



Speedo[®] Illinois Swimming Senior Championship Meet

Hosted by NASA/Wildcat Aquatics

July 13-15, 2007

The 2007 Illinois Senior Long Course Swimming Championships are sanctioned by USA Swimming, Inc. Sanction ILL07-0801, and Time Trial Sanction ILL07-0802. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced and posted at the meet.

LOCATION: Norris Aquatics Center, Northwestern University, 2311 Campus Drive, Evanston IL 60208

FACILITY: Eight-lane 50 meter competition pool with starting blocks at both ends. The start end of the pool is 15' 0" deep, with non-turbulent lane lines and a Colorado timing system. Water depth at the start end is 15 feet deep. There is seating for approximately 300 spectators

MEET DIRECTOR
Tracey Mendrek forevents@earthlink.net Phone: 847-501-4389

MEET REFEREE
Al Reynolds AREyn78639@aol.com Phone: 847-289-0261

ENTRIES CHAIR
Andy Grevers seniorentry@ilswim.org Phone:847-467-6272 Fax:847-467-1405

SAFTY COORDINATOR
Jennifer McNerney

MEET SCHEDULE:

	PRELIMS		FINALS	
	Warm-Ups	Start	Warm-Ups	Start
Friday	7:30 am	9:00 am	3:30 pm	5:00 pm
Saturday	7:30 am	9:00 am	3:30 pm	5:00 pm
Sunday	7:30 am	9:00 am	2:30 pm	4:00 pm

DEADLINE AND MEETING SUMMARY:

Monday	June-11	12:01 AM	Entries Open
Tuesday	July-03	11:59 PM	On-Line Entry Deadline
Thursday	July-05	6:00 PM	Relay Proofs Due
Monday	July-09	1:00 PM	Fax/email Entry Deadline
Thursday	July-12	1:00 PM	Fax/email Scratch Deadline
Thursday	July-12	7:00 PM	Scratch Meeting
Thursday	July-12	7:15 PM	Initial Scratch Deadline
Friday	July-13	8:45 AM	Coaches Meeting (if necessary)
Friday	July-13	9:00 AM	Session Start
Friday	July-13	5:30 PM	Scratch Deadline for next day's events
Saturday	July-14	8:45 AM	Coaches Meeting (if necessary)
Saturday	July-14	9:00 AM	Session Start
Saturday	July-14	5:30 PM	Scratch Deadline for next day's events
Sunday	July-15	8:45 AM	Coaches Meeting (if necessary)
Sunday	July-15	9:00 AM	Session Start

ENTRY CHECKLIST:

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, Thursday July 5 please send forms with an overnight service that has tracking capabilities and include the following:

1. Relay Entry Form and Distance Events Entry Form with all proof of times.
2. Team Summary and Release Form.
3. Any entry fees and swimmer surcharge payments.

Checks payable to: Illinois Swimming Inc

MAILFORMS TO:	Illinois Swimming Inc 3166 S. River Rd, Suite 30 Des Plaines, IL 60018	EMAIL ENTRIES QUESTIONS TO:	seniorentries@ilswim.org
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QUALIFYING TIMES: 2007 Championship Time Standards are included. Only swimmers having achieved qualifying times between March 10, 2006 and 11:59 PM July 3 are eligible for this meet. Qualifying times achieved at sanctioned or approved competitions from July 03-09, 2007 (dates inclusive), are subject to restrictions listed in the ISI Rules & Regulations, Article 206 Championship Meets under FAX ENTRIES. Entry times may be submitted in short course yards, long course meters, or short course meters. Please highlight and note ("SCM" or "SCY") next to all non-conforming entry times.

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 June 18, 2007 (12:01AM CDT) and must be completed by Tuesday, July 3 at 11:59 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.

Entries for the 1000 free and the 1650 free and all relay entries must forward acceptable proof-of-time with copy of entry to the ISI Office. All relay entries (aggregate and composite) must include names of swimmers used for proof-of-time.

ENTRY CONFIRMATION: It is the responsibility of the person submitting entries to confirm delivery. Using a service such as the USPS delivery confirmation or a reputable overnight courier will suffice as proof of entry, should the entry be lost. Additionally, it is the responsibility of the person emailing entries to confirm receipt.

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using a credit card OR pay by check payable to **Illinois Swimming, Inc.**
3. Mail the following to Illinois Swimming Office (due by July 5, 2007):
 - a. Copy of entry and Team Summary and Release Form
 - b. Relay Entry Form and Distance Events Entry Form with all proof of times
 - c. Entry fees and swimmer surcharge payments not paid by credit card. Checks payable to: Illinois Swimming Inc.

FAX/EMAIL ENTRY DETAILS AND DEADLINE: Fax/email entries are limited to qualifying times achieved between July 3, 2007, and July 9, 2007, dates inclusive. These entries are due by 1:00pm on Monday, July 9, 2007. Please use the fax/email entry form provided. It is the responsibility of the person submitting entries to confirm delivery. Please see details in section 206 of ISI Championship Meets. **For fax/email entries ONLY, make checks payable to NASA.**

1. Submit the following to the entry chair for fax/email entries achieved during the fax/email qualifying period
 - a. Fax/email entry form
 - b. Proof of time must accompany entry
 - c. Payment due by the first day of competition.
 - d. Checks for Fax/email entries ONLY are payable to: **NASA**

Mail Copy of Fax Entry and Proofs:

ISI Senior Champs Entries
C/O Andy Grevers
2311 Campus Drive
Evanston, IL 60208

FAX/Email Entries & Questions:

Andy Grevers
SeniorEntry@ilswim.org
Ph: 847-467-6272
FAX: 847-467-1405

ELIGIBILITY: All swimmers must be current (2007) 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, DesPlaines, 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 800 and 1500 free will be conducted as preliminary/final events with consolation and championship final heats



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DISTANCE EVENTS: The 800 and 1500 free will be conducted as timed final events. The fastest seeded heat of the women's and men's 800 and 1500 free will be swum as the first event of finals on the same day as all other heats for the event. Coaches/swimmers who want a swimmer to swim in the prelim session should enter the swimmer at the non-conforming qualifying time.

All other heats of the 800 and 1500 free will be swum at the conclusion of the preliminary session: the second fastest seeded women's heat will swim first, 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 either an 800 or 1000 free qualifying time may enter the 1500 free event; swimmers with a 1500 or 1650 free qualifying time may enter the 800 free event. Swimmers must enter at the Short Course Yard 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, and will be swum at the end of the preliminary session from 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.** Relay entries are subject to Championship Scratch Rules. The time for each relay team shall be submitted on the entry blank and no change in time will be permitted. All relay entries must be pre-proven with the original entry. Proof-of-Time must conform to all current ISI requirements. 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. Each time used as part of an aggregate entry time must include acceptable proof-of-time; swimmer names must be listed with each relay entry entered with a composite time. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay entries must be accompanied by acceptable proof-of-time. Relay teams with properly proven times will be declared entered in the meet.

Relay teams 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.

Relay entry times shall be achieved from the first day of the previous year's corresponding Senior Championships and the entry deadline. All swimmers listed for relay proof-of-time must be eligible to compete in that relay event.

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 the course length for this championship meet (LCM) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: long course meters (LCM), short course meters (SCM), short course yards (SCY),

SCRATCH MEETING: Will start at 7:00pm on Thursday, July 12 at the Norris Aquatic Center on the Evanston Campus of Northwestern University.

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 7:30pm For Friday events
- Friday 5:30pm For Saturday events
- Saturday 5:30pm For Sunday events

COACHES MEETING: There will be a coaches meeting 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. Relay awards for day



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one and day two events will be presented at the beginning of the following evening's finals.

SCORING:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: The Carolyn Lambert Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Other awards will be given to the top 8 finishers in individual events, 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.

BREAKS: Ten-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 800 and 1500 free events in the preliminary session.
- After the Men's 800 and 1500 in the finals session.
- At the discretion of the meet referee

ADMISSIONS: \$4 per session (12 & under free). A Special 3-day heat sheet package 1 daily prelim heat sheet, and 1 daily finals heat sheet: \$20 (daily heat sheets for either preliminaries or finals will be distributed on the corresponding day's competition only). Psych Sheets are \$10 and daily preliminary heat sheets are \$5; daily finals heat sheets are \$2. **Each paid admission receives free access to the Northwestern Beach located at the north-end of the Norris Aquatics Facility. Swimmers entered into this meet will also have unlimited access via the beach entrance**

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

PARKING: Parking is available in the lots adjacent to the pool and in the streets. Please read special notice below regarding Friday Parking.

FRIDAY PARKING: *The lot adjacent from the pool will not be available until 4:00 PM. Shuttle busses will be available to the remote lots at Ryan Field located at Ashland Avenue and Central Street in Evanston. Swimmer drop off will be permitted in front of the aquatic center. Maps to the remote lots will be available in the drop off area, as well as on the web at www.nasawildcat.org.*

Officials for the Friday preliminary session will be allowed to park at the Norris Aquatic Center. Additionally, each team will be allotted two parking passes for Friday's preliminary session. To request the parking passes, please send an email to nasasrchamps@gmail.com with your name and address. Authorized NU parking passes will be mailed the week prior to the event.

FOOD & SWIM SHOP CONCESSIONS: Food and swim shop concessions will be available at the meet.

LOCKER ROOMS: Locker rooms will be shared with other patrons during the event. No horseplay will be tolerated.

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



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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 JimAudet@aol.com. A mandatory brief 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.

HOTEL: Please reference this link for local accommodations: <http://nusports.cstv.com/travel/hotel/nw-travel-hotel.html>

PUBLICITY: Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file. Forms will be located at the Clerk of Course and Admin Tables.

TIME TRIALS: Time trials will be offered at the meet for competing swimmers. Events offered will be in the following order:

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Fridays Events	Saturdays Events	Sundays Events
Saturdays Events	Sundays Events	Fridays Events
Sundays Events	Fridays Events	Saturdays Events



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WOMEN				Friday, July 13, 2007			MEN	
Event #	SCM	SCY	LCM	Event Name	LCM	SCY	SCM	Event #
1	9:55.39	11:21.99	10:17.19	800/1000 Freestyle	9:44.99	10:55.99	9:32.19	2
3	1:19.79	1:11.89	1:23.49	100 Breaststroke	1:16.59	1:05.49	1:12.69	4
5	2:13.49	2:01.19	2:20.19	200 Freestyle	2:09.19	1:51.39	2:03.19	6
7	1:09.09	1:02.59	1:11.49	100 Butterfly	1:04.89	56.99	1:02.69	8
9	2:31.49	2:18.19	2:38.09	200 Individual Medley	2:28.29	2:07.29	2:21.29	10
				10 minute break				
11	9:25.59	8:30.49	9:41.49	800 Free Relay	9:09.39	7:47.99	8:51.19	12

WOMEN				Saturday, July 14, 2007			MEN	
Event #	SCM	SCY	LCM	Event Name	LCM	SCY	SCM	Event #
13	5:28.79	4:56.19	5:38.79	400 Individual Medley	5:23.29	4:37.19	5:07.69	14
15	28.29	25.49	29.79	50 Freestyle	26.99	23.09	25.69	16
17	2:54.59	2:37.29	3:04.19	200 Breaststroke	2:50.09	2:25.39	2:41.39	18
19	1:09.79	1:02.89	1:13.19	100 Backstroke	1:08.59	58.59	1:04.99	20
21	4:42.29	5:26.69	4:52.29	400/500 Freestyle	4:33.89	5:04.09	4:26.09	22
				10 minute break				
23	4:55.09	4:22.99	5:02.19	400 Medley Relay	4:35.09	4:00.99	4:27.69	24

WOMEN				Sunday, July 15, 2007			MEN	
Event #	SCM	SCY	LCM	Event Name	LCM	SCY	SCM	Event #
25	19:25.69	19:10.79	19:49.69	1500/1650 Freestyle	18:49.09	18:19.79	18:25.09	26
27	2:31.79	2:16.79	2:39.89	200 Backstroke	2:31.59	2:09.59	2:23.79	28
29	1:01.39	55.89	1:04.69	100 Freestyle	57.59	50.79	55.39	30
31	2:34.99	2:21.79	2:39.99	200 Butterfly	2:33.89	2:11.19	2:25.59	32
				10 minute break				
33	4:22.09	3:52.99	4:27.49	400 Free Relay	4:09.09	3:31.19	4:00.39	34



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TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Club Mailing Address: _____

Club Coordinator: _____

Phone No: _____ Email: _____

Name of Coaches at Meet

1. _____ 2. _____
 3. _____ 4. _____

Club Contact Info: _____

Phone No: _____ Email: _____

Total Women's Events	_____	X	\$5.00 Per Event	= \$	_____
Total Men's Events	_____	X	\$5.00 Per Event	= \$	_____
Total Relay Events	_____	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 <i>"Illinois Swimming"</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 _____
 Phone for entry questions

Phone (Day): _____ (Eve): _____ Email: _____



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FAX SCRATCH FORM

Name of Club: _____ Club Code: _____
 Coach of Record for this Meet: _____
 Contact Person for this Entry: _____
 Phone (Day): _____ (Eve): _____ Email Address: _____

Please refer to the ISI Rules & Regulations (Article 206) for additional information regarding FAX Scratch procedures.

The deadline for FAX Scratches is 1:00 PM, Thursday, July 12, 2007.

Fax to Andy Grevers @ 847-467-1405

It is the responsibility of the sender to ensure that this FAX is received.

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Signature: _____
 (Club Representative)