



Stephens Family YMCA Meet
Sunday, January 24, 2016
Sanctioned by ILMSA for USMS, Inc.



TIME: Doors open at 7:15 a.m. Warm up will be from 7:30 a.m. – 8:20 a.m., meet starts at 8:30 a.m. with no more than three (3) heats of the 1650 yard event to swim first. Remaining events will start no earlier than 10:30 a.m. Continuous warm up and warm down will be available throughout the meet.

LOCATION: Stephens Family YMCA, 2501 Fields South Drive, Champaign, IL 61822

FACILITY: 25 yard indoor pool, 8 lanes for competition with a continuous warm up/warm down area. Stephens Family YMCA is a modern facility and the pool has been used to host age group meets. *The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.* Ample free parking is available; ample locker room space is available.

ELIGIBILITY: Must be 18 years of age and a current USMS member. In accordance with USMS rules, a photocopy of the registration card must be provided with your entry. Swimmers should have their current USMS card available at the meet. To register with USMS go to:

<https://www.usms.org/reg/register.php>.

ENTRY OPTIONS : ENTRY FEE \$25.00 Flat Fee. ON-LINE ENTRY PREFERRED. To enter on-line go to: https://www.clubassistant.com/club/meet_information.cfm?c=2297&smid=7098

OR by mail using the ILMSA “Consolidated Entry Card and Liability Waiver” found at:

<http://ilmsa.com/files/ConsolidatedEntryAndWaiver.pdf>

Make checks payable to HEAT. Mail signed entry card and waiver, check and copy of 2016 USMS card to: Will Barker, 2501 Fields South Drive, Champaign, IL 61822. “No Time” entries will be accepted. The 1650 Free, 400 IM, 500 Free, will be limited to the first 18 swimmers registered. NO LATE EMAIL OR DECK ENTRIES WILL BE ACCEPTED.

ENTRY DEADLINE: Wednesday, January 20, 2016

MEET CONDUCT: 2016 USMS rules govern the conduct of the meet. All events will be hand-timed finals. Electronic timing equipment may be available. All events will be swum slowest to fastest. Participants are limited to 4 individual events but unlimited relays. Competitors attempting records must notify the starter to assure that 3 timers are available for that individual’s race.

ORDER OF EVENTS:

1	1650 Free	12	50 Fly
2	400 IM	13	100 IM
3	50 Free	14	200 FR Relay Same Gender
4	100 Fly	10 Minute Break	
5	100 Back	15	200 Medley Relay-Mixed
6	200 IM	16	200 Breast
7	200 FR Relay-Mixed	17	200 Back
10 Minute Break		18	400 Free
8	200 Medley Relay Same Gender	19	50 Back
9	50 Breast	20	200 Free
10	200 Fly	21	100 Breast
11	100 Free	22	500 Free

MEET CO-DIRECTORS: Tina Johnson: tdwjohnson@yahoo.com –Will Barker: will@sf-ymca.net

HEAD OFFICIAL: Tracy Grimes

