



Speedo® Illinois Swimming
Long Course Age Group Championships
Hosted by Wheaton Swim Club & Patriot Aquatic Club
July 30 – August 1, 2010



The 2010 Speedo® Illinois Swimming Long Course Age Group Championship Meet is sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction No. ILL10-0805. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

LOCATION: Stevenson High School, 1 Stevenson Drive, Lincolnshire, IL 60069

FACILITY: Eight-lane 50-Meter competition pool with starting blocks at one end. The start end of the pool is 16' 0" deep. The touch pads are Colorado Aqua-grips non-slip. The timing system is a Colorado 5.0 with a Monochrome 12 line read out board. Spectator seating for 950 with additional seating in the Glass Commons area.

MEET DIRECTOR
Jacob Ayers coaches@wheatonswimming.com (630) 752-5770
ENTRY / SCRATCH CONTACTS
OME Entry Contact: Pam @ ISI Office ilswimoffice@ilswim.org or (847) 824-1596
Email Scratch Contact: Jacob Ayers agegroupchamps@ilswim.org or (630) 752-5770

MEET REFEREE
TBA Pending Appointment from Officials Committee
SAFETY COORDINATOR
Chris Delgado - WHTN chris@wheatonswimming.com or (630) 752-5770
Karl Milkereit - PAC patriotaquatic@gmail.com or (847) 415-4260

MEET SCHEDULE:

	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	1:30 pm	2:30 pm	5:00 pm	6:00 pm
Sunday	**7:15 am	9:00 am	n/a	n/a	4:30 pm	5:30 pm

****We will be running split warm-ups. Teams may begin emailing their warm-up preference on 7/19 at 2:00 PM to Jacob Ayers at coaches@wheatonswimming.com. Preferences will be taken on a first come, first serve basis until 2:00 PM on 7/26. Details on this process will be emailed out to clubs and posted on the host web site****

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

DEADLINE AND MEETING SUMMARY:

Monday	7-Jun	12:01 AM	Entries Open
Monday	19-Jul	2:00 PM	Warm-up Preference Opens
Monday	26-Jul	1:00 PM	Entry Deadline (OME)
Monday	26-Jul	2:00 PM	Warm-up Preference Closes
Thursday	29-Jul	1:00 PM	Electronic Scratch Deadline
Thursday	29-Jul	6:00 PM	Scratch Meeting @ Venue
Thursday	29-Jul	6:30 PM	Initial Scratch Deadline
Friday	30-Jul	8:15 AM	Coaches Meeting
Friday	30-Jul	8:30 AM	Session 1 Start
Friday	30-Jul	2:00 PM	Session 2 Start
Friday	30-Jul	5:30 PM	Session 3 Start
Friday	30-Jul	6:00 PM	Scratch Deadline for Next Days Events
Saturday	31-Jul	8:15 AM	Coaches Meeting
Saturday	31-Jul	8:30 AM	Session 4 Start
Saturday	31-Jul	2:30 PM	Session 5 Start
Saturday	31-Jul	6:00 PM	Session 6 Start
Saturday	31-Jul	6:30 PM	Scratch Deadline for Next Days Events
Sunday	1-Aug	8:45 AM	Coaches Meeting
Sunday	1-Aug	9:00 AM	Session 7 Start
Sunday	1-Aug	see above	Session 8 Start
Sunday	1-Aug	5:30 PM	Session 9 Start



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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 (5:00 PM), Wednesday, July 28, 2010. Please send entries with an overnight service that has tracking capabilities and include the following:

1. Team Summary and Release Form.
2. Any entry fees and swimmer surcharge payments.

Checks payable to: Illinois Swimming Inc

MAIL ENTRIES TO:	Illinois Swimming Inc 1400 E Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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QUALIFYING TIMES: 2010 ISI Championship Time Standards are included. Only swimmers having achieved qualifying times by 1:00 pm July 26, 2010 are eligible for this meet.

ENTRY FEES: \$5.00 per individual event, \$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 Monday, June 7, 2010 (12:01AM CDT) and must be completed by Monday, July 26 at 1:00 PM CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact the Illinois Swimming office for instructions.

Once you complete your online entry, you will be sent a confirmation email. You have the ability to update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete or change out 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 a credit card OR if paying by check Payable to **Illinois Swimming, Inc**
3. Mail the following to Illinois Swimming Office (due by July 28, 2010):
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card.
4. **Deck Passes For Coaches:** Before checking out of OME, be sure to fill in your coaches deck passes. ***Please see Deck Passes For Coaches (Page 4) for more details.***

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, 1400 E Touhy Ave., Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website at 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.

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 yards (SCY), short course meters (SCM).

SCRATCH MEETING:

Thursday, July 29, 6:00pm at Stevenson High School in Room 5044, the Multipurpose Room.



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SCRATCH PROCEDURES: *The following information is for coaches and club representatives only.* ISI Championship scratch rules and procedures will be in effect at this meet. Electronic scratches made prior to the electronic scratch deadline must be emailed to the host club entry chair and must include the following information:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information – Full Name (Last, First, MI), USS ID number, Event Number, Event Name, & Entry Time.

The deadline for E-mail scratches is 1:00 PM, Thursday, July 29, 2010.
Email scratches to Jacob Ayers at coaches@wheatonswimming.com or agegroupchamps@ilswim.org.
It is the responsibility of the sender to ensure that this E-mail is received by the host club.

Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events and timed final events shall be made using the scratch box at the Clerk of Course. The scratch deadline for preliminary and timed final events is as follows:

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

Scratch Questions to:
 Jacob Ayers
 (630) 752-5770
agegroupchamps@ilswim.org

INDIVIDUAL EVENTS:

1. All 10 & under individual events will be conducted as timed final events.
2. All 11-12 individual events except the 400/500 free are preliminary/final events with consolation and championship final heats. The 400/500 free is a timed final event with the fastest seeded heat swum in the finals session.
3. All 13-14 individual events except the 400/500 free, 1500/1650 free and 400 IM are preliminary/final events with consolation and championship final heats. The 400/500 free, 1500/1650 free, and 400 IM are timed final events. The fastest seeded heat of the 400/500 free and 400 IM will swim in the finals session. Preliminary heats of the 400/500 free and 400 IM will be swum slowest to fastest.
4. All heats of the 1500/1650 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. Swimmer must provide their own timer.
5. Swimmers with either an 800 or 1000 freestyle qualifying time may enter the 1500/1650 freestyle event. Swimmers must be entered at the slowest non-conforming 1500/1650 freestyle time standard. For the 2009 Long Course Age Group Championship, the 13-14 Girls Qualifying Time in the 800/1000 free for this rule is 11:28.79 (SCY), 10:23.79 (LCM), 10:02.69 (SCM). Girls qualifying for this event should be entered at 19:15.39 (SCM). The 13-14 Boys Qualifying Time in the 800/1000 free for this rule is 11:10.59 (SCY), 10:11.99 (LCM), 9:46.79 (SCM). Boys qualifying for this event should be entered at 18:44.99 (SCM).

RELAY EVENTS

1. 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.
2. Relays will be pre-seeded like the other events and will conform with scratch procedures as outlined in Section 206 of ISI Championship Meets. **There will be no relay check-in procedures**

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



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READY ROOM & AWARDS CEREMONY: Swimmers in the championship finals must 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. Relay awards for day one and day two events will be presented 10 minutes prior to the beginning of the following evening's finals. First Place winners receive Gold Medal, Second Place receive Silver Medal, Third Place receive Bronze Medal, 4th Place medal w/ ribbon color-yellow, 5th Place medal w/ ribbon color-green, 6th Place medal w/ ribbon color-maroon, 7th Place medal w/ ribbon color-orange, 8th Place medal w/ ribbon color-purple.

MISSED QUALIFYING TIMES AND 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.

MEET RESULTS/UPDATES: Results and updates will be posted at the WHTN website (www.wheatonswimming.com), the PAC web site (www.patriotaquaticclub.org), and at the Illinois Swimming web site (www.ilswim.org).

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 not more than three other persons and an Eligibility Jury (composed of the Registration/Membership Coordinator, a coach and one other person in attendance) will be appointed by the Program Operations Vice-Chair and the Meet Referee.

WARM-UP: All ISI warm-up and safety procedures will be in effect. The host club (WHTN / PAC) will post additional warm-up information on their website at www.wheatonswimming.com and www.patriotaquaticclub.org.

DECK ACCESS AND RESTRICTIONS: 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. **Swimmers are not allowed to bring food or swim bags of any size onto the pool deck. All bags must be kept in the Field House, adjacent to the pool. All food must be consumed prior to entering the Pool area.**

DECK PASSES FOR COACHES: Clubs will be issued Deck Passes for members of their coaching staff via their OME entry. All coaches receiving a deck pass must be registered with ISI and have all certifications up to date. Deck passes will be available to clubs based on the number of individual qualifiers below. Additional deck passes may be purchased for \$10 prior to completion of your entry in OME. Please contact Pam Lowenthal at ilswimoffice@ilswim.org if you have any questions.

Individual Qualifiers	Deck Passes
0-1	1
2-7	2
8-15	3
16-23	4
24-31	5
32-39	6
40+	7



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TIMERS: Each team with swimmers in the meet must provide timers. A list of lane assignments will be made available after the entry deadline. Team assignments will be posted at 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. Swimmers in the 1500 Free must provide their own timer.

OFFICIALS: Officials interested in working should submit the application, found on the Illinois Swimming 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 brief 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 wish to, and 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.ilsim.org). There will be opportunities at the meet to be evaluated for N-2 & N-3 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 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.

ADMISSIONS: \$8.00 entry per day; Psych-Book: \$8.00; Heat Sheets for morning and afternoon sessions: \$4.00; Heat Sheets for Evening Finals: \$2.00. Stevenson High School has a strict policy regarding the seating in the pool stands. There is no food, drink (other than water), deck chairs, strollers or coolers allowed in the pool stands. Only coaches will be allowed to bring chairs on deck pending approval from the safety marshal.

PARKING: Stevenson High School Parking Lots B, D and E and the Port Clinton lot will be available for visitor parking. There is no charge for parking. There is no parking of buses in Lot D. There is no overnight parking allowed. Specific parking for coaches and officials, along with a complete parking map of the facility, will be posted on the host web site.

FIELD HOUSE: The Field House will be open for athletes and their families. Tables and chairs will be set up by SHS in the Field House. Families are welcome to bring chairs into the Field House only. No items may be left in the Field House overnight. SHS does not permit tents to be erected anywhere on the school grounds. Stevenson High School is not responsible for personal items. Each team is responsible for maintaining their team area and cleaning up after themselves. The ramp from the Field House to the Pool Deck is for swimmers and PAC Volunteers only. Lost and Found will be located in the Field House. Items of value will be turned into the South Scoring Table on the pool deck.

TEAM ILLINOIS 14&U ZONE CHAMPIONSHIPS ENTRY TABLE: The entry table for the 14&U Central Zone Championships will be located in the Field House. Swimmers will be able to register for the meet, as well as update entries. The Swim Team Store will be on hand to sell Illinois Zone Team uniforms and apparel to registered athletes.

CONCESSIONS AND VENDORS: The Swim Team Store will be on site to sell swimming-related items in the Field House area along with Northwest Designs which will be selling event specific apparel. Concession stand will be available in the Field House area. Food may be eaten in the Field House or the Glass Commons area, the area behind the starting blocks on the South end of the pool. **No food or drink will be allowed in the pool stands or on the pool deck.**

HOTEL INFORMATION: Hilton Hotels the "Official Hotel of Illinois Swimming" has a discounted rate for Illinois Swimming members. For Age Group Championships Hilton has extended this discount offer at the following Hilton property:

The Hampton Inn & Suites Lincolnshire
1400 Milwaukee Ave.
Lincolnshire, IL 60069
(847-478-1400) www.hamptoninnsuiteslincolnshire.com

Use Group Code PAC, and receive greatly reduced rates!

\$74.00 plus taxes for Standard Room, \$99.00 plus taxes for Suite

Rate includes: Hot breakfast in beautiful lobby, use of Indoor pool/whirlpool, and Free Internet access

Discounted Rates available from July 29th –August 1, 2010

Block expires: July 12th

Located in City Park, over 10 restaurants within walking distance

www.gocitypark.com



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WOMEN	Friday, July 30, 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>
15	9:46.89	9:20.29	8:24.79	13-14 800 Free Relay	8:09.69	9:03.59	9:32.29	16
10 MINUTE BREAK*								
1	1:25.69	1:20.99	1:12.99	13-14 100 Breast	1:09.89	1:17.59	1:23.59	2
3	1:30.99	1:25.49	1:16.99	11-12 100 Breast	1:18.19	1:26.79	1:34.09	4
5	2:21.59	2:15.59	2:02.19	13-14 200 Free	1:55.99	2:08.79	2:16.19	6
7	2:30.49	2:24.49	2:10.19	11-12 200 Free	2:09.29	2:23.49	2:31.19	8
9	1:13.89	1:10.49	1:03.49	13-14 100 Fly	1:00.39	1:06.99	1:10.69	10
11	1:20.19	1:15.79	1:08.29	11-12 100 Fly	1:08.89	1:16.49	1:21.79	12
13	5:44.29	5:28.39	4:55.89	13-14 400 IM	4:47.19	5:18.79	5:33.79	14

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>
17	2:51.49	2:42.09	2:25.99	10 & Under 200 Medley Relay	2:28.29	2:44.59	3:00.19	18
10 MINUTE BREAK*								
19	3:14.49	3:05.69	2:47.29	10 & Under 200 IM	2:50.69	3:09.49	3:22.49	20
AWARDS								
200 Medley Relay & 200 IM								
21	1:18.79	1:14.79	1:07.39	10 & Under 100 Free	1:07.79	1:15.19	1:19.49	22
23	47.39	44.89	40.49	10 & Under 50 Breast	41.19	45.69	49.49	24
AWARDS								
100 Free & 50 Breast								
25	1:31.39	1:26.09	1:17.59	10 & Under 100 Back	1:18.49	1:27.09	1:33.09	26
27	40.29	38.29	34.49	10 & Under 50 Fly	34.79	38.59	41.59	28
AWARDS								
100 Back & 50 Fly								

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



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WOMEN	Saturday, July 31, 2010	MEN
Session 4		
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>
47	5:25.89	5:09.29	4:38.69	11-12 400 Medley Relay	4:44.99	5:16.29	5:43.59	48
49	5:02.79	4:45.19	4:16.89	13-14 400 Medley Relay	4:07.09	4:34.29	5:00.79	50
10 MINUTE BREAK*								
29	2:51.39	2:43.69	2:27.49	11-12 200 IM	2:28.09	2:44.39	2:52.79	30
31	2:41.29	2:34.49	2:19.19	13-14 200 IM	2:12.99	2:27.59	2:34.99	32
33	31.49	30.29	27.29	11-12 50 Free	26.89	29.89	31.49	34
35	29.99	28.89	25.99	13-14 50 Free	24.29	26.99	28.29	36
37	41.49	39.19	35.29	11-12 50 Breast	35.69	39.59	42.59	38
39	3:04.19	2:55.99	2:38.59	13-14 200 Breast	2:33.19	2:50.09	3:02.69	40
41	1:19.99	1:15.89	1:08.39	11-12 100 Back	1:08.29	1:15.79	1:21.29	42
43	1:15.59	1:11.29	1:04.19	13-14 100 Back	1:01.29	1:07.99	1:12.59	44
10 MINUTE BREAK*								
45	4:59.99	4:47.19	5:28.29	13-14 400 Free	5:16.89	4:37.29	4:51.19	46

Session 5								
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>
51	2:30.99	2:23.89	2:09.59	10 & Under 200 Free Relay	2:10.59	2:24.99	2:36.79	52
10 MINUTE BREAK*								
53	2:52.49	2:44.49	2:28.19	10 & Under 200 Free	2:30.59	2:47.19	2:56.09	54
AWARDS								
200 Free Relay & 200 Free								
55	1:36.89	1:29.59	1:20.69	10 & Under 100 Fly	1:22.39	1:31.49	1:41.29	56
57	35.19	33.99	30.59	10 & Under 50 Free	30.49	33.89	35.59	58
AWARDS								
100 Fly & 50 Free								
59	1:43.99	1:38.69	1:28.89	10 & Under 100 Breast	1:31.19	1:41.19	1:48.59	60
61	42.09	39.89	35.89	10 & Under 50 Back	35.99	39.99	42.79	62
AWARDS								
100 Breast & 50 Back								

Session 6								
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 @ 5:50 PM								
13-14 800 Free Relay								
29				11-12 200 IM				30
31				13-14 200 IM				32
AWARDS								
13-14 & 11-12 200 IM								
33				11-12 50 Free				34
35				13-14 50 Free				36
AWARDS								
13-14 & 11-12 50 Free								
37				11-12 50 Breast				38
39				13-14 200 Breast				40
AWARDS								
13-14 200 Breast & 11-12 50 Breast								
41				11-12 100 Back				42
43				13-14 100 Back				44
AWARDS								
13-14 & 11-12 100 Back								
45				13-14 400 Free				46
AWARDS								
13-14 400 Free								
47				11-12 400 Medley Relay				48
49				13-14 400 Medley Relay				50



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WOMEN	Sunday, August 1, 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>
77	4:49.39	4:34.69	4:07.49	11-12 400 Free Relay	4:12.99	4:40.79	5:00.29	78
79	4:29.09	4:16.19	3:50.79	13-14 400 Free Relay	3:41.49	4:05.89	4:20.69	80
10 MINUTE BREAK*								
63	5:19.49	5:06.49	5:50.29	11-12 400 Free	5:49.79	5:06.19	5:24.19	64
65	2:42.69	2:34.39	2:19.09	13-14 200 Back	2:13.99	2:28.69	2:37.29	66
67	37.09	35.19	31.69	11-12 50 Back	31.79	35.29	37.49	68
69	1:05.09	1:02.59	56.39	13-14 100 Free	52.99	58.79	1:01.79	70
71	1:08.69	1:05.89	59.39	11-12 100 Free	58.79	1:05.29	1:09.09	72
73	2:49.19	2:40.99	2:24.99	13-14 200 Fly	2:19.79	2:35.19	2:45.69	74
75	34.69	33.59	30.29	11-12 50 Fly	30.29	33.59	34.99	76

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>
81	19:44.99	19:15.39	19:08.49	13-14 1500 Free	18:38.29	18:44.99	19:21.99	82

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 @ 5:20 PM								
63				11-12 & 13-14 400 Medley Relay				64
				11-12 400/500 Free				
AWARDS								
				13-14 1500 Free & 11-12 400 Free				
65				13-14 200 Back				66
67				11-12 50 Back				68
AWARDS								
				13-14 200 Back & 11-12 50 Back				
69				13-14 100 Free				70
71				11-12 100 Free				72
AWARDS								
				13-14 & 11-12 100 Free				
73				13-14 200 Fly				74
75				11-12 50 Fly				76
AWARDS								
				13-14 200 Fly & 11-12 50 Fly				
77				11-12 400 Free Relay				78
79				13-14 400 Free Relay				80
AWARDS								
				11-12 & 13-14 400 Free Relay				

***10 Minute Break** - the Pool will be open for warm-up/cool-down.

During Finals- the Pool will be open for warm-up/cool-down during Awards presentations.

Relay Awards To Begin Finals – the awards for the previous night’s relay events will be given out 10 minutes prior to the start of finals on Saturday & Sunday evening.



Speedo® Illinois Swimming
Long Course Age Group Championships
Hosted by Wheaton Swim Club & Patriot Aquatic Club
July 30 – August 1, 2010



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, the Wheaton Swim Club, the Patriot Aquatic Club, Stevenson High School-District Number 125, 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: _____