top 6 heats will become the "A" Flight and swim in the morning of prelims. The remaining heats will become the "B" flight and will swim 45 minutes after the end of the relays. Any event with 7 or less heats will swim and Sunday Prelims will be "A" Flight only.

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 4:15 pm For Thursday events
- Thursday 6:15 pm For Friday events
- Friday 6:15 pm For Saturday events
- Saturday 6:15 pm For Sunday events

COACHES MEETING: There will be a coaches meeting UIC Hospitality Room, 3:15–4:15 PM Thursday February 28, 2008. 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.



Speedo® Illinois Swimming Senior Championship Meet Hosted by St Charles Swim Team Feb 28 – Mar 02, 2008

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.

MISSED QUALIFYING TIMES & FINES: Entry times will be taken from the SWIMS database, custom times may be entered, however all times not from SWIMS are subject to 'proof of time' at the clerk of course table. Coaches will be notified of the need to prove times. If a time cannot be proven prior to the scratch deadline, then the swimmer will not be seeded.

BREAKS: Twenty-minute breaks with the pool open for warm-ups are scheduled at the following times:

- Prior to the start of the first heat of the Women's, relay event of each session
- Prior to the first heat of the of the 1650 free event in the preliminary session
- After the Men's 1650 Free in the finals session
- At the discretion of the meet referee

MEET RESULTS: Meet results will be available via .PDF file on the Illinois Swimming website.

MEET COMMITTEE/TECHNICAL JURY: The Meet Director 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.

MEMBERSHIP: 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 JimAudet@aol.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 a qualifying meet. As such this meet is open to all Officials within the Region who wish to, and are eligible to, be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should download the new application for this purpose from the "Officials" section under the "Volunteers" tab on the USA Swimming web site. 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. All applications for evaluations should be e-mailed to the meet referee.

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

ADMISSIONS: Admissions will be charged for each session with an additional charge for heat sheets

PARKING: Parking is controlled by the UIC Parking Office who establishes all fees associated with parking. There is no free parking. The primary parking lot for all events in the UIC Athletic Facilities is Lot 5, located just 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 lot.

FOOD & SWIM SHOP: Concession and vendor 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>



Speedo® Illinois Swimming Senior Championship Meet
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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	10:17.19	9:55.39	11:21.99	1000 Freestyle	10:55.99	9:32.19	9:44.99	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	1:19.79	1:11.89	100 Breaststroke	01:05.49	01:12.69	01:16.59	4
5	2:17.99	2:13.49	2:00.49	200 Freestyle	1:51.39	2:03.19	2:09.19	6
7	1:11.49	1:09.09	1:02.29	100 Butterfly	56.49	01:02.69	01:04.89	8
9	5:38.79	5:28.79	4:56.19	400 Individual Medley	04:37.19	05:07.69	05:23.29	10
				20 Minute Break				
11	9:29.99	9:15.09	8:20.09	800 Freestyle Relay	07:42.59	08:33.49	08:54.79	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	2:18.19	200 Individual Medley	02:07.29	02:21.29	02:28.29	14
15	29.29	28.29	25.49	50 Freestyle	22.89	25.39	26.99	16
17	3:03.29	2:53.89	2:36.69	200 Breaststroke	02:25.39	02:41.39	02:50.09	18
19	1:13.19	1:09.79	1:02.89	100 Backstroke	58.29	01:04.69	01:08.59	20
21	4:52.29	4:42.29	5:26.69	500 Freestyle	5:04.09	4:26.09	4:33.89	22
				20 Minute Break				
23	4:58.39	4:43.49	4:15.39	400 Medley Relay	03:53.69	04:19.39	04:33.89	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	2:39.89	2:31.79	2:16.79	200 Backstroke	02:06.79	02:20.69	02:31.59	26
27	1:04.09	1:01.39	55.39	100 Freestyle	50.79	55.39	57.59	28
29	2:39.99	2:34.99	2:20.29	200 Butterfly	02:11.19	02:25.59	02:33.89	30
				20 Minute Break				
31	4:24.39	4:14.09	3:48.89	400 Freestyle Relay	03:29.29	03:52.29	03:58.59	32
				20 Minute Break				
33	19:49.69	19:25.69	19:10.79	1650 Freestyle	18:19.79	18:25.09	18:49.09	34



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Speedo® Illinois Swimming Senior Championship Meet Hosted by St Charles Swim Team Feb 28 – Mar 02, 2008

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., 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: _____



ILLINOIS SWIMMING



ILLINOIS SWIMMING

Speedo® Illinois Swimming Senior Championship Meet
Hosted by St Charles Swim Team
Feb 28 – Mar 02, 2008

FAX/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 Fax/email scratches is 1:00 PM, Thursday February 28, 2008. Fax to **Host Club Entry Chair & Fax Number** or email to SeniorEntry@ilswim.org it is the responsibility of the sender to ensure that this FAX/EMAIL form is received.

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

Signature: _____
(Club Representative)