



Speedo® Illinois Swimming Senior Championship Meet

Hosted by Westmont Swim Club and CATS Aquatic Team



March 6 -9, 2014

The 2014 Speedo® Illinois Swimming Short Course Age Group Championship Meet is sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction No. ILS14-0307 and ILS14-0309 (Time Trials). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced. 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LOCATION: University of Illinois-Chicago, 901 W. Roosevelt Road, Chicago, IL 60608

FACILITY: 8 Lane, 25-yard competition pool. The start end and the turn end of the pool are 16' deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads are Colorado Aquagrip non-slip. The timing system is a Daktronics Omni Sport 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. The competition course has been certified in accordance with 104.2.C(4). The copy of such certification is on file with USA Swimming.

MEET DIRECTOR	ENTRY / SCRATCH CONTACT	MEET REFEREE
Jeff Arce cell 847-372-1541 Jeff@cats-aquatics.com	Jeff Arce cell 847-372-1541 Jeff@cats-aquatics.com	Randy Clark 630-651-7196 Randyclark52@att.net

Host Club Web Sites: Westmont Swim Club: www.westswim.com CATS Aquatic Team: www.cats-aquatics.com

MEET SCHEDULE:

	<u>PRELIMS</u>		<u>FINALS</u>	
	<u>Warm-Ups</u>	<u>Start</u>	<u>Warm-Ups</u>	<u>Start</u>
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

Please note that Daylight Savings time begins on Sunday, March 9 at 2:00 am

DEADLINE AND MEET SUMMARY:

Wednesday	January 13	12:01 am	Entries open
Monday	March 3	1:00 pm	Entry Deadline
Thursday	March 6	1:00 pm	Electronic Scratch Deadline
Thursday	March 6	4:00 pm	Coaches meeting
Thursday	March 6	4:30 pm	Scratch Deadline for Thursday's events
Thursday	March 6	6:00 pm	Check-in Deadline for next day's events
Friday	March 7	8:00 am	Relay Check-in Deadline
Friday	March 7	8:15 am	Coaches meeting (if necessary)
Friday	March 7	6:00 pm	Scratch Deadline for next day's events
Saturday	March 8	8:00 am	Relay Check-in Deadline
Saturday	March 8	8:15 am	Coaches meeting (if necessary)
Saturday	March 8	6:00 pm	Scratch Deadline for next day's events
Sunday	March 9	8:00 am	Coaches meeting (if necessary)

ENTRY DEADLINE: MONDAY, MARCH 3, 2014 @ 1:00PM (CST)



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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 January 13, 2014 (12:01AM CST) and must be completed by Monday, March 3, 2014 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 5, 2014):
 - 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 Ave. Suite 245 Des Plaines, IL 60018	EMAIL ENTRIES QUESTIONS TO:	pam.lowenthal@ilswim.org
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QUALIFYING TIMES: 2013-2014 Championship Time Standards are included. Only swimmers having achieved qualifying times between February 24, 2012 and March 3, 2014 @ 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 ("LCM" or "SCM") next to all non-conforming entry times.

ELIGIBILITY: All swimmers must be current (2014) members of USA Swimming and Illinois Swimming. 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. 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 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 1000 and 1650 free will be conducted as preliminary/final events.

DISABLED ATHLETES: This meet will be open to all disabled athletes age 15 or older as of March 5, 2014. Those athletes with disabilities who have not met the entry time qualifying standards may enter one (1) individual event 200 yards or shorter each day. There will be one heat swum at the beginning of each night's finals session open to these athletes (with certain restrictions) in the following events: Friday – 100 Butterfly, Saturday – 100 Backstroke, Sunday – 100 Freestyle. This entry will be done manually through the Illinois Swimming Disability Chair. All entries must be submitted by the initial entry deadline. Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.



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FINALS: Finals will be the top 24 athletes competing in Bonus, Consolation, and Championship Finals heats (A, B, C, Finals). Swimmers in the Championship Finals, 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**. Consolation and Bonus Finalists must report to the Deck Referee behind the starting blocks prior to the Championship final of the previous event.

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. Each swimmer must provide his/her own timer.

The fastest seeded heat of the women'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 lowest non-conforming qualifying time for that event (SCM). Each swimmer must provide his/her own timer.

DISTANCE BONUS EVENTS: 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 (LCM) non-conforming 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.

Check-in for relay events will close 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 (SCM).

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 (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. Check-in and scratch deadlines are as follow:

Individual Event Scratch and Check-In Deadlines	Relay Check-in Deadlines
Thursday 4:30 pm for Thursday events (Check-in for 1000 free)	
Thursday 6:00 pm For Friday events	Friday 8:00 am for Friday's Relay Events
Friday 6:00 pm For Saturday events	Saturday 8:00 am for Saturday's Relay Events
Saturday 6:00 pm For Sunday events (Check-in for 1650 free)	Sunday 8:00 am for Sunday's Relay Events



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COACHES MEETING: There will be a coaches meeting in the Hospitality Room, 4:00 PM Thursday, March 6. Additional Coaches meetings, if necessary, will be held 15 minutes prior to the start of each prelim session. Each team or unattached swimmer must be represented.

AWARDS CEREMONY: An awards ceremony will be conducted according to a schedule distributed at the meet. Swimmers should report to the awards staging area promptly. 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.

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. Awards will be given to the top 8 finishers in individual events and the top three finishers in relay events. Individual performance awards (male and female) will be given to athletes for Outstanding Performance of the Meet, Meet High Point Award and Rookie of the Meet.

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

BREAKS: The pool will be open at the discretion of the Meet Referee during breaks in competition.

MEET RESULTS: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

ELIGIBILITY JURY: The Meet Director and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least of a 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.

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. Coaches must have satisfactorily completed safety training, criminal background checks and other coaches' education as required by USA Swimming.

TIMERS: Each team with swimmers in the meet must provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. 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.



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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 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 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 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 on a "time available" basis for swimmers entered in at least one individual event or 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 5:00 pm on Thursday and 11:00 am on Friday, Saturday and Sunday.

Time Trial events will be offered 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

CONDUCT: All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

ADMISSIONS: Thursday \$4.00 Friday-Sunday \$8.00 Heat Sheets: \$5 per session or \$30 for the weekend

PARKING: Parking is located across the street from the Natatorium. The price for parking is subject to UIC parking fees.

CONCESSIONS AND VENDORS: The Swim Team Store will be on site to sell swimming-related items in a designated area along with Northwest Designs which will be selling event specific apparel. Concessions will be available for purchase at the venue.

HOTEL INFORMATION: Hotel information can be found on the Illinois Swimming website www.ilswim.org.



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WOMEN				THURSDAY	MEN			
EVENT #	LCM	SCM	SCY	EVENT NAME	SCY	SCM	LCM	EVENT #
1	10:08.09	9:50.29	11:14.59	1000 Freestyle	10:39.99	9:10.59	9:26.79	2

WOMEN				FRIDAY	MEN			
EVENT #	LCM	SCM	SCY	EVENT NAME	SCY	SCM	LCM	EVENT #
1000 Awards								
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
Awards 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
Awards Break								
11	9:29.99	9:02.69	8:08.89	800 Freestyle Relay**	7:31.49	8:21.19	8:54.79	12
Awards Break								

WOMEN				SATURDAY	MEN			
EVENT #	LCM	SCM	SCY	EVENT NAME	SCY	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
Awards 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
Awards Break								
21	4:50.69	4:37.79	5:17.49	500 Freestyle	4:57.09	4:19.99	4:33.89	22
Awards Break								
23	4:55.99	4:34.69	4:07.49	400 Medley Relay**	3:44.19	4:08.89	4:33.89	24
Awards Break								

WOMEN				SUNDAY	MEN			
EVENT #	LCM	SCM	SCY	EVENT NAME	SCY	SCM	LCM	EVENT #
25	19:16.99	18:56.79	18:49.99	1650 Freestyle*	17:51.99	17:58.39	18:15.99	26
27	2:38.69	2:29.29	2:14.49	200 Backstroke	2:05.89	2:19.69	2:29.19	28
Awards Break								
29	1:03.59	1:00.79	54.79	100 Freestyle	49.29	54.69	57.59	30
31	2:39.99	2:34.99	2:20.29	200 Butterfly	2:09.59	2:23.79	2:33.89	32
Awards Break								
33	4:23.99	4:09.29	3:44.59	400 Freestyle Relay**	3:23.09	3:45.39	3:58.59	34

Relay Awards, Individual Performance Awards, Team Awards

*The 1650 free will be swum at the conclusion of prelims, with the fastest heat swum at the start of finals.

**The relays will be swum at the conclusion of prelims, with the fastest heat swum at the conclusion of finals.
In the prelims, there will be a 15 minute break prior to the 1650 and the relays.



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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 = \$ _____

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., Westmont Swim Club and CATS Aquatic Team (host clubs) the University of Illinois-Chicago, the Board of Trustees of the University of Illinois, and 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: _____