



2009 Speedo[®] Illinois Swimming Regional Championship Meets February 27-March 1, 2009



The 2009 Speedo[®] Illinois Swimming Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Barrington- ILS09-0302; Fox Valley - ILS09-0301; Lincoln Way- ILS09-0303; Redbird - ILS09-0305; Scout -ILS09-0304). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

There are five (5) Regional Championship Meets. Please check the Team Listings for the location of the meet your team has been assigned. Each team may only attend the meet to which they are assigned. Please Note:

LOCATIONS:

BSC	FOX	LWSA	RED	SCT
BARRINGTON HIGH SCHOOL 616 West Main Street (aka Lake-Cook Road) Barrington, IL 60010	NEUQUA VALLEY H.S. 2360 95th Street, Naperville, IL 60564	LINCOLN-WAY EAST POOL 201 Colorado Ave. Frankfort, IL 60423	BLOOMINGTON HS 1202 E Locust Street Bloomington, IL 61701	LAKE FOREST HS 1285 N. McKinley Lake Forest, IL 60045

FACILITIES:

10 Lane, 25-yard competition pool. Colorado System 5 timing system with Colorado touchpad Scoreboard is a Colorado Myriad showing 12 lines. Water depth at the start is 7.5 – 13.5 feet and at turn end is 7 feet.

8 lane, 25 -yard competition pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and a Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool Spectator seating is for 750.

6 Lane, 25-yard competition pool with permanent bulkhead and Competitor non-turbulent lane lines. Colorado System 5 timing system. Water depth at the start is 12.5 feet and at turn end is 6.5 feet. There is seating for approximately 600 spectators.

6 Lane, 25-yard competition pool. Colorado System 6 timing system with Colorado touchpads. Water depth at start is 10 feet and 3.5 feet at turn end.

8 Lane, 25-yard competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4-lane 20-yard warm-down area. Electronic timing system with 8-lane scoreboard readout Water depth at the start is 14 feet and at turn end is 4.9 feet. There is seating for approximately 500 spectators in pool area.

DEADLINE AND MEETING SUMMARY:

Tuesday	February 17	6:00 PM	Initial Entry Deadline
Monday	February 23	1:00 PM	Email Entry Deadline
Thursday	February 26	1:00 PM	Fax Scratch Deadline
Friday	February 27	5:25 PM	Positive Check-In Closes
Friday	February 27	7:45 AM	Coaches Meeting
Friday	February 27	6:00 PM	Session 1 Start
Saturday	February 28	7:25 AM	Positive Check-In Closes
Saturday	February 28	7:45 AM	Coaches Meeting (If Necessary)
Saturday	February 28	8:00 AM	Session 2 Start
Saturday	February 28	12:25 PM	Positive Check-In Closes
Saturday	February 28	1:00 PM	Session 3 Start
Sunday	March 1	7:25 AM	Positive Check-In Closes
Sunday	March 1	7:45 AM	Coaches Meeting (If Necessary)
Sunday	March 1	8:00 AM	Session 4 Start
Sunday	March 1	12:25 PM	Positive Check-In Closes
Sunday	March 1	1:00 PM	Session 5 Start
Sunday	March 1	3:45 PM	Time Trial Sign-Up Closes
Sunday	March 1	5:30 PM	Time Trial



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TEAM ASSIGNMENTS:

You must attend the meet to which you are assigned. All unattached athletes must contact the ISI Office (847-824-1596) to determine which meet they should attend.

BSC		FOX		LWSA		RED		SCT	
AA	HTSW	ACAD	ULT	BBSC	LWSA	BNY	RKSA	BDSC	LFSC
BEST	MCY	AURY	WWAC	BSA	MDWY	HEAT	SBD	CATS	MMSC
BLFN	MMAC	CHMP		CPD	NAC	CIA	SPY	CLSC	MYST
BRRY	PARK	CWAC		CSSC	OCS	DDST	SST	COHO	NASA
BSC	PPD	DLTA		EXPR	OFSA	DOCS	SUSA	DPSC	NSSC
BTS	RMSC	EMSC		GILS	OLSA	DSC		ERSC	NTSC
DCST	SCST	FOX		HFSC	PASS	JAC		GTAC	NU
DUND	SPD	JAMS		HOSC	POSA	JAXY		HPAC	PAC
DUST	WCS	LYONS		HSC	RASC	LGSC		IIT	SCT
EGSC	WHTN	MAVS		HWSA	WEST	MARL		IRVP	TOPS
ELY	WSCS	MBLM		JETS		MSSC		KNAC	WILD
EST		OBS		KAST		PAWW		LACS	WSO
FAST		RBSC		LHSC		RED		LATT	Y2K
HLYS		SSSC		LU		RIOS		LEAN	YWFF
		UICA							

MEET ADMINISTRATION:

	BSC	FOX	LWSA	RED	SCT
Meet Director	Cathy Aschbacher (847) 277-7224 cathya@swimbsc.org	Carol Mordach (630) 904-1751 meetdirector@foxswimteam.com	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Mark Hines (309) 531-7956 hines@thelifeguardstore.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com
Entry Chair	Liz Rodney (847) 756-4676 meetentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Ryan Burroughs (309) 825-6875 redbirdswimclub@hotmail.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com
Meet Referee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee
Fax Number	847-639-7463	630-851-5733	708-599-7827	309-663-7875	847-582-7793
Web Site	www.swimbsc.org	www.foxswimteam.com	www.lwsagators.org	www.redbirdswimclub.org	www.swimsct.org
Entry Address	ISI Regional C/O Liz Rodney 20851 N Exmoor Barrington, IL 60010	ISI Regional C/O Sonia Hertogs 1255 Leverenz Rd. Naperville, IL 60564	ISI Regional C/O Mark Hoffer 8651 W. 96 th Street Palos Hills, IL 60465	ISI Regional C/O Ryan Burroughs	ISI Regional C/O Carolyn Grevers 1285 N. McKinley Lake Forest, IL 60045

MEET SCHEDULE:

Friday Evening Session (1) Ages All		Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under		Saturday and Sunday Afternoon Sessions (3 & 5) Ages 14 & Under, Senior	
Warm-up:	5:00 PM	Warm-up:	7:00 AM	Warm-up:	12:00 PM
Positive Check-In Closes:	5:25 PM	Positive Check-In Closes:	7:25 AM	Positive Check-In Closes:	12:25 PM
Start:	6:00 PM	Start:	8:00 AM	Start:	1:00 PM



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ENTRY DETAILS AND DEADLINE: This meet will be utilizing a Centralized Electronic Entry using Hy-Tek Meet Manager files submitted to the Illinois Swimming Office. All entry files must be Emailed to the ISI Office no later than Tuesday, February 17, 2009 at 6:00 PM. All required forms must be received on or before close of business, Thursday, February 19, 2009. 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

A fine of \$50.00 per day for late or modified materials due to club error shall be imposed after the 48-hour grace period if the meet host does not receive the items.

Checks payable to: Illinois Swimming Inc

MAIL FORMS TO:	Illinois Swimming, Inc 3166 S. River Rd. Suite 30 Des Plaines, IL 60018 Attn: Regional Entry's	EMAIL ENTRIES QUESTIONS TO	ilswimoffice@sbcglobal.net
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QUALIFYING TIMES: 2008-09 Regional Championship Time Standards are included. Only swimmers having achieved qualifying times by 6:00 PM, Tuesday February 17, 2009 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. Fax/Email entries for times achieved between 6:00 PM February 17, 2009 and 1:00 PM Monday, February 23, 2009, dates inclusive.

Minimum Qualifying Time:	2008-09 Illinois Regional Championship time standards
Maximum Qualifying Time:	2008-09 Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.

Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event in the Regional Championships in that event.

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

SECONDARY EMAIL ENTRY DETAILS AND DEADLINE: Email entries are limited to qualifying times achieved between 6:00 PM February 17, 2009 and 1:00 PM Monday, February 23, 2009, dates inclusive. These entries are due by 1:00pm on Monday, February 23, 2009. Please use the Email entry form provided and Email to the appropriate host club. It is the responsibility of the person submitting entries to confirm delivery. **For Email entries ONLY, make checks payable to the appropriate host club**

1. Submit the following to the entry chair for email entries achieved during the email qualifying period
 - a. Email entry form
 - b. Payment due by the first day of competition.
 - c. **Checks for Email entries ONLY are payable to the appropriate host club as listed below:**

	BSC	FOX	LWSA	RED	SCT
Entry Chair	Liz Rodney (847) 756-4676 meetentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Ryan Burroughs (309) 825-6875 redbirdswimclub@hotmail.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com

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.

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 nine (9) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. For the Friday evening Session 1, the host club reserves the right to limit each event (combined women and men) to the fastest six (6) heats. Those entries not accepted will be returned to the club.



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POSITIVE CHECK-IN: All events will be **Positive Check-In**, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 35 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in ISI Article 206.11

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).

INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Long Course 1500-meter qualifying time.

RELAY EVENTS: THERE ARE NO RELAYS AT THE REGIONAL CHAMPIONSHIP MEETS.

INDIVIDUAL AWARDS: Rosette Ribbons for 1ST-8TH places will be awarded in each event.

TEAM AWARDS: There are no team awards for this meet.

AWARDS CEREMONY: Awards for top eight women and men will be presented after each set of four individual events are swum.

COACHES MEETING: There will be a coaches meeting 15 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

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

MEET COMMITTEE/TECHNICAL JURY: The Meet Director and the Age Group 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 (2009) 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 at the Clerk of Course Table for all coaches, prior to receiving coach's 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.

MISSED QUALIFYING TIMES & FINES: Entry times will be 'Pre-Proven' from the SWIMS database. Custom times may be entered; however, printed 'proof of time' will be required upon request. The \$150.00 'proof of time' fine will be in effect for this competition.

OFFICIALS: 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. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

ADMISSIONS: Admissions will be charged for entrance to each session. Heat sheets will also be available for sale. The host club will set these prices.

VENDOR: The Swim Team Store will be on site at each location to sell swimming-related items.

TIME TRIAL EVENTS: A single session time trial will be offered for competing athletes on Sunday starting 30 minutes after the completion of session 5, or earlier at meet referee's discretion. Entry in time trials is limited to athletes age 13 & older with entries in events for previous sessions. Time trial events will be counted against the meet limit of nine events. Swimmers are not allowed to time trial an event that they have previously swum in the meet. Sign-up for time trials will close 30 minutes after the start of session 5.



2009 Speedo[®] Illinois Swimming Regional Championship Meets



Friday, February 27, 2009															
GIRLS							SESSION 1						BOYS		
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #	
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max		
1	3:33.09		3:25.89		3:06.29		12&Under 200 Fly	3:04.69		3:24.09		3:30.99		2	
3	7:42.09		7:26.79		8:30.49		10&Under 500 Free	8:25.49		7:22.69		7:38.49		4	
5	3:57.59		3:49.09		3:27.29		12&Under 200 Breast	3:21.79		3:42.99		3:54.69		6	
7	11:08.89	10:08.09	10:49.29	9:50.29	12:22.09	11:14.59	Open 1000 Free	11:56.09	10:39.99	10:26.59	9:10.59	10:23.49	9:26.79	8	
9	3:30.79		3:22.49		3:03.29		12&Under 200 Back	2:59.39		3:18.29		3:30.29		10	
11	7:32.09		7:15.79		6:34.39		12&Under 400 IM	6:27.29		7:07.99		7:28.29		12	
							AWARDS								



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Saturday, February 28, 2009														
GIRLS							BOYS							
SESSION 2														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
13	5:51.99	5:19.99	5:38.49	5:07.69	6:26.89	5:51.69	12&Under 500 Free	6:28.09	5:52.79	5:39.59	5:08.69	5:56.59	5:24.19	14
15	1:47.39	1:37.59	1:38.89	1:29.89	1:29.09	1:20.99	10&Under 100 Fly	1:33.09	1:24.59	1:43.29	1:33.89	1:53.29	1:42.99	16
17	1:28.49	1:20.49	1:24.29	1:16.59	1:15.89	1:08.99	12&Under 100 Fly	1:16.59	1:09.59	1:24.89	1:17.19	1:30.89	1:22.59	18
AWARDS														
19	38.69	35.19	37.39	33.99	33.69	30.59	10&Under 50 Free	33.99	30.89	37.69	34.29	39.49	35.89	20
21	34.79	31.59	33.39	30.39	30.09	27.39	12&Under 50 Free	29.79	27.09	33.09	30.09	34.69	31.49	22
AWARDS														
23	1:54.79	1:44.39	1:48.59	1:38.69	1:37.79	1:28.89	10&Under 100 Breast	1:41.19	1:31.99	1:52.29	1:42.09	1:59.79	1:48.89	24
25	1:40.19	1:31.09	1:34.29	1:25.69	1:24.89	1:17.19	12&Under 100 Breast	1:26.69	1:18.79	1:36.29	1:27.49	1:43.49	1:34.09	26
AWARDS														
27	46.79	42.49	43.89	39.89	39.49	35.89	10&Under 50 Back	40.29	36.59	44.69	40.59	47.59	43.29	28
29	40.99	37.29	38.79	35.29	34.99	31.79	12&Under 50 Back	35.29	32.09	39.19	35.59	41.49	37.69	30
AWARDS														
31	3:33.89	3:14.49	3:25.59	3:06.89	3:05.19	2:48.39	10&Under 200 IM	3:09.49	2:52.29	3:30.29	3:11.19	3:43.89	3:23.49	32
33	3:09.19	2:51.99	3:01.29	2:44.79	2:43.29	2:28.49	12&Under 200 IM	2:44.99	2:29.99	3:03.19	2:46.49	3:10.49	2:53.19	34
AWARDS														
Saturday, February 28, 2009														
GIRLS							BOYS							
SESSION 3														
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
35	5:21.49	4:52.29	5:10.49	4:42.29	5:55.99	5:23.59	Open 500 Free	5:34.49	5:04.09	4:52.69	4:26.09	5:01.29	4:33.89	36
37	5:29.99	4:59.99	5:15.59	4:46.89	6:00.79	5:28.59	14&Under 500 Free	5:50.19	5:18.39	5:06.49	4:38.59	5:21.19	4:51.99	38
AWARDS														
39	1:18.59	1:11.49	1:15.89	1:08.99	1:08.39	1:02.19	Open 100 Fly	1:01.99	56.39	1:08.89	1:02.59	1:11.39	1:04.89	40
41	1:21.39	1:13.99	1:17.79	1:10.69	1:10.09	1:03.69	14&Under 100 Fly	1:06.79	1:00.69	1:14.09	1:07.39	1:18.19	1:11.09	42
AWARDS														
43	32.19	29.29	31.09	28.29	27.99	25.49	Open 50 Free	25.19	22.89	27.89	25.39	29.39	26.69	44
45	32.99	29.99	31.79	28.89	28.59	25.99	14&Under 50 Free	26.99	24.49	29.89	27.19	31.19	28.39	46
AWARDS														
47	1:31.79	1:23.49	1:27.09	1:19.19	1:18.39	1:11.29	Open 100 Breast	1:11.99	1:05.49	1:19.99	1:12.69	1:24.29	1:16.59	48
49	1:34.39	1:25.79	1:29.19	1:21.09	1:20.39	1:13.09	14&Under 100 Breast	1:16.89	1:09.89	1:25.39	1:17.59	1:32.29	1:23.89	50
AWARDS														
51	2:55.69	2:39.69	2:46.99	2:31.79	2:30.49	2:16.79	Open 200 Back	2:19.49	2:06.79	2:34.79	2:20.69	2:46.19	2:31.09	52
53	2:59.29	2:42.99	2:49.99	2:34.49	2:33.09	2:19.19	14&Under 200 Back	2:28.39	2:14.89	2:44.69	2:29.69	2:53.49	2:37.69	54
AWARDS														
55	6:12.69	5:38.79	5:56.79	5:24.39	5:21.39	4:52.19	Open 400 IM	5:04.89	4:37.19	5:38.49	5:07.69	5:47.79	5:16.19	56
57	6:19.29	5:44.79	6:01.19	5:28.39	5:25.49	4:55.89	14&Under 400 IM	5:17.79	4:48.89	5:52.79	5:20.69	6:08.79	5:35.29	58
AWARDS														



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Sunday, March 1, 2009															
GIRLS							SESSION 4							BOYS	
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #	
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max		
59	3:10.99	2:53.59	3:02.39	2:45.79	2:44.29	2:29.39	10&Under 200 Free	2:48.39	2:33.09	3:06.89	2:49.89	3:14.49	2:56.79	60	
61	2:46.29	2:31.19	2:39.69	2:25.19	2:23.89	2:10.79	12&Under 200 Free	2:23.39	2:10.39	2:39.19	2:24.69	2:47.09	2:31.89	62	
63	44.49	40.49	42.29	38.49	38.19	34.69	10&Under 50 Fly	38.69	35.19	42.99	39.09	46.29	42.09	64	
65	38.29	34.79	37.19	33.79	33.39	30.39	12&Under 50 Fly	33.79	30.69	37.49	34.09	38.89	35.39	66	
67	1:40.99	1:31.79	1:35.49	1:26.79	1:25.99	1:18.19	10&Under 100 Back	1:27.19	1:19.29	1:36.79	1:27.99	1:43.09	1:33.69	68	
69	1:28.79	1:20.69	1:23.89	1:16.29	1:15.59	1:08.69	12&Under 100 Back	1:15.49	1:08.59	1:23.69	1:16.09	1:29.89	1:21.69	70	
71	52.79	47.99	49.39	44.89	44.59	40.49	10&Under 50 Breast	45.89	41.69	50.89	46.29	54.69	49.69	72	
73	45.59	41.49	43.29	39.39	39.09	35.49	12&Under 50 Breast	39.59	35.99	43.99	39.99	46.89	42.59	74	
75	1:27.09	1:19.19	1:22.69	1:15.19	1:14.49	1:07.69	10&Under 100 Free	1:15.49	1:08.59	1:23.69	1:16.09	1:27.89	1:19.89	76	
77	1:15.89	1:08.99	1:12.89	1:06.29	1:05.69	59.69	12&Under 100 Free	1:05.09	59.19	1:12.29	1:05.69	1:16.29	1:09.39	78	
79			1:34.79	1:26.19	1:25.49	1:17.69	10&Under 100 IM	1:27.09	1:19.19	1:36.69	1:27.89			80	
81			1:24.29	1:16.59	1:15.89	1:08.99	12&Under 100 IM	1:15.79	1:08.89	1:24.19	1:16.49			82	
							AWARDS								
Sunday, March 1, 2009															
GIRLS							SESSION 5							BOYS	
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #	
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max		
83	2:31.79	2:17.99	2:26.79	2:13.49	2:12.49	2:00.49	Open 200 Free	2:02.49	1:51.39	2:15.49	2:03.19	2:21.69	2:08.79	84	
85	2:35.99	2:21.79	2:29.49	2:15.89	2:14.59	2:02.39	14&Under 200 Free	2:08.19	1:56.49	2:22.19	2:09.29	2:30.29	2:16.59	86	
87	2:55.99	2:39.99	2:50.49	2:34.99	2:34.29	2:20.29	Open 200 Fly	2:24.29	2:11.19	2:40.19	2:25.59	2:49.29	2:33.89	88	
89	3:06.49	2:49.49	2:57.49	2:41.39	2:39.89	2:25.39	14&Under 200 Fly	2:35.19	2:21.09	2:52.29	2:36.59	3:03.89	2:47.19	90	
91	1:20.49	1:13.19	1:16.79	1:09.79	1:09.19	1:02.89	Open 100 Back	1:04.09	58.29	1:11.19	1:04.69	1:15.49	1:08.59	92	
93	1:23.39	1:15.79	1:18.49	1:11.39	1:10.69	1:04.29	14&Under 100 Back	1:08.09	1:01.89	1:15.59	1:08.69	1:20.59	1:13.29	94	
95	3:20.49	3:02.29	3:10.39	2:53.09	2:51.49	2:35.89	Open 200 Breast	2:39.89	2:25.39	2:57.49	2:41.39	3:07.09	2:50.09	96	
97	3:22.99	3:04.49	3:13.79	2:56.19	2:54.59	2:38.69	14&Under 200 Breast	2:49.19	2:33.79	3:07.79	2:50.69	3:21.49	3:03.19	98	
99	1:10.29	1:03.89	1:07.29	1:01.19	1:00.59	55.09	Open 100 Free	55.19	50.19	1:00.89	55.39	1:03.39	57.59	100	
101	1:11.69	1:05.19	1:08.99	1:02.69	1:02.19	56.49	14&Under 100 Free	58.49	53.19	1:04.99	59.09	1:08.19	1:01.99	102	
103	2:53.89	2:38.09	2:46.59	2:31.49	2:30.29	2:16.59	Open 200 IM	2:18.99	2:06.39	2:34.29	2:20.29	2:42.49	2:27.69	104	
105	2:57.39	2:41.29	2:50.09	2:34.59	2:33.19	2:19.29	14&Under 200 IM	2:26.89	2:13.49	2:42.99	2:28.19	2:50.89	2:35.39	106	
107	21:29.19	19:16.99	20:52.69	18:43.79	20:45.19	18:51.99	Open 1650 Free	19:58.79	17:51.99	20:05.09	17:43.99	20:09.99	18:15.99	108	
							AWARDS								



2009 Speedo[®] Illinois Swimming Regional Championship Meets



TIME TRIAL EVENTS ALL LOCATIONS														
Sunday, March 1, 2009														
GIRLS							TIME TRIAL	BOYS						
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max	
135	5:21.49	4:52.29	5:10.49	4:42.29	5:55.99	5:23.59	Open 500 Free	5:34.49	5:04.09	4:52.69	4:26.09	5:01.29	4:33.89	136
139	1:18.59	1:11.49	1:15.89	1:08.99	1:08.39	1:02.19	Open 100 Fly	1:01.99	56.39	1:08.89	1:02.59	1:11.39	1:04.89	140
143	32.19	29.29	31.09	28.29	27.99	25.49	Open 50 Free	25.19	22.89	27.89	25.39	29.39	26.69	144
147	1:31.79	1:23.49	1:27.09	1:19.19	1:18.39	1:11.29	Open 100 Breast	1:11.99	1:05.49	1:19.99	1:12.69	1:24.29	1:16.59	148
151	2:55.69	2:39.69	2:46.99	2:31.79	2:30.49	2:16.79	Open 200 Back	2:19.49	2:06.79	2:34.79	2:20.69	2:46.19	2:31.09	152
155	6:12.69	5:38.79	5:56.79	5:24.39	5:21.39	4:52.19	Open 400 IM	5:04.89	4:37.19	5:38.49	5:07.69	5:47.79	5:16.19	156



**2009 Speedo[®] Illinois Swimming Regional Championship Meets
February 27-March 1, 2009**

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 =	\$ _____
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 Lincoln-Way Swim Association and School District 210, 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: _____



**2009 Speedo® Illinois Swimming Regional Championship Meets
February 27-March 1, 2009**

EMAIL ENTRY FORM

Name of Club: _____ Club Code: _____

Coach of Record for this Meet: _____ Mobile Number: _____

Entry Contact Person: _____

Phone (Day)

Phone (Eve)

Email

The deadline for Email entries is 1:00 PM, Monday February 23, 2009

It is the responsibility of the sender to ensure that this Email is sent to the correct host and is received.

	BSC	FOX	LWSA	RED	SCT
Entry Chair	Liz Rodnay (847) 756-4676 meetentries@swimbsc.org	Sonia Hertogs (630) 369-6213 sahert@comcast.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Ryan Burroughs (309) 825-6875 redbirdswimclub@hotmail.com	Carolyn Grevers (847) 582-7356 cgrevers@yahoo.com

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

Total Women's Events _____	X \$5.00 per event =	\$ _____
Total Men's Events _____	X \$5.00 per event =	\$ _____
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 the appropriate host club</i>	Total Amount Enclosed =	\$ _____

Signature: _____
(Club Representative)



**2009 Speedo[®] Illinois Swimming Regional Championship Meets
February 27-March 1, 2009**

EMAIL SCRATCH FORM

Name of Club: _____ Club Code: _____

Coach of Record for this Meet: _____ Mobile Number: _____

Entry Contact Person: _____

Phone (Day)

Phone (Eve)

Email

**The deadline for Email scratches is 1:00 PM, Thursday, February 26, 2009.
It is the responsibility of the sender to ensure that this Email is sent to the correct host and is received.**

	BSC	FOX	LWSA	RED	SCT
Entry Chair	Liz Rodney (847) 756-4676 meetentries@swimbsc.org	Sonia Hertogs (630) 904-1751 sahert@comcast.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Ryan Burroughs (309) 825-6875 redbirdswimclub@hotmail.com	Carolyn Grevers (847) 582-7356 cgrevers@yahoo.com

**The 2009 Regional Championship meet is positive check in so pre-meet scratching is not necessary;
however, if you would like to scratch swimmers in advance, please use this form.**

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Signature: _____
(Club Representative)