



**ILLINOIS MASTERS SWIM ASSOCIATION (ILMSA)
2017 SHORT COURSE STATE CHAMPIONSHIP**

Friday April 7 - Sunday, April 9, 2017

Sanction by ILMSA for USMS Inc. Sanction # 217-S010

Location: RecPlex Aqua Arena, 9900 Terwall Terrace, Pleasant Prairie WI 52158

Meet Director: Laurel Liberty (coachlaurel@sbcglobal.net) 1-847-735-5372

Facility Director: Kevin Milak

Meet Officials: Ed Stranc

Host Clubs: Libertyville Masters and Lake Forest Swim Club

Meet Host Website: www.libertyvillemasters.com

Entry Website: https://www.clubassistant.com/club/meet_information.cfm?c=1863&smid=8492

Facility: The Recplex is a 17,000 square foot aquatic complex. The competition course is a state-of-the-art 50m pool will be configured into 2 x 10 lane competition pools with 2 movable bulkheads separating the courses.

Rule 202.1.1 A (3) (d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation.

Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Minimum depth at the start end is 7.5 feet in both competition pools with permanently affixed modern starting blocks for each lane. The 2 lanes between the competition courses will be available for warm up/down along with a 4 lane pool in the adjacent water park. A full color Colorado scoreboard displays race info for all 20 lanes. Men's and Women's locker rooms are adjacent to the pool deck with ample bathrooms, showers and lockers. Concessions and a swim shop are available in the stands during competition. Parking in outer parking lot and ring around the building is free (about a one block walk to the pool).

Eligibility: Proof of 2017 USMS registration which is offered at the time of online entry. Age as of the last day of the meet shall determine age for the entire meet. Swimmers entering the 400 IM, 500 Free and 1650 Free must have an ILMSA provable time achieved within the previous 2 years. Please use page 4 to submit a certified practice within the required time that must be signed by a coach. Entered times must be accurate.

Entry Limit: Swimmers may enter and swim no more than 4 individual and 3 relay events a day. No swimmer may compete in more than 9 individual events (nor more than 5 relays) for the entire meet.

Entry Procedures: Online entry hosted by ClubAssistant.com is preferred. Entries will open March 1, 2017, 8:00AM Central Time. The deadline for submitting online entries is Tuesday, March 28, 2017, 6:00 PM Central Time. All paper entries must use the ILMSA consolidated multi-day entry form, and be post marked no sooner than the March 1, 2017 or no later than March 27, 2017. No exceptions! Distance events will sell out online, paper entries might not make it in time! Please mail paper entries to: Laurel Liberty, ILMSA State Meet, 312 Dawes St, Libertyville Il 60048. Checks should be made out to: "Lake Forest Swim Club". No late entries will be accepted.

Entry Fees: \$25 swimmer surcharge, plus \$4 per individual event. Swimmers may choose to get a meet shirt for \$10 during registration. No shirts will be sold at the meet. Relay fees are \$10 per relay.



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Events: All events will be timed final events. Events will be offered in the following age categories: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+. **The 1650 Freestyle will be limited to the first 160 entries received. The 500 Free and 400 IM will be limited to the first 200 entries received.**

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Relay Events: Relay forms will be available at the scorer's table. *Note: Clubs / Teams are limited to entering a total of 12 relays per event. Individuals are limited to participating in 3 relay events per day and a total of 5 for entire meet.* A completed form along with \$10 payment must be turned into the scorer's table in order to be entered in the relay. *Each days relays are due the day prior by the end of the session.*

Seeding: All events except the 400IM, 500Fr and 1650Fr will be pre-seeded. Swimmers entered in these events must check in to positively declare their intent to swim. Swimmers who do not check in for those events by the published deadlines will be scratched from the event. The 1650fr, 500fr and 400IM will be seeded slowest to fastest. The 1650fr will be swum mixed, the 400IM and 500Fr will be swum by gender. For all other events seeding is from slowest to fastest by entry time for each gender. **Pools will be separated by gender for all events except the 1650fr and mixed relays.**

Check In: Swimmers must check in for distance events online at www.libertyvillemasters.com or at the meet. *Online Check-in will open at 8:00 AM Tuesday April 4th and close at 3PM Thursday April 6th. After Thursday you must check in at the venue.* Check-in at the pool will open at 3:00PM Friday April 7th and close according to the schedule below:

Positive check in for the 1650 closes by 4:00 PM, Friday, April 7.
Positive check in for the 400 IM closes at 8:30 AM Saturday April 8.
Positive check in for the 500 Free closes 8:30 AM Sunday, April 9

Competition Pool Warm up Hours:

Friday April 7th 3:45pm - 4:25pm Meet begins at 4:30pm.
Saturday April 8th 8:14am - 8:50am Meet begins at 9:00am.
Sunday April 9th 8:15am - 8:50am Meet begins at 9:00 am.
Four lanes are available for warm up/down continuously through the meet.

Warm Up Procedures: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

Scoring Individual events: 11-9-8-7-6-5-4-3-2-1

Relays: 22-18-16-14-12-10-8-6-4-2

Awards Individual: Medals 1-3, Ribbons 4-10

Relay: Ribbons: 1-3

High Point Award: One male and female, each age group

Team Trophy: Large Teams 1-5, Small Teams 1-5



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Order of Events:

Pools will be separated Men/Women with exception of Relays which may be separated at discretion of Meet Host

Friday April 7

WOMEN'S EVENT		MEN'S EVENT	
1	1650 Free	2	1650 Free

Saturday April 8

WOMEN'S EVENT		MEN'S EVENT	
3	400 IM	4	400 IM
5	200 Free Relay	6	200 Free Relay
7	100 IM	8	100 IM
9	200 Free	10	200 Free
11	50 Breast	12	50 Breast
13	400 Free Relay	14	400 Free Relay
15	400 Mixed Free Relay		
17	100 Fly	18	100Fly
19	200 Breast	20	200 Breast
21	50 Free	22	50 Free
23	100 Back	24	100 Back
25	200 Mixed Free Relay		

Sunday, April 9

WOMEN'S EVENT		MEN'S EVENT	
27	500 Free	28	500 Free
29	200 Medley Relay	30	200 Medley Relay
31	50 Back	32	50 Back
33	200 Fly	34	200 Fly
35	100 Free	36	100 Free
37	200 IM	38	200 IM
39	400 Medley Relay	40	400 Medley Relay
41	400 Mixed Medley Relay		
43	50 Fly	44	50 Fly
45	200 Back	46	200 Back
47	100 Breast	48	100 Breast
49	200 Mixed Medley Relay		



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Please use this form as proof of performance if submitting a seed time that is achieved in an organized practice.

**Split Sheet
Organized Practice Swim**

Swimmer Name _____ USMS # _____

Club _____ Workout Group _____

Coach's Name _____

Event (please circle) 1650Fr 1000Fr 500Fr 400IM Course (please circle) 25y 25m 50m

Please record the 50 splits for the event.

Distance	Split	Distance	Split
50		900	
100		950	
150		1000	
200		1050	
250		1100	
300		1150	
350		1200	
400		1250	
450		1300	
500		1350	
550		1400	
600		1450	
650		1500	
700		1550	
750		1600	
800		1650	
850		Final Time	

Coach Signature _____ Athlete Signature _____



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**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				



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Signature of Participant

Date Signed

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