



Speedo® Illinois Swimming Age Group Championship Meet
 Hosted by St Charles Swim Team
 March 12 – 14, 2010



USA Swimming and Illinois Swimming, Inc. Sanction ILS10-0309, sanction the 2010 Illinois Age Group 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. The start end and the turn end of the pool are 16' 0" deep. Lanes are 7'6" wide and 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 Lori Falk Mcskier1@comcast.net 630-761-0127

MEET REFEREE Lisa Gregor lisagregor@sbcglobal.net 630-250-9264
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ENTRY / SCRATCH CONTACTS OME Entry Contact: ISI Office 847-824-1596 ilswimoffice@sbcglobal.net Email Scratch Contact: Jon Cabel 630-377-1720 agegroupchamps@ilswim.org
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SAFETY COORDINATOR Tim Lewarchick tklewarchick@aol.com 630-377-1720

	PRELIMS (11-12, 13-14)		TIMED FINALS (10 & U)		FINALS	
	Warm-ups*	Start	Warm-ups*	Start	Warm-ups*	Start
Friday	6:45 am	8:30 am	1:00 pm	2:00 pm	4:30 pm	5:30 pm
Saturday	6:45 am	8:30 am	1:00 pm	2:00 pm	4:30 pm	5:30 pm
Sunday	6:45 am	8:30 am	n/a	n/a	4:30 pm	5:30 pm

*We will be running split warm-ups. Details on this process will be emailed out to the clubs after the Entry Deadline (3/8). *

13-14 1500/1650 Free	
Warm-Up	Start
At conclusion of Sunday's Preliminary Session	30 Minutes after the conclusion of Sunday's Preliminary Session

DEADLINE AND MEETING SUMMARY

Monday	January 11	12:01 AM	Entry's Open (OME)
Monday	March 08	1:00 PM	Entry Deadline (OME)
Thursday	March 11	1:00 PM	Electronic Scratch Deadline
Thursday	March 11	6:00 PM	Scratch Meeting @ Venue
Thursday	March 11	6:30 PM	Initial Scratch Deadline
Friday	March 12	8:15 AM	Coaches Meeting
Friday	March 12	6:00 PM	Scratch Deadline for Next Days Events
Saturday	March 13	8:15 AM	Coaches Meeting
Saturday	March 13	6:00 PM	Scratch Deadline for Next Days Events
Sunday	March 14	8:15 AM (DST)	Coaches Meeting

****PLEASE NOTE – DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 14, 2010, 2:00 AM ****



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ENTRIES CHECK LIST: This meet will be using USA Swimming On-Line Meet Entry www.usaswimming.org/ome. After OME entry deadline all required forms must be received on or before close of business, Wednesday, March 10, 2010 please send forms and Any entry fees with an overnight service that has tracking capabilities and include the following:

1. Team Summary & Release Form
2. Any Entry Fees 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 ENTRY QUESTIONS TO:	ilswimoffice@sbcglobal.net
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QUALIFYING TIMES: 2010 Championship Time Standards are included. Only swimmers having achieved qualifying times by 1:00 PM, Tuesday, March 8, 2010 are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long 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 online beginning on January 11, 2010 (12:01AM CDT) and must be completed by Monday, March 8, 2010 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 (Thursday, March 4, 2010 5:00 PM CDT):
 - a. Team Summary and Release Form
 - b. Entry Fees and swimmer surcharge payments not paid by credit card

Scratch Questions to: Age Group Entry C/O Jon Cabel 630-377-1720 agegroupchamps@ilswim.org

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, 3166 S. River Road, Suite 30, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org.

EVENT LIMITATIONS: Swimmers may swim a maximum of six (6) individual events. Swimmers may enter as many events as they have met the qualifying time standard; however, swimmers competing in the 11-12 and 13-14 age groups may compete in no more than three (3) individual events per day. Swimmers competing in the 10 & under age group may compete in no more than four (4) of their six (6) individual events per day.



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INDIVIDUAL EVENTS:

1. All 10 & under individual events will be conducted as timed final events.
2. All 11-12 individual events except the 500 free are preliminary/final events with consolation and championship final heats. The 500 free is a timed final event with the fastest seeded heat swum in the finals session.
3. All 13-14 individual events except the 500 free, 1650 free and 400 IM are preliminary/final events with consolation and championship final heats. The 500 free, 1650 free, and 400 IM are timed final events. The fastest seeded heat of the 500 free and 400 IM will swim in the finals session. Preliminary heats of the 500 free and 400 IM will be swum slowest to fastest.
4. All heats of the 1650 free will be swum at the conclusion of the preliminary session of Day 3 (Sunday) where the fastest seeded women's heat will swim first, the fastest seeded men's heat will swim second. The second fastest seeded women's heat will swim third; the second fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timers.
5. Swimmers with either an 800 or 1000 freestyle qualifying time may enter the 1650 freestyle event. Swimmers must be entered at the slowest non-conforming 1650 freestyle time standard. For the 2010 Short Course Age Group Championship the 13-14 Girls Qualifying Time in the 800/1000 free for this rule is 11:25.69 (SCY), 10:23.79 (LCM), 9:59.99 (SCM), The 13-14 Boys Qualifying Time in the 800/1000 free for this rule 11:08.19 (SCY), 10:11.99 (LCM), 9:44.69 (SCM).

RELAY EVENTS

1. Relay entries may be proven as actual or aggregate ("add up") times. Relay entry times shall be achieved from the first day of the 2009 SC Age Group Championship (March 13, 2009) and the 2010 Entry deadline (1:00 PM, Monday, March 8, 2010). Relay team shall indicate on the entry form whether they elect to be entered at their provable time or at the lowest priority non-conforming time standard, For purposes of proving entry times, a swimmer may be listed on only one relay team entered in each event. Each time used as part of an aggregate entry time must include acceptable proof-of-time. All swimmers listed for relay proof-of-time must be eligible to compete in that relay event.
2. All relays are timed final events. The fastest seeded heat of each relay event in the 11-12 and 13-14 age groups will swim at the end of the finals session. All remaining seeded heats will be swum at the beginning of the preliminary session, slowest to fastest. EXCEPTION: When there is less than one heat plus three entries all teams will swim in the finals session.
3. Relays will be pre-seeded like the other events and shall conform to Scratch procedures.
4. **There will be no relay check-in procedures** 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 MEETING: Thursday March 11, 2010 at 6:00 to 6:30 PM at UIC Pool

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



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COACHES MEETING: 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 at this meeting and is responsible for all information and/or procedures.

READY ROOM & AWARDS CEREMONY: Swimmers in the championship finals shall report to the ready room area prior to the consolation heat of that event. Consolation heat must report behind the starting blocks prior to their heat. Awards for girls and boys will be presented as published in the order of events.

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 Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Other awards will be given to the top 8 finishers in individual events and the top three finishers in relay events.

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

- At the completion of the relay event of each session
- Prior to the first heat of the of the 500 free event in the preliminary session
- At the discretion of the meet referee

MEET RESULTS: Meet results will be available via .PDF file on the Illinois Swimming website. Live results can be found on the host club website www.stcswim.com

TECHNICAL JURY/ELIGIBILITY JURY: The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but no more than three other persons. The Program Operations Vice-Chair and the Meet Referee shall appoint an Eligibility Jury composed of the Registration / Membership Coordinator, a coach and one other person in attendance.

WARM-UP: ISI warm-up and safety procedures will be in effect. UIC requires a split warm-up on Friday, Saturday and Sunday due to pool bather load limits. The warm-up procedure will be emailed out to all clubs

DECK ACCESS: Current (2010) 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. Swimmers competing in the 1650 free must provide their own timers.

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 the Officials tab. They can also direct questions regarding officiating to Bonnie Quinn (dquinn1575@wowway.com) or Eric Peterson (eric.peterson@gerberonline.com). 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.



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ADMISSIONS: Daily Admission is \$7.00/day. Heat Sheets: \$4.00 for prelims; \$2.00 for Finals

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 available lot.

NO CHAIR POLICY: Due to safety concerns at UIC Natatorium, **CHAIRS OF ANY TYPE WILL NOT BE ALLOWED** (lawn chairs/folding chairs/etc...) 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 onsite selling swimming related items and Northwest Designs will be onsite selling event-specific apparel. 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: Hilton Hotels the "Official Hotel of Illinois Swimming" has a discounted rate for Illinois Swimming members: Hilton/Chicago, 720 S. Michigan Ave., Room rate is \$99.00 per night (15.4% taxes not included), Call 1-877-865-5320 for reservations and mention the Illinois Swimming room block and room rate. Additional room blocks are available at The Wit, 201 N State Street, Room rate is \$119 per night (16% taxes not included), Call 312/467-0200 for reservations and mention the St Charles Swim Team room block and room rate; Hampton Majestic, 22 West Monroe, Room rate is \$119 and \$129 per night-includes free breakfast (16% taxes not included), Call 312-395-9222 for reservations and mention the St Charles Swim Team room block and room rate.



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WOMEN	Friday, March 12, 2010	MEN
Session 1		
Prelims		

<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>
17	9:46.89	9:20.29	8:24.79	13-14 800 Free relay	8:09.69	9:03.59	9:32.29	18
10 Minute Break								
1	1:30.99	1:25.49	1:16.99	11-12 100 Breast	1:18.19	1:26.79	1:34.09	2
3	1:25.69	1:20.99	1:12.99	13-14 100 Breast	1:09.89	1:17.59	1:23.59	4
5	2:30.49	2:24.49	2:10.19	11-12 200 Free	2:09.29	2:23.49	2:31.19	6
7	2:21.59	2:15.59	2:02.19	13-14 200 Free	1:55.99	2:08.79	2:16.19	8
9	1:20.19	1:15.79	1:08.29	11-12 100 Fly	1:08.89	1:16.49	1:21.79	10
11	1:13.89	1:10.49	1:03.49	13-14 100 Fly	1:00.39	1:06.99	1:10.69	12
13		1:15.99	1:08.49	11&12 100 IM	1:08.59	1:16.09		14
15	5:44.29	5:28.39	4:55.89	13-14 400 IM	4:47.19	5:18.79	5:33.79	16

Session 2								
Timed Finals								

<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>
19	2:51.49	2:42.09	2:25.99	10 & Under 200 Medley Relay	2:28.29	2:44.59	3:00.19	20
10 Minute Break								
21	1:18.79	1:14.79	1:07.39	10 & Under 100 Free	1:07.79	1:15.19	1:19.49	22
** AWARDS **								
200 Medley Relay & 100 Free								
23	47.39	44.89	40.49	10 & Under 50 Breast	41.19	45.69	49.49	24
25	3:14.49	3:05.69	2:47.29	10 & Under 200 IM	2:50.69	3:09.49	3:22.49	26
** AWARDS **								
50 Breast & 200 IM								
27	40.29	38.29	34.49	10 & Under 50 Fly	34.79	38.59	41.59	28
29	1:31.39	1:26.09	1:17.59	10 & Under 100 Back	1:18.49	1:27.09	1:33.09	30
** AWARDS **								
50 Fly & 100 back								

Session 3								
Finals								

<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				11-12 100 Breast				2
3				13-14 100 Breast				4
** AWARDS **								
100 Breast								
5				11-12 200 Free				6
7				13-14 200 Free				8
** AWARDS **								
200 Free								
9				11-12 100 Fly				10
11				13-14 100 Fly				12
** AWARDS **								
100 Fly								
13				11&12 100 IM				14
15				13-14 400 IM				16
** AWARDS **								
100 & 400 IM								
17				13-14 800 Free relay				18



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WOMEN	Sunday, March 14, 2010	MEN
Session 7		
Prelims		

<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>
81	4:49.39	4:34.69	4:07.49	11-12 400 Free relay	4:12.99	4:40.79	5:00.29	82
83	4:29.09	4:16.19	3:50.79	13-14 400 Free relay	3:41.49	4:05.89	4:20.69	84
10 Minute Break								
67	5:19.49	5:06.49	5:50.29	11-12 500 Free	5:49.79	5:06.19	5:24.19	68
69	2:42.69	2:34.39	2:19.09	13-14 200 Back	2:13.99	2:28.69	2:37.29	70
71	37.09	35.19	31.69	11-12 50 Back	31.79	35.29	37.49	72
73	1:05.09	1:02.59	56.39	13-14 100 Free	52.99	58.79	01:01.79	74
75	1:08.69	1:05.89	59.39	11-12 100 Free	58.79	1:05.29	1:09.09	76
77	2:49.19	2:40.99	2:24.99	13-14 200 Fly	2:19.79	2:35.19	2:45.69	78
79	34.69	33.59	30.29	11-12 50 Fly	30.29	33.59	34.99	80

Session 8								
Timed Finals								

<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>
85	19:44.99	19:15.39	19:08.49	13-14 1650 Free	18:38.29	18:44.99	19:21.99	86

Session 9								
Finals								

<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>
** AWARDS **								
400 Medley Relay								
1650 Free								
67				11-12 500 Free				68
** AWARDS **								
500 Free								
69				13-14 200 Back				70
71				11-12 50 Back				72
** AWARDS **								
200 & 50 Back								
73				13-14 100 Free				74
75				11-12 100 Free				76
** AWARDS **								
100 Free								
77				13-14 200 Fly				78
79				11-12 50 Fly				80
** AWARDS **								
200 & 50 Fly								
81				11-12 400 Free relay				82
83				13-14 400 Free relay				84
** AWARDS **								
400 Free Relay								
Top Three Combined Team								
Don Drumm Award								



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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., the St Charles Swim Team, 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 11, 2010. Email to agegroupchamps@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.				
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7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				

Signature: _____
(Club Representative)