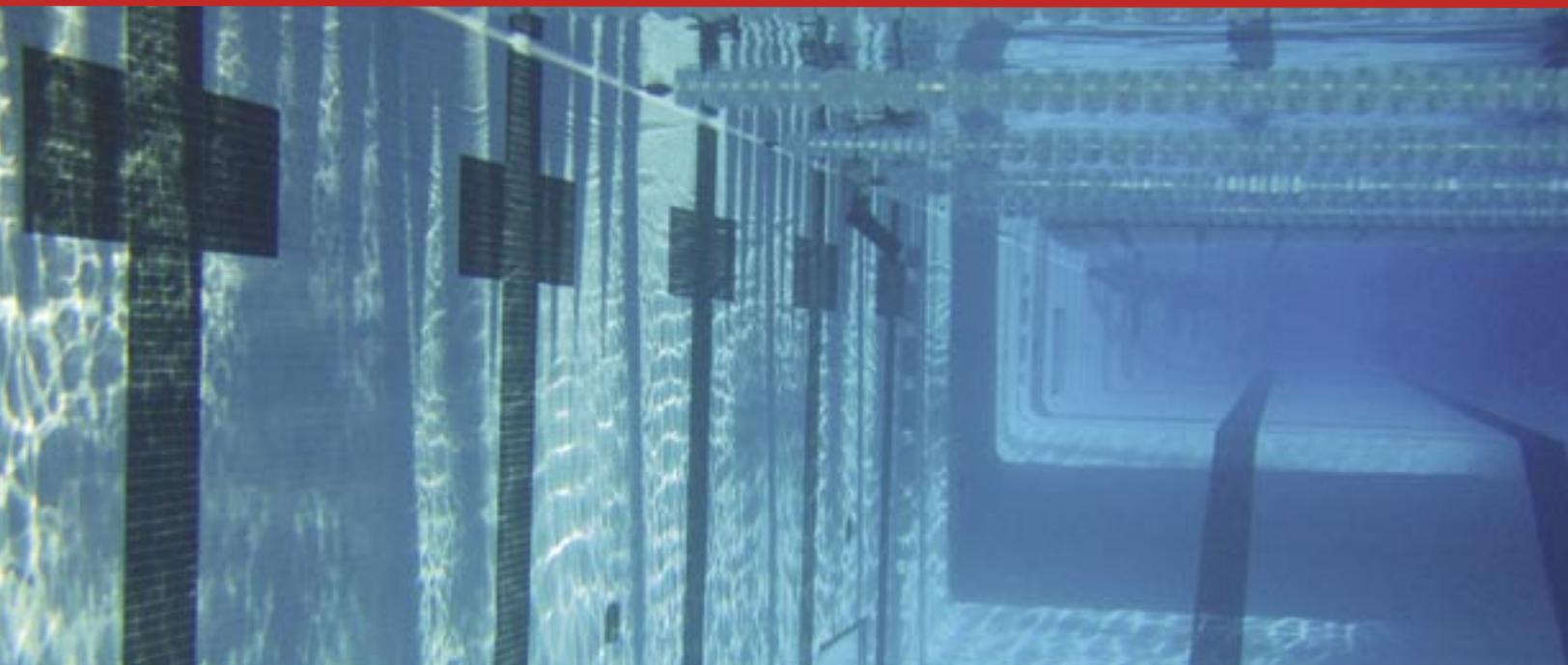


# ILMSA

THE OFFICIAL NEWSLETTER OF THE ILLINOIS  
MASTERS SWIMMING ASSOCIATION  
Winter 2005





Marcia Cleveland (shown here crossing the Catalina Channel) was recently appointed to the USMS National Long Distance Committee. For more about Long distance happenings during the indoor season, see p.7.

## **GREENWAY CLASSIC** by Mark Urban

Normally, a meet like the Greenway wouldn't be top headline news...except for the fact that the meet trophy is three feet tall and boasts a stogie-smoking frog. Stanley Cup, eat your heart out! ...**Full story on page 4**

## **GRIN FALL INVITATIONAL** by Alex Helfers

Greater Indiana Masters once again hosted their fall short course meters championship at the IUPUY pool in October. Some people came for fame...some for glory...I came for the totally awesome 25 meter freestyle event.

**Full story on page 5**

## **BREASTSTROKE INTERPRETATION** from the USMS Web site

Read up on the details of the new breaststroke kick rule during pullout.

**Full story on page 6**

## **2006 MEET LIST** contributed by Leslee Vittone

Get the most out of your winter competition season with our full list of meets in the midwest area. **Full story on page 8**

## **EVANSTON EARLY BIRD MEET** by Alex Helfers

Evanston Masters kicked off the short course yards season with its Early Bird meet on Dec.4... always a great way to start the things on a lighter note.

**Full story on page 10**

## **HAVE YOU MET KARL KRIEGSMAN?** by Susan Smar

Continuing the tradition, we're highlighting yet another great masters swimmer. This month's contestant: Karl Kriegsmann from the Evanston Catfish! (que Price is Right music) **Full story on page 6**

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**All photography in this issue submitted by Mark Urban, Rebecca Keller, and Mark Mattson / Design, layout and production coordination by Alex Helfers / Editing and content coordination by Rebecca Keller**



**Nadine in action**

## CHAT FROM THE CHAIR

Greetings fellow Illinois Masters swimmers!

I am excited to be serving as the Illinois Masters Swimming Association's (ILMSA) President this coming year. Recently our name was officially changed from Central (CMSA) to Illinois (ILMSA) in order to better represent our members. The new board and officers are also now in place. We are focused on learning about the workings of our organization and involving more members.

Our Vice-President Chris Colburn has set up a new website at [www.ilmsa.com](http://www.ilmsa.com). He is in the process of consolidating information from various former websites onto one official site. Database director Greg Weber and Treasurer Barb Delanois are busy with registrations. Send yours in now to ensure that you have your card when you need it. Secretary Rebecca Keller is busy trying to contact members to update information and ensure that everybody is receiving the newsletter. If you feel that you are not receiving communications from us or if you have any changes in your e-mail, address or telephone number, please contact us. This is the best way for us to stay in touch with you. Chad Manbeck has been working with our Newsletter Editor Alex Helfers to reduce the cost of the newsletter. We are still looking into ways to decrease costs and are pleased that so many members are opting to receive information via e-mail.

Sanctions Chair Leslee Vittone has compiled a list of competitions for 2006 which is printed in this newsletter. If you are interested in hosting a meet, please contact her. Robert Zeitner is the Long Distance Chair. We have a great opportunity to start hosting more OPEN water events--especially with the 10k as an Olympic event in 2008. Records and Tabulation is headed by Joe Magiera. He has updated the SCY records and also designed a TOP TEN for Illinois. Start setting your goals for 2006.

Mt. Greenwood's Rae Salus and new mother Liz Kooy from Chicago Smelts have volunteered to assist with the new Adult Learn-to-Swim and Fitness Swimming Committee. We are designing certificates to help promote fitness swimming and water safety. We want to recognize swimmers who learn to swim a mile without stopping, learn a new stroke, or who swim a new event. If you are interested in working with this committee, please contact me. Evanston's Brian Cunningham chairs the coaches committee. He is organizing a safety course for Masters coaches to help them become ASCA Master's Coach certified.

Illinois is now represented well at the National level. At recent elections, I was elected the Great Lakes Zone representative. Marcia Cleveland is the new USMS Long Distance Chair, and Mary Pohlmann is the new USMS International Chair.

USMS accepted and implemented two rule changes effective immediately. The first applies to the breaststroke underwater pullout. Swimmers are allowed a dolphin kick followed by a breaststroke kick after the start and turns (please see official clarification on page 6). The second applies to backstroke starts and allows for the toes to be above the surface of the water as long as they are not over the lip of the gutter.

At the last ILMSA meeting, a subsidy for full-time students under the age of 25 was approved. We will waive the Illinois portion of the fee and pay half of the USMS fee. The cost for a one year registration is \$10.

Any questions and/or suggestions, please contact me at [NDAYPT@AOL.COM](mailto:NDAYPT@AOL.COM).

Keep on Swimming.....Swimming for Life.

Nadine KM Day



The 200 IM begins

## THE GREENWAY CLASSIC By Mark Urban; Photos by Mark Urban



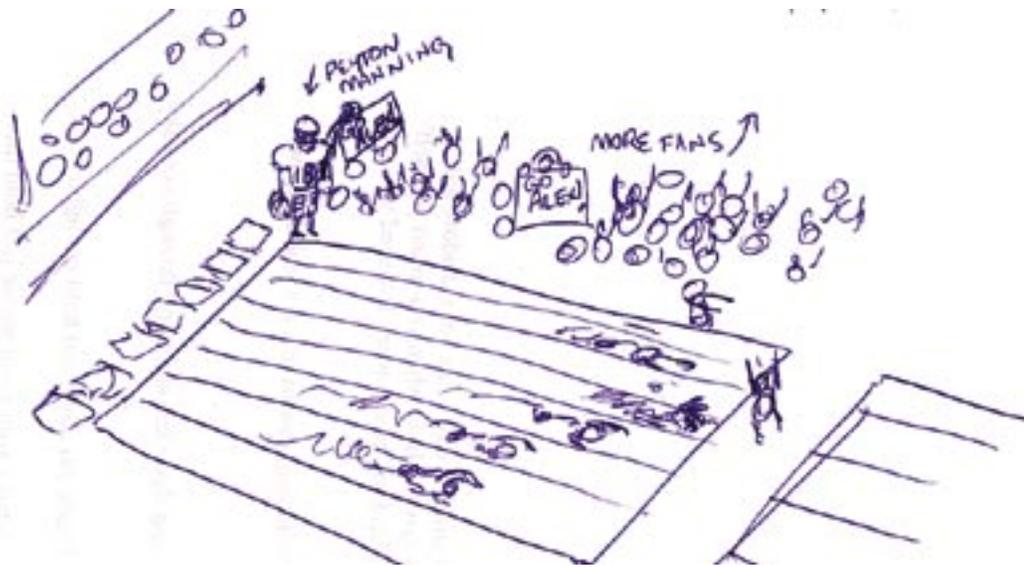
**The trophy stands three feet tall, and boasts a gardening glove, conch shell, and stogie-smoking frog. Man, the things I would do to win that thing...**

Competition was all fun at the fourth annual 'Greenway Classic' on November 6, 2005. All eyes were fixated on the main prize, a glorious 3-foot tall trophy constructed of creatively placed ornaments. A stogie-smoking frog was the trophy's first official addition when the cross-town rivalry began pitting the MGM 'Manta-rays' against

Lincoln-way Masters. Since that first bright and early morning back 2001, the two teams have become better friends in and out of the water. Many standard races are offered in 50, 100 and 200-yard distances with the 500 and 1650-yard freestyles also being offered this year. Newbie's wanting a taste of head-to-head

competition can enter the first-time-only 50 and 100-yard freestyle races. This years trophy went once again to MGM, but as Lincoln-way always says, "We'll see you again next year."

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### Artist's rendering of GRIN Fall invitational at IUPUY pool

## GRIN FALL INVITATIONAL Written by Alex Helfers; Art by Alex Helfers

Several members of ILMSA drove down to Indianapolis for the GRIN fall championship, hosted by Greater Indiana Masters at the IUPUY pool on October 22nd and 23rd. The IUPUY pool is one of the nation's fastest, and always a great place to race. The meet boasted a 2-day format, with most of the longer races on Saturday morning, and most of the sprints on Sunday.

While I felt like getting an early start to my competition season this year, my biggest incentive for attending the meet was the 25m freestyle. In fact, I've always wondered why masters meets don't contend races like the 25 and the 12 1/2. As a sprinter (and I think I can speak for most sprinters here), I feel that races like the 100 and sometimes even the 50 are too long. I mean, football players are measured by their 40 yard dash times...why can't we be measured similarly? Really, it's quite unfair to us endurance-challenged folks.

All complaining aside, the meet was a great opportunity to swim some fun races and record some times in a short course meter format. Most of the ILMSA group attended both days of the meet, but I drove down on Saturday and only swam the Sunday morning session. I joined Phil Dodson, Nadine Day, Mark Mattson, Barb Delanois and several others from the ILMSA contingent and began getting ready for my main event (25m free) by swimming three other races.

I would love to report that everybody swam well at the meet, but in all honesty, I don't really know. I can only report that I THINK everybody swam well at the meet...because short course meter times don't make any sense to me. In my opinion, anyone who says they know how to convert a short course meter time is either some sort of a math genius or a big fat liar. I've heard

people say "subtract six seconds per 100" or "multiply your time by .91"...but that never works. My converted times always end up being like, times I swam when I was 12 years old. Just to get a picture of what that means, I swam only for a country club team when I was 12 and refused to swim in anything other than a knee-length pair of swim trunks that had roughly 5 pockets in each leg.

As predicted, the 25m freestyle was an exciting way to cap off the day (see rendering above). Once the meet was over, we all headed back to Chicago to beat the traffic, content with our mystery short course meter times and looking forward to the short course yard season...because we all knew the pool would be 10 percent shorter. Man, it may just be the sprinter in me talking, but just thinking about that meter pool makes me tired. I think I'm gonna go warm down now.

## Have you met ... Karl Kriegsman?

By Susan Smar

**Team:** Evanston Catfish

**Age Group:** 35-39

**Best Masters Accomplishment:** Staying in touch with college buddies and making new friends

**Favorite Swim Meet Snack:** Hot dogs & Nachos w/jalapenos

**Favorite Sports Drink:** Green Gatorade

**Technique Tip That Works:** Have a great Song in your head like Harry Nelson's



Karl Kriegsman

## BREASTSTROKE INTERPRETATION From the USMS Web site

The official interpretation for the changes to the breaststroke is that during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement". This was previously not included in our rules.

## SCY TOP TEN By Mary Pohlmann

The state of Illinois (CMSA) garnered multiple listings in the recently finalized USMS SCY Top Ten for 2005. Twenty-three Illinois Masters relays and 267 individual swims made the grade. Among the relays, four took the number one ranking. These included the 55+ women's relay squad of Cynthia Jones, Catherine Quill, Carol Taggert and Mary Pohlmann in the 200 and 400 yard freestyle relays and the 200 yard medley relay. The 25+ women's relay of Solveig Sullivan, Heather Lingner, Zsejke Tusa, and Heidi Toft also took the top spot in the 200 medley relay.

Our individual Top Ten stars accumulated a total of twenty first place rankings with nine for Nadine Day, three each for Kyle Jackson and Herman Louw, and one each for Chris Hagenbaumer, Liz Dillman, Matt Keller, Mary Pohlmann and Thomas Maine.

A full listing of Illinois Top Ten swimmers can be found at [www.usms.org](http://www.usms.org).

## TREASURER'S REPORT By Phil Dodson, Treasurer

The financial condition of ILMSA as of 10/31/05 is excellent. Cash and savings balances are \$45,400 with estimated liabilities of \$6,100 leaving equity of \$39,300. For the current year ending 2005 we are projecting a surplus in excess of \$12,000 and our 2006 budget is set for a surplus of \$4,900.

These results compare to our 2004 surplus of \$1,200 and a 2003 deficit of \$550. This significant improvement has come about due to cost reductions in registrar and newsletter expenses: In mid 2004 several ILMSA volunteers replaced our paid registrar and our campaign to convert members from receiving their newsletters on printed hard copy to email delivery has been highly successful. These cost reductions have guaranteed our strong financial health into the foreseeable future.

Members who would like to participate on the Finance Committee should email their interest to [MYFAVCPA@AOL.COM](mailto:MYFAVCPA@AOL.COM).

## CHA CHA CHANGES By Andrea Block, team Illinois President

To steal from a David Bowie classic tune “ChaChaChanges”, that is what Illinois Masters has just undergone in regards to its team name. With CMSA changing its name to Illinois Masters Swimming Association (ILMSA), we thought changing Illinois Masters (IM) to Team Illinois Masters (IM) would make the distinction between the two organizations more clear. In short, Team Illinois Masters is a state team for out-of-state meets. Our new name follows in the wake of new subgroups joining the ranks of Team Illinois Masters for non-local meets. Team solidarity is especially key this year with the World Championships at Stanford,

August 4-10, where swimmers must belong to a team (cannot swim unattached). This championship will be a perfect venue to showcase our State’s outstanding talent in Masters swimming to the world. If you are an unattached swimmer who is interested in swimming at this meet, we invite you to sign up as an independent member of Team Illinois Masters. In the nearer future, Team Illinois Masters will have the opportunity to flex its collective muscle at the USMS Short Course Nationals to be held May 11-14 in Coral Springs, Florida. To quote another rock legend Sheryl Crowe, “Change will do you good...”

## LONG DISTANCE COMMITTEE By Robert Zeitner, Distance Committee Chair

There is salvation for you long distance swimming junkies, who yearn longingly for distance and open water swimming. There are 500-yard events at certain meets throughout the year, and the 1000 or the 1650 at the State meet. You should know that in addition to these local events, there are a total of 10 annual USMS Long Distance National Championship races, five of which are postal meets, and five of which are open water events.

Since open water is out of the question for a while, why not consider a postal event? You swim the event at your own pool and mail in the results. You can stop and rest whenever you want, although your rest time is included. Postal events are a great continuing measure of your fitness. Teams can use the one-hour postal event as a team recruiting and renewal event. Members can take turns counting and timing each other.

Your individual swim can also be used as part of a postal relay. For a men’s and women’s relay, it is the cumulative time for 3 swimmers. For a mixed relay, it is the cumulative time for 2 men and 2 women. There is no limit to the number of relays a swimmer can enter; you can mix and match.

Several ILMSA swimmers recently completed the 5K/10K Postal Championship. The mixed 4x10k relay of Nadine Day,

Marcia Cleveland, Skip Montanoro, and John Martin earned a new National record for the 25+ age group. Please go to the following link for complete results: <http://www.usms.org/longdist/ldnats05/5k10kresults.pdf>

John Martin now holds national relay records at both ends of the spectrum: in the 200 yard free relay and in the 40,000 meter free relay. Congratulations to John!

Each year those swimmers who are persistent enough to complete all five postal events will be sent a participation patch to honor their achievement. In addition to receiving a patch, the swimmers will also be honored with their names in USMS Swimmer, and will receive a certificate attesting to this achievement. This past year Skip Montanaro completed the postal series. In addition to lifetime bragging rights, he was a part of a USMS National Relay record, earning him relay All-American status. Congratulations to Skip!

Please see the meet schedule in this newsletter for upcoming postals. Contact Marcia Cleveland or Nadine Day about available pools and times or if you would like to be included on a relay.

Finally, I want to congratulate our Registrar Marcia Cleveland. At this year’s National Convention, she was appointed Chair of the USMS Long Distance Committee for the next four years.

## 2006 MEET SCHEDULE contributed by Leslee Vittone

### Local Meets

- February 5: St. Charles
- March 5: Central Illinois
- March 19: St. Charles North
- April 20-23: ILMSA State Championships at UIC
- July 16: St. Charles (LCM)

### Wisconsin

- [http://www.swim-wimasters.org/wisconsin\\_meet%20rev%20\\_schedule.htm](http://www.swim-wimasters.org/wisconsin_meet%20rev%20_schedule.htm)
- January 15: Oconomowoc
  - February 12: Madison
  - April 1-2: State Championships at Carthage College

### Michigan

- <http://www.michiganmasters.com/competition.htm>
- March 24-25: State Championships at University of Michigan (SCM)

### Indiana

- <http://www.grinswim.org/Meets.html>
- January 29: Ball State
  - February 11: IU Masters
  - July 1: Firecracker Invitational (LCM)

### Kentucky

- <http://www.kylmsc.org/meetinfo.html>
- January 29: Bowling Green, KY
  - April 9-10: Lexington, KY

### Lake Erie

- January 29: Lakewood, OH
- March 4-5: Wooster, OH

### Ohio

- <http://www.ohiolmsc.org/upcoming.html>
- February 11: Oxford, OH
  - March 11: Milford
  - April 1: Columbus
  - April 1-2: State Championships at OSU

### National Meets

- May 11-14: USMS SCY Nationals at Coral Springs, FL
- May 18-21: YMCA Nationals at Fort Lauderdale
- July 15-22: Gay Games at UIC
- August 4-10: World Championships at Stanford

### Long Distance Swims

- 2005 30 Minute Fitness Challenge ends 12/31/05
- 2005 Fitness Check-off Challenge ends 12/31/05
- January 1-31: One Hour Postal
- July 15: 2 mile Cable Championships in Charlottesville, VA
- July 29: 1 mile Open Water USMS Championship in Cleveland, OH
- August 12: USMS 10K National Championships in Fort Collins, CO
- September 9: USMS 5K National Championships in Chicago
- May 15-September 15: 5000/10000 Meter Postal Championships
- September 15-November 15: 3000/6000 Yard Postal Championships

## THE COOL DOWN Miscellaneous items from Rebecca Keller

Thomas Maine continues his national record breaking binge this fall with new marks set in the 100 meter fly and 200 meter fly (1:49.51 and 3:57.51 respectively). Congratulations Tom!

The team listings are now all in one place as part of the USMS website. There is a link from our [ilmsa.com](http://ilmsa.com) website (under Places to Swim). Check out your team's contact info to see if it is up to date. If you want to add a team or make changes, you can do so with a few clicks.

The SCY records have been diligently updated by Joe Mageira. They are now available for your viewing on our website at [ilmsa.com](http://ilmsa.com). Thanks for all your hard work Joe!

The minutes from our October meeting as well as the 2006 budget are also available on our website. Please contact Rebecca at (847)658-1551 if you would like a copy mailed to you.

The Foglia YMCA in Lake Zurich is looking for a Masters swim coach for practices at 5:30-7 a.m. Monday, Wednesday, and Fridays. Contact Bonnie Caputo at [Bonnie.Caputo@ymcachgo.org](mailto:Bonnie.Caputo@ymcachgo.org) or (847)410-5371 for more information.

New City YMCA is looking for a Masters swim coach to lead its 20-plus member team. Practices are Tuesday and Thursday from 7:30 - 9:00 PM and Sunday from 10:30 - 12:00 PM. Contact Andrea Martinez at (312)440-2423 for more information.

## ILMSA BOARD MEMBERS

### President:

Nadine KM Day  
21882 N 1400 East Rd  
Danville, IL 61834  
cell: 217-304-3395  
home: 217-431-8396  
e-mail: NDAYPT@aol.com  
contactPresident@cmsaswimming.org

### Vice President

Chris Colburn  
234 S West St  
Naperville, IL, 60540-5231  
630-865-9645  
contactVicePresident@cmsaswimming.org

### Secretary

Rebecca Keller  
19 Circle Dr.  
Algonquin, IL 60102  
847-658-1551  
contactsecretary@cmsaswimming.org

### Treasurer/Legal Chair

Barbara Delanois  
800 Oak St. PO Box 344  
Danville, IL 61832  
217-446-5255 (WK)  
Fax: 217-446-7570  
contacttreasurer@cmsaswimming.org

### Registrar

Marcia Cleveland  
847-446-5142  
contactmembership@cmsaswimming.org

### Information Database of Membership

Greg Weber  
847-223-8408  
847-268-6514 (WK)  
contactmembership@cmsaswimming.org

### Financial Chair

Phil Dodson  
815 Linden Ave  
Wilmette, IL 60091  
contactFinance@cmsaswimming.org

### Officials Representative

Rich Mueller  
1783 Suzy Street  
Sandwich, IL 60548  
815-498-9583  
fax: 815498-9583

### Team Illinois Masters

(not a board member)  
President  
Andrea Block  
1538 Darthmouth Ln  
Deerfield, IL 60015  
847-317-0013  
contactIMPresident@cmsaswimming.org

## RECENTLY ELECTED USMS OFFICERS

President: Rob Copeland

Secretary: Meg Smath

Vice-Presidents: Leo Letendre (National Operations), Julie Heather (Local Operations), Mark Gill (Member Services), Michael Heather (Community Service)

Treasurer: Tom Boak



## EVANSTON EARLY BIRD By Alex Helfers



**One of the Evanston Masters' many relays, displaying the latest line of fastskin caps from Speedo**

Evanston Masters kicked off the short course yards season with its Early Bird meet on Dec.4. As the picture above suggests, it was a great chance to get back into the race mode without taking things too seriously. As usual, Evanston brought their entire group to the meet, which (like the Hurricane season this year) was so large that they exhausted the English alphabet and had to turn to Greek to name some of their relays. In all seriousness, though, I do believe that I heard somebody announce an Evanston "F" relay. That's a lot of relays.

The Evanston Township high school pool is always a great place to swim a meet, but it was even better this year with the

addition of a new timing system and display. The electronic scoreboard now shows swimmers' splits during relays and individual races, making the conventional stopwatch obsolete. Actually, I might argue that using a stopwatch to time swimmers during a meet became an obsolete practice a long time ago (since you can always get exact splits from any digital scoreboard) but several coaches I've had would probably disagree. I mean, why get exact splits when you can be way off with your stopwatch? I had one coach that was so bad about taking splits that we swore he was just making them up. Looking back now, I have come to realize that he probably was.

Ok, back to Evanston. This year's meet, as always, was a great place to get the season going and see some friendly faces from other teams. The meet ran very quickly thanks to great work by volunteers and officials. Most events were run in mixed format, and the final event was wrapped up by noon. Leaving a meet on Sunday morning knowing that most of your friends are STILL not out of bed is definitely a good feeling...

Thanks Evanston, and here's to hoping for many more meets in the future!

# Central Masters Swimming Association-Consolidated Entry Card

Name \_\_\_\_\_ Male Female

USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Club: \_\_\_\_\_ Subgroup (Team): \_\_\_\_\_

Meet: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

USMS rules limit a swimmer to no more than 5 individual events per day.

EVENT #:	EVENT	SEED TIME:
_____	_____	____:____.____
_____	_____	____:____.____
_____	_____	____:____.____
_____	_____	____:____.____
_____	_____	____:____.____

No of events: \_\_\_\_\_ x \$ \_\_\_\_\_ = \_\_\_\_\_

Surcharge: \_\_\_\_\_ = \_\_\_\_\_

TOTAL: \_\_\_\_\_ = \_\_\_\_\_

**Make checks payable to & mail to the address specified on the Meet Information Sheet.**

**PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card) or entries postmarked after the due date MAY BE REJECTED.**

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, AND ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please sign: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Emergency Contact/Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

**ATTACH A COPY of your USMS CARD**

# Central Illinois Masters 2006 Spring Classic

Illinois Wesleyan University  
Bloomington, Illinois

We welcome everyone to the 2006 Spring Classic located in Central Illinois! We're approximately 2 hours South of Chicago and 2 ½ hours North of St. Louis. A fun road trip for most of our swimmers and a home meet for our local team! **Our pool has been measured so times will be submitted for 2006 top ten and records recognition.**

**Date:** Sunday – March 5, 2006

**Time:** 9:00 A.M. Warm-ups, 10:00 A.M. Start

**Facility:** Illinois Wesleyan University's Fort Natatorium is located at 302 East Emerson Street in Bloomington. The pool is an eight lane 25 yard, L -shaped pool. It is equipped with a Colorado Electronic Timing System and score board, non-turbulent double lane markers, trench gutters and a Tarn-Pure filter system. During the meet there will be room in the diving end for warm-up and warm-down.

**Sanction:** Sanction by ILMSA for USMS, Inc. #216-001

**Eligibility:** A 2006 USMS registration number is required. You will not be allowed to swim until we have a 2006 registration on file, please send a copy with your meet entry.  
**Entry Fees:** \$3.50 per event in advance. \$4.50 per event deck entered.

#### Order of Events

- |               |                 |                     |
|---------------|-----------------|---------------------|
| 1. 100 IM     | 6. 200 open     | 10. 100 back        |
| 2. 1000 free  | 10 minute break | 11. 100 free        |
| 3. 100 breast | 7. 50 free      | 10 minute break     |
| 4. 100 fly    | 8. 50 breast    | 12. 500/400 free/IM |
| 5. 50 back    | 9. 50 fly       |                     |

**Entry Deadline:** Entries should be received by March 1st. Deck entries will be available, but we recommend that you enter in advance.

Mail entry form and **check payable to Central Illinois Masters** to: Dave Gibson, 2 Raspberry Rd, Bloomington IL, 61704

**Questions:** May be directed to the Meet Director: Dave Gibson (309) 663-4019 or email: [dave.gibson3@verizon.net](mailto:dave.gibson3@verizon.net)

**Concessions:** A concession table will be provided and stocked by the host team for the eating enjoyment of participating swimmers and their families.

**Directions:** From **Chicago** – I55 South to Route 51 South. Left on Emerson. Pool located on the left 1 block off of Route 51. From **St. Louis** – I55 North to Route 51 South (exit in Normal, North of the cities). Left on Emerson. Follow the signs to Illinois Wesleyan. NOTE: You'll drive through the ISU campus, keep going South on Route 51.

# 2006 MONSTER MADDNESS DISTANCE SWIM

at

**Naperville North Highschool**

899 N. Mill St.

Naperville, IL

Please enter through door #23

Sanctioned by Illinois Masters Swimming Association for USMS, Inc.

Sanction #216-006



Join the the Naperville Waves Swim Club in a fun morning of distance swimming. We will be offering fun, prizes and the opportunity to test yourself at one of the following distances. The interval for all swimmers will be 1:40, you pick the distance.

100 X 100 = 10,000 Yards

100 X 75 = 7,500 Yards

100 X 50 = 5,000 Yards

**Date:** Sunday February 12, 2006, 9:00 am. Please arrive by 8:45am

**Entry Fee:** \$20.00. Make checks payable to Naperville Waves Swim Club  
All swimmers must be USMS registered or will need to purchase a one day USMS registration for \$15

**Deadline:** February 10, 2006.  
Please note the distance you plan to swim on your entry

Mail Entries to:  
Chris Hagenbaumer  
443 Waterbury Ct.  
Naperville, IL 60565

**Questions:** Email Sue: [coachsuel@aol.com](mailto:coachsuel@aol.com) or  
Chris: [ct\\_hagen@comcast.net](mailto:ct_hagen@comcast.net)

# Fourth Annual North Star Classic

SUNDAY, March 19, 2006

Hosted by St. Charles North / St. Charles Swim Team

Sanction Number #216-003S

<b>Time</b>	Warm-up 7AM – 8AM. 500 Free competition begins 8AM, other events begin at 9AM
<b>Location</b>	St. Charles North High School, 255 Red Gate Rd., St. Charles, IL 60175.
<b>Facility</b>	8 lane, 25 yard pool / Automatic timing, Watches / Lane 7 will be a buffer lane and Lane 8 will be warm down area.
<b>Eligibility</b>	2006 USMS Registration Number required – NO EXCEPTIONS. <u>In accordance with USMS rules, a photocopy of the registration card must be provided with your entry.</u> Individuals without a valid 2004 USMS card will be expected to register for USMS on-deck before being allowed to participate.
<b>Meet Conduct</b>	2006 USMS Rules will govern conduct of this meet. Our facility has been measured in all competition lanes as required by 2004 USMS rules for TOP TEN and records recognition.
<b>Entry Fees</b>	\$3.50 per Individual Event / \$4 Relay / \$4.50 for deck entries – Maximum of 5 individual events. If swimming the 500, select an alternate event. The first 36 people will be entered into the 500. For notification of the 500, please fill in e-mail address.
<b>Seeding</b>	Heats will run slowest to fastest regardless of age or sex. Relays in ten year age increments. Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to the Meet Director and Referee. Swimmers without seed times may be placed in the slowest heats/
<b>Awards</b>	Individual & Relay ribbons given in each age group for places 1-3.
<b>Scoring</b>	Individual 7-5-4-3-2-1, Relays 14-10-8-6-4-2
<b>Meet Director</b>	Rob Rooney (630) 443-5710 – or – <a href="mailto:rrooney@d303.org">rrooney@d303.org</a>

## CHECK PAYABLE TO ST. CHARLES NORTH SWIMMING

Individual entries and fees must be received no later than Saturday, March 5<sup>th</sup>, 2005  
send to Rob Rooney, 1010 South 2<sup>nd</sup> St., St. Charles, IL, 60174.

## Order of Events

1	MIXED 500 Free (6 heats, 36 people max)	14	200 Medley Relay-MIXED
2	Women's 100 Individual Medley	15	Women's 50 Butterfly
3	Men's 100 Individual Medley	16	Men's 50 Butterfly
4	Women's 100 Butterfly	17	Women's 100 Breaststroke
5	Men's 100 Butterfly	18	Men's 100 Breaststroke
6	Women's 50 Breaststroke	19	Women's 50 Backstroke
7	Men's 50 Breaststroke	20	Men's 50 Backstroke
8	Women's 200 Freestyle	21	Women's 100 Freestyle
9	Men's 200 Freestyle	22	Men's 100 Freestyle
10	Women's 100 Backstroke	23	200 Free Relay-MIXED
11	Men's 100 Backstroke	24	Women's 200 Individual Medley
12	Women's 50 Free	25	Men's 200 Individual Medley
13	Men's 50 Free		

**Directions** From the northeast: Take 90 West and exit Route 31 south (left). Travel south on Route 31. (approx. 12 miles) to Red Gate Rd. Turn right. School is on the southwest corner of Rt. 31 and Red Gate Road. Enter Door 1.

From the southeast: Take I-88 West and exit Farnsworth north (right). Travel north on Farnsworth/Kirk Rd. (approx. 12 miles). Take Rt. 64 west (left). Take Rt. 31 north (right). School will be approximately 3 miles on the left at the corner of Rt. 31 and Red Gate Road. Enter Door 1.

**St Charles Masters - Swim Meet**  
**Norris Recreation Center @ St. Charles East High School**  
**Sunday February 5, 2006**

Sanction by St Charles Masters for USMS, Inc Sanction 216-002S  
Hosted by St Charles East HS 94 - 99 State Champion Girls Swim Team

Warm-up: 7:00 - 8:00am  
500/400 IM Competition begins at 8:00am.  
Other events no earlier than 9:00am

Event	1. 500/400 IM - MIXED	17. Women's 100 Breast
	3. Women's 100 IM	18. Men's 100 Breast
	4. Men's 100 IM	19. Women's 50 Free
	5. Women's 100 Fly	20. Men's 50 Free
	6. Men's 100 Fly	21. Women's 200 Free Relay
	7. Women's 50 Breast	22. Men's 200 Free Relay
	8. Men's 50 Breast	23. Women's 100 Back
	9. Women's 200 Medley Relay	24. Men's 100 Back
	10. Men's 200 Medley Relay	25. Women's 50 Fly
	11. Women's 100 Free	26. Men's 50 Fly
	12. Men's 100 Free	27. Women's 200 Free
	13. Women's 50 Back	28. Men's 200 Free
	14. Men's 50 Back	29. 200 MIXED Medley Relay
	15. 200 MIXED Free Relay	31. 200 IM MIXED

**ENTRY LIMIT:** 5 events plus relays. 500/400 IM will be run in both pools. We will minimize the use of the shallow end to allow for warm-up and warm-down. The shallow end will only have watch times.

**FEES:** \$3.50 per individual event (\$4.50 deck entry with "No Time" creating additional heats), \$5.00 relay. If you want a paper copy of the Results add \$1.00 to the total (results will be posted on the Internet). Make checks payable to:

**St Charles East Girls High School Swimming & Diving.**

**ADVANCED ENTRY:** Send your individual entries including fees **NO later than Friday January 27, 2006** to:

**Doug Long**  
53 Stirrup Cup Ct.  
St Charles, IL 60174

**Evening Phone:** (630) 513-7443  
**Day Phone:** (630) 859-4294  
**E-Mail:** [long\\_douglas\\_d@cat.com](mailto:long_douglas_d@cat.com)  
**E-Mail:** [dsaslong@sbcglobal.net](mailto:dsaslong@sbcglobal.net)

Deck entries will be taken until 8:30am the day of the meet (have money and **USMS card available**). Relay entries will be accepted until 9:30am, the day of the meet.

**LOCATION:** Norris Recreation Center @ St Charles High School 1050 Dunham Rd, St Charles, IL  
2 blocks north of Rt 64 on Dunham Rd.

**FACILITY:** 50m six lane pool divided into 2 - 25yd pools (competition in the deep end and warm-up, warm down in the shallow end) with anti-turbulent lane lines. Automatic timing and watches. Our facility will not be measured so swims will not be eligible for Top 10.  
Ample parking & food.

**SEEDING:** Heats will be run slowest to fastest, regardless of age or sex. Relays in 10 year age increments.

**AWARDS:** Individual and relay ribbons for 1st, 2nd and 3rd places. Trophies for the 1st, 2nd & 3rd place teams.

# ILMSA



19 Circle Drive  
Algonquin, IL 60102