

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 8-11, 2007

The Lake Forest Swim Club welcomes you to the 2007 USA Swimming Speedo Champions Series Meet. Enjoy your visit to the great City of Chicago! The 2007 USA Swimming Speedo Champions Series Meet is held under the sanction USA Swimming, Inc., Meet Sanction #ILS07-0308, Time Trial #ILS07-0309.

ONLINE MEET ENTRY Entries will be processed through the USA Swimming website using OME (Online Meet Entry). Entry deadline is Tuesday, February 27th at 6:00pm (CST). OME will open for entries into this meet on February 1st, 2007 at <http://www.usaswimming.org/ome>. Additional entries from meets occurring between February 27, 2007 and March 4, 2007 are due by 1:00pm on Monday, March 5th, 2007. Please see additional details in this meet information.

LOCATION University of, 901 W. Roosevelt Rd., Chicago, Illinois (see attached map)

FACILITY 8 Lane, 25-yard competition pool with non-turbulent lane lines and Daktronics timing system. Water depth at the start and turn ends is at least 12 feet. An adjoining 20-yard warm-down area will be available for warm-up and warm-down under the supervision of a USA Swimming coach. There is seating for approximately 1000 spectators. Building doors will open 30 minutes prior to the scheduled start of each warm-up session.

MEET DIRECTORS	LAKE FOREST SWIM CLUB	MEET REFEREE
Lisa Hodges 847-236-4142 Mike Sparks 847-918-0993 call before 9:00 PM speedochamps@sbcglobal.net	Coaches Maureen Sheehan, Michael Lawrence, Laurel Liberty 847-735-5372	Bob Welch 630-661-3255 rjwelch@sbcglobal.net
ENTRIES	Lake Forest Swim Club Lake Forest College Sports Center 555 N. Sheridan Road Lake Forest, IL 60045 lfsc@sbcglobal.net	N-3 OBSERVER
USA Swimming On-Line Meet Entries Questions: Contact Susan Woessner, 719-866-3589 office 719-332-0184 cell http://www.usaswimming.org/ome		DanMcAllen Dallas, TX d.mcalleniii@sbcglobal.net

TIME SCHEDULE	WARM-UP	PRELIMS		WARM-UP	FINALS
THURSDAY				3:30pm	5:00pm
FRIDAY	7:00-8:50am	9:00am		4:30-5:45pm	6:00pm
SATURDAY	7:00-8:50am	9:00am		4:30-5:45pm	6:00pm
SUNDAY	7:00-8:50am	9:00am		3:30-4:45pm	5:00pm

RULES USA Swimming Rules will govern this competition, except as otherwise specified in this information. Current National Championship procedures and interpretations will be in effect.

ELIGIBILITY This Central Zone Sectional Championship Meet is open to any swimmer with a 2007 U.S. Open standard and all swimmers from the LSC's of Wisconsin, Illinois, Minnesota, Iowa, North Dakota and South Dakota with Sectional Meet qualifying standards.

COACHES MEETING A coaches meeting will be held on Friday, March 9, 2007, at 7:45am. Additional coaches meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches meetings. Coaches are responsible for all information from these meetings including changes in the meet format or conduct.

TIME STANDARDS See the enclosed order of events with the time standards.

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ENTRY DEADLINE Entries may be submitted online beginning February 1, 2007 (9:00am CST) through the USA Swimming website using OME (Online Meet Entry) <http://www.usaswimming.org/ome>. Online entries will be accepted until Tuesday, February 27, 2007 at 6:00pm. (CST) Please contact Susan Woessner at USA Swimming with any questions on OME. 719 866 3589/719 332 0184.

TIMES ACHIEVED AFTER FEBRUARY 27, 2007 Entries from meets occurring from February 27th through March 4, 200, must be received by 1:00pm (CST) on Monday, March 5th, 2007. <http://www.usaswimming.org/ome>.

ENTRY FEES \$8.00 per individual event, \$20.00 per relay.

EVENT LIMITATIONS Swimmers may enter any number of events in which he/she has met the qualifying time standard but may compete in no more than three (3) individual events per day. *Each team is allowed to enter three relays in each event, but no more than two may score.*

ENTRY INSTRUCTIONS Payment for OME is requested using Visa, MasterCard, American Express, or Discover. Contact the Lake Forest Swim Club if you are unable to pay by credit card. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial February 27th, 2007, entry deadline. Once you have paid for your entry, you can add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received.

Entry times may be taken from the SWIMS database, or a custom time may be entered. Swims entered with custom times that do not meet the event standard must be proven at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards will be treated as ‘non-conforming’ and will be seeded according to USA Swimming procedures. Please mark non-conforming entry times clearly (“SCM” or “LCM”) to the right of the entry time.

PAPER OR HY-TEK ENTRIES A \$5.00 per swimmer processing fee must accompany any entry not using the OME system. Confirmation of receipt of entry is the sole responsibility of the team or individual submitting the entry. Paper form or Hy-tek entries should be to the hundredths of a second, and should clearly indicate times achieved in LCM or SCM. No faxed entries will be accepted. Entry forms must provide all information requested in order to be considered official. All forms (hard copy) and payment for entries submitted by e-mail must be received by Thursday, February 29, 2007, 6:00pm.

FINES A \$25.00 fine will be assessed for each individual or relay event in which the qualifying time standard was not met unless the time standard can be proved with a USA Swimming sanctioned or approved meet result summary. The fine is payable to the host team, and must be paid or proof given before the swimmer’s next event. Proof of times can be submitted in SCY, LCM, or SCM, and shall be from the same course as the entry time.

SEEDING Entries shall be seeded according to USA Swimming rules. Entry times conforming to the 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), long course meters (LCM).

CONDUCT OF THE MEET All events except the 1000 and 1650 freestyle and relay events will be conducted with preliminary and C, B, A (bonus, consolation, and championship) final heats. The 1000 free, 1650 free, and all relays are timed final events requiring a positive check-in.

- 1000 Free** The 1000 free will be swum slowest to fastest alternating women and men. Athletes must provide their own timer and lap counter.

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- 1650 Free** The fastest seeded heat of the women's and men's 1650 free will be swum at the beginning of finals. All other heats of the 1650 free are swum at the conclusion of the preliminary session alternating women and men from fastest to slowest. Athletes must provide their own timer and lap counter.
- Relays** All relay events will be conducted as timed final events. The fastest two seeded heats of the 400 medley relay (Saturday) and the 400 free relay (Sunday) and the will swim in the finals session. The single fastest seeded heat of the 800 free relay (Friday) will swim in the finals session. All remaining seeded heats will be swum at the end of the preliminary session, fastest to slowest alternating women and men. A swimmer need not be entered in an individual event to participate in relays.

SCRATCH PROCEDURES National 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 4:00pm For Thursday events
- Thursday 5:30pm For Friday events
- Friday 6:30pm For Saturday events
- Saturday 6:30pm For Sunday events

CHECK-IN DEADLINES The 1000 and 1650 freestyle, and all relays require a positive check-in.

- 1000 Freestyle Check-in by 4:00pm on Thursday, March 8, 2007.
- 400 and 800 Free Relay, 400 Medley Relay Check-in by previous days scratch deadline.
- 1650 Freestyle Check-in by 6:30pm on Saturday, March 10, 2007.

Those who fail to either positive check-in or scratch from an event will remain in the event and will be down seeded to the slowest heat.

BREAKS Ten minute loosen breaks are scheduled at the following times:

- Prior to the start of the Women's relay event in each session.
- After the men's 1650 free event in the finals session.
- During the awards presentations in finals.
- At the Referees discretion.

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

TEAM AWARDS The top 10 teams in the combined scoring, and the top 5 teams in women's and men's scoring will receive awards.

INDIVIDUAL and RELAY AWARDS Medals for 1st - 8th places will be awarded for individual events; 1st - 3rd places will be awarded in relay events. High Point awards will be presented to the male and female swimmer scoring the most points in individual events.

AWARDS CEREMONY and READY ROOM Swimmers competing in C, B, or A final events must report to the ready room area 15 minutes prior to their event. C & B finalists are released after check-in and should report to the blocks for their event. A-finalists must remain in the ready room until the march-out for their event. Awards will be presented following the schedule listed in this meet information.

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TIME SCHEDULE Estimated event start times provided by the meet host are for information only and are not to be considered as an official time line.

WARM UP PROCEDURE Current ISI and USA Swimming rules will govern all aspects of the warm-up. No diving and slip-in entry only, except in designated lanes and times. Swimmer(s) without a coach present are to report to the meet referee prior to warm-up for lane assignment. General warm-up with circle swimming will take place in lanes 1-8 from the start of the warm-up period to 45 minutes prior to the start of the meet. At 45 minutes prior to the start of the meet, 2 lanes will be designated push pace and 2-4 lanes will be designated for one way sprints.

USA SWIMMING MEMBERSHIP All swimmers must be current (2007) members of USA Swimming. All coaches and officials must be USA Swimming members. Any team or individual entering a swimmer without a current USA Swimming membership shall be subject to a fine of \$100.00 per event per swimmer.

DECK ADMITTANCE All participating swimmers and coaches, and working officials will be issued deck credentials. These must be presented for admission to the pool deck. Please use designated pool entry areas.

REGISTRATION and CREDENTIALS Coaches packets and credentials will be available in the entrance area or at the Clerk of Course. Credentials must be visible at all times while on deck.

MEET COMMITTEE A meet committee consisting of at least one official, one coach, and one athlete will be appointed to decide protests arising from administrative matters. Written protests involving technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence.

TIME TRIALS Time trials will be offered, time permitting, 15 minutes after the completion of the each preliminary session and after the 1000 freestyle. Swimmers must be entered and compete in at least one individual or relay event in order to participate in time trials. Swimmers may enter no more than 3 individual events each day including time trials. The entry fee is \$8.00 individual events and \$20.00 relays. *Checks should be made payable to LFSC.* The time trial schedule is as follows:

Time trials will follow each day's event order

- | | |
|---|---|
| <input type="checkbox"/> Thursday (only day for 1000 time trials) | *1000 Freestyle time trial Thursday only |
| <input type="checkbox"/> Friday | Friday/Saturday/Sunday |
| <input type="checkbox"/> Saturday | Saturday/Sunday/Friday |
| <input type="checkbox"/> Sunday | Sunday/Friday/Saturday |
| | *1650 Freestyle time trial Sunday afternoon only
(time permitting) |

ADMISSION and PROGRAMS All session pass with meet programs \$36.00. (Includes Commemorative Meet Pass, Meet Program, all prelim and finals heat sheets, and admission to all sessions) Admission: Thursday \$3.00, Friday-Sunday \$6.00 (10 & under free), Meet Program: \$6.00, prelim heat sheet \$4.00, finals heat sheet \$3.00.

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

LOCKER ROOMS Please note posted signs and facility maps for locker room and restroom locations. Use of UIC lockers for storage is restricted.

PARKING Parking will be available in various UIC lots. Cost of this parking will range from \$5.00-\$10.00 per day. Please enter the lot across from the pool via the Morgan Street entrance. Parking on the street is discouraged.

MEET RESULTS Printed copies of meet results may be purchased upon request for \$10.00.



ILLINOIS
SWIMMING

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<i>WOMEN</i>			<i>EVENTS</i>	<i>MEN</i>		
<i>LCM</i>	<i>SCM</i>	<i>SCY</i>		<i>SCY</i>	<i>SCM</i>	<i>LCM</i>
27.99	27.49	24.79	<i>50 Freestyle</i>	22.59	25.09	:25.49
1:00.89	59.49	53.59	<i>100 Freestyle</i>	49.19	54.59	:55.59
2:12.69	2:09.99	1:57.09	<i>200 Freestyle</i>	1:47.29	1:59.09	2:02.09
4:40.59	4:34.89	5:14.19	<i>400 / 500 Freestyle</i>	4:52.29	4:15.79	4:24.79
9:47.39	9:36.29	10:58.59	<i>800 / 1000 Freestyle</i>	10:14.09	8:57.29	9:12.09
18:50.69	18:28.59	18:21.99	<i>1500 / 1650 Freestyle</i>	17:12.19	17:18.39	17:41.79
1:09.99	1:06.89	1:00.29	<i>100 Backstroke</i>	:55.79	1:01.89	1:04.29
2:31.79	2:26.69	2:12.19	<i>200 Backstroke</i>	2:01.69	2:15.09	2:20.39
1:19.39	1:16.29	1:08.69	<i>100 Breaststroke</i>	1:02.29	1:09.09	1:12.09
2:51.99	2:46.49	2:29.99	<i>200 Breaststroke</i>	2:17.59	2:32.69	2:38.79
1:07.79	1:06.09	59.59	<i>100 Butterfly</i>	:54.49	1:00.49	1:01.39
2:32.39	2:29.29	2:14.49	<i>200 Butterfly</i>	2:01.79	2:15.19	2:18.49
2:30.99	2:27.49	2:12.89	<i>200 Individual Medley</i>	2:01.39	2:14.69	2:18.99
5:23.99	5:15.09	4:43.89	<i>400 Individual Medley</i>	4:22.99	4:51.89	5:00.99
4:14.09	4:09.19	3:44.49	<i>400 Freestyle Relay</i>	3:23.69	3:46.09	3:51.99
9:17.09	9:04.99	8:10.99	<i>800 Freestyle Relay</i>	7:31.29	8:20.89	8:32.79
4:44.99	4:32.69	4:05.69	<i>400 Medley Relay</i>	3:47.09	4:12.09	4:22.99

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Event Order
Awards and Break Schedule

Thursday, March 8, 2007		
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
1	1000 Freestyle	2
Friday, March 9, 2007		
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
3	100 Backstroke	4
5	100 Breaststroke	6
	Finals-Awards 1000, 100 Back, 100 Breast	
7	200 Freestyle	8
9	100 Butterfly	10
	Finals-Awards 200 Free, 100 Fly	
11	200 Individual Medley	12
	Prelims & Finals 10 min. Break	
13	800 Free Relay	14
	Finals-Awards 200 IM, 800 Free Relay	
Saturday, March 10, 2007		
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
15	400 Individual Medley	16
17	50 Freestyle	18
	Finals-Awards 400 IM, 50 Free	
19	200 Breaststroke	20
21	500 Freestyle	22
	Prelims & Finals 10 min. Break	
23	400 Medley Relay	24
	Finals-Awards 200 Breast, 500 Free, 400 Free Relay	
Sunday, March 11, 2007		
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
25	1650 Freestyle	26
27	200 Backstroke	28
	Finals-Awards 1650 Free, 200 Back	
29	100 Freestyle	30
31	200 Butterfly	32
	Prelims & Finals 10 min. Break	
33	400 Free Relay	34
	Finals-Awards 100 Free, 200 Fly, 400 FR Relay, Team Awards	

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HOTEL INFORMATION

Teams and individuals are encouraged to make room reservations ASAP. A city-wide convention and the Big 10 Men's Basketball tournament are both taking place during the swim meet. Room rates may be very high for last minute reservations. Contact the Lake Forest Swim Club office if you need additional help with travel. 847-735-5372 or lfsc@sbcglobal.net

Marriott Medical District

625 S. Ashland Ave.

Chicago, IL

1-800-356-3641 Reservations

312-491-1234

Problems contact Norma Badel

nbadel@marriottchicagomd.com

Group Rate: \$139 plus 15.4%

Parking: \$26.00 self park free in and out with swim meet ID.

Pool Location: 5 minutes

Make reservations ASAP

MUST ASK FOR SPEEDO SWIM MEET
TO GET SPECIAL GROUP RATE

Crown Plaza Chicago Metro (4 Star)

Reservations: 312-829-5000

733 W. Madison (& Halstead)

Chicago, IL 60661 (Near Greektown)

26" Plasma TV's in Rooms, Free wireless

Make reservations ASAP. Cut-off:
2/14/07

Rate: \$155 plus 15.4% tax (30 Rooms)
Parking: \$35 or Park One 1 BLK AWAY.
Pool Location: 7 Blocks Away

MUST ASK FOR SPEEDO SWIM MEET
TO GET SPECIAL GROUP RATE

Holiday Inn & Suites

Reservations: 312-957-9100

506 W. Harrison

Chicago, IL

Make reservations ASAP. Cut-off: 2/9/07.

Rate: \$119Dbl/Dbf, plus 15.4% tax
Parking: \$30 valet, or \$21 Priority Club members

Pool Location: 5 minutes

MUST ASK FOR SPEEDO SWIM MEET
TO GET SPECIAL GROUP RATE

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TRAVEL INFORMATION

TRAFFIC

Chicago and suburban traffic is very busy from 6:30am to 9:00am, and from 3:00pm to 7:00pm on all days except Sunday. Please plan travel time accordingly.

DIRECTIONS to UIC POOL

The UIC Pool is located on the south side of Roosevelt Road between Halstead and Morgan.

From the North

94 East, Exit Roosevelt/Taylor, right on Taylor, left on Morgan, enter the UIC Pool Parking lot on ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

From the West

290 East, Exit Racine, right on Racine, to Roosevelt, left on Roosevelt, left on Morgan, enter the UIC Pool Parking lot ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

From the South

94 West, Exit Roosevelt/Taylor, left on Roosevelt, right on Morgan, enter the UIC Pool Parking lot ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

AIR TRAVEL INFORMATION

Chicago is served by both Midway and O'Hare Airports. Midway (773) 838-0700 is 15 miles from the UIC campus, and O'Hare (773) 686-2200 is 30 miles from the UIC campus.

AIRLINES SERVING CHICAGO AIRPORTS

United	800-241-6522 (O'Hare)	ATA	800-225-2995 (Midway)
American	800-433-7300 (O'Hare)	Northwest	800-225-2525 (O'Hare & Midway)
America West	800-235-9292 (O'Hare & Midway)	US Airways	800-428-4322 (O'Hare)
Delta	800-221-1212 (O'Hare & Midway)	Continental	800-523-3273 (O'Hare & Midway)
Southwest	800-435-9792 (Midway)	Frontier	800-432-1359 (Midway)

GROUND TRANSPORTATION

Limousine	Contacts available at terminals O'Hare \$50-\$70.00, Midway \$30-\$50.00/6-7 people
Taxi Cabs	Metered Cabs available at terminals O'Hare \$35-45.00, Midway \$30-35/4 people
Airport Express	\$25 Single person O'Hare to Down Town
CTA Train	(312) 836-7000 for CTA schedule, \$2.50

RENTAL CARS

Hertz	800-654-3131	Dollar	800-800-4000
Alamo	800-462-5266	Enterprise	800-325-8007
Avis	800-331-1212	National	800-328-4567
Budget	800-527-0700	Thrifty	800-367-2277

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Use this form ONLY if you are entering manually and NOT using the On-Line Meet Entry.

SUMMARY OF ENTRIES

INDIVIDUAL EVENTS

_____ Women	_____ events X \$8.00 =	\$ _____
_____ Men	_____ events X \$8.00 =	\$ _____
_____ Total	_____ swimmers X \$5.00 =	\$ _____

TOTAL INDIVIDUAL EVENT FEES \$ _____

RELAYS

_____ Women	
_____ Men	_____ relays X \$20.00 =

TOTAL RELAY EVENT FEES \$ _____

COACH CREDENTIALS X \$10.00 (See below) \$ _____

The following coach credentials are included at no charge with the meet entry. Additional coach credentials are \$10.00.

- | | |
|---------|--|
| 1 Coach | 1-4 swimmers in individual events or 1 only relay team |
| 2 Coach | 5-9 swimmers in individual events |
| 3 Coach | 10-20 swimmers in individual events |
| 4 Coach | 20 or more swimmers in individual events |

TOTAL FEES \$ _____

TEAM INFORMATION

Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries _____

Email address _____

Phone Day () _____
 Eve () _____
 Mobile () _____

WAIVER FORM

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims which may accrue against USA Swimming, Illinois Swimming, the Lake Forest Swim Club, the University of Illinois-Chicago, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes included on this entry and participating in this sanctioned event are duly registered as current members of USA Swimming.

SIGNATURE (Club Representative) _____ **DATE** _____

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TEAM: _____ CODE _____ COACH: _____ PHONE: _____

WOMEN MEN (CIRCLE ONE)

NAME ID #	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
1											
2											
3											
4											
5											
6											
7											
8											

RELAY EVENT #	RELAY EVENT #
A	A
B	B

TOTAL # SWIMMERS _____ X \$5.00= _____
TOTAL EVENTS _____ X \$8.00 = _____
TOTAL RELAY EVENTS _____ X \$20.00 = _____
TOTAL FEES _____