

## Chat From the Chair

Nadine KM Day, ILMSA Chair

Thank you for having confidence in me and the other officers recently re-elected to another term to serve Illinois Masters Swimming. The new term will begin on June 1, 2007. Welcome, **Heather Howland**, from the *Wellness Center Seadogs*, as our new Secretary. Our Executive Committee is comprised of: Chair-**Nadine Day** (*Central Illinois Masters*), **Chris Colburn**—Vice Chair (*Academy Bullets*), **Barb Delanois**—Treasurer (*Evanston*), and **Greg Weber** (*Registrar*) Libertyville.

Having a diverse group of individuals helps us make the best decisions for Illinois. We all serve Illinois Masters Swimming on a volunteer basis. If you have a hobby or occupation in graphic design, advertising, sponsorship, or web design, and would like to help please contact anyone on the Executive Committee. We have a strong core group of people that volunteer frequently, but with our membership over 1,000 strong, there is a place for everyone that wants to volunteer. We have a variety of committees including: Fitness, Long Distance, Competition, Communications, Registrations, Records and Awards, and a new committee, History.

We want to know how and when Masters Swimming started in Illinois. We are trying to discover the history of Illinois Masters Swimming. Did you know that the first State Championships were held April 9-10, 1971 at Western Illinois University in Macomb, Illinois? There were 16 swimmers and 5 teams: Western Illinois, Champaign, IL; Washington Univ-St. Louis; Deerfield, IL; and Indiana.

Now three decades later, the Illinois State meet that we just had at University of Illinois-Chicago campus. There were over 400 swimmers. Some swimmers swam in their first meet others are seasoned veterans. We saw great competition in every age group. National and State records were broken. Congratulations to all who participated. Much of the success of the meet goes to the hosts, Chicago Masters and Evanston Masters. Thank you everyone for making a very fun, exciting and successful meet!

*Let's keep the success of Illinois Masters Swimming going!*

Keep on swimming...Swimming for Life



# Evanston Masters — Wild Catfish

## 25 Years and Going Strong

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We have been around for a long while now. We were initially founded in February 1982 by two coaches and twenty members. We now have a full twenty-five years under our belt and have been wildly successful for a long time winning the State Short Course meet twenty-three out of those twenty-five years and having a great time doing it.

We now number over 100 strong with a variety of skill levels and backgrounds. We still have four of the original founding members swimming and competing with the team. We have stayed together for so long and been successful because the people of this team share the common goals of fun and fitness, fun is the main goal of this team. The past president that recruited me to Evanston Masters once told me that “we are social club with a swimming problem” and that is still a very true statement.

Evanston Masters is as much about the excellent swimming at all levels developed and maintained by our great Coaching staff as it is about the camaraderie and fun that we share both in and out of the pool. This team stays together because our members train hard in the pool and have so much fun out of the pool. Sure, we have regular workouts both during the long course season in the summer and short course in the fall and winter but we also have parties and social events for every occasion.

Here is a glimpse of what it is like to be a Wild Catfish. We are a member of ILMISA so our season is much the same as a number of masters groups. We swim long course outside in a 9-lane 50-meter pool in the summer from June until September and then move indoors from October through April for the short course.

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## Looking for Summer Meet hosts

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Now, the weather is warm and sunny, summertime is here. It's time to swim outside. I know that some Illinois swimmers are already swimming in Lake Michigan. Typically, summer is for long course meters and open water. However, you can always host a short course yards or short course meters meet.

Contact Leslee Vittone:

[sanctions AT ilmsa DOT com](mailto:sanctions@ilmsa.com)

if you are interested.





Our first summer party is the annual beach bash held at a member's summer house on the shores of Lake Michigan with grilling, drinking and camping out. We also managed to get up to Ravinia last summer to enjoy some fun with the B-52s. In addition to the parties, we have several members that join forces with ILSMA and swim at Nationals and Y Nationals. We don't stop with standard swimming events as we have a number of people that work to raise a lot of money and participate at the annual swim across America event to benefit lung cancer research, Evanston's effort is spearheaded by **Phil Dodson**. We usually finish the summer season off by sending a strong contingent of swimmers to the Annual Big Shoulders event as well as a number of triathlon events.

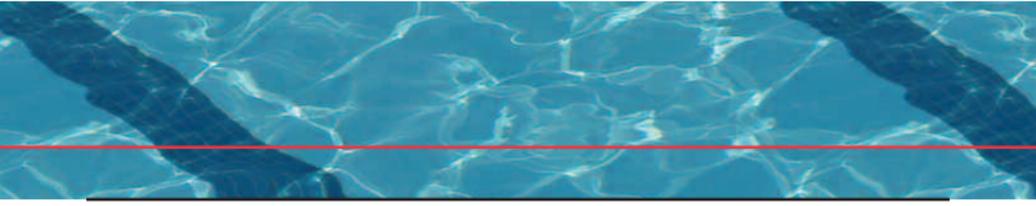
We take a short break and then we head inside for the beginning of the short course season in October, which means continued coaching, swim meets and lots of social events. Our season of social events kicks off with the Annual New Members Halloween Party. We had a great turn out with some very scary costumes (not one Speedo), great food, and décor. We figure if our new members show up to this and aren't scared away, they're hooked. We follow this up with our annual Holiday party in December. Santa Claus was on hand to give presents to all of the good Catfish. The only catch was you had to sit on his lap, can you imagine Santa Clause in a bright red Speedo, what a sight! Then in February, we have our annual Anniversary Party held at the home of one of our founders, **Steve Mullins**. It was a little extra special this year as we Celebrated 25 years as a team. We had a great turn out and I can still hear the Champaign corks going off.



## Recognition for your Team/Club Members

We know that many of you volunteer and do a great job with your team/club. Please let us know about any news, team/club awards, recognitions, and any announcements. We will post it in the ILSMA monthly announcements, on the ILSMA website, or in the newsletter.

Contact Nadine Day: [nday@usms.org](mailto:nday@usms.org)



In addition to the social events, we still find time to train hard and get ready for the long season and meets. Since we are so big and have such a diversity of swimmers from beginners to collegiate athletes. We get the short course season rolling with an Intra-squad meet in early November that gets people comfortable in a race situations and acquaints swimmers from different skill levels that would not normally swim together. We also make sure that there are plenty of meet opportunities for our members as well as the rest of ILMISA by hosting meets in December and January. I hope you will agree that these meets are well run, smooth, and organized. The thanks for that can go to our Head Coach, **Heidi Toft** and our great Meet Committee, **Nell Cunningham** and **Boyd Black**. In the midst of all of this, we have the annual 100 x 100's workout to start the New Year. We had about 15 people swim the entire 10,000 yards this year, ouch!

Since we are a committed member of ILMISA, we make sure that our team attends 2-3 other meets during the course of the season. We want to make sure our members are comfortable in race situations and it also helps to support other teams around the area. During meets and practice we usually video tape a number of our swimmers since we have video night with plenty of carb loading (pizza and beer) to critique stroke mechanics in an alternative learning environment.

The short course season culminates with the annual state championship meet. We paired up with **Chicago Masters** and took on the sponsorship of this great endeavor again. It was a great four days of swimming. I hope you will agree that this meet

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## Announcements:

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USMS hires new Executive Director:

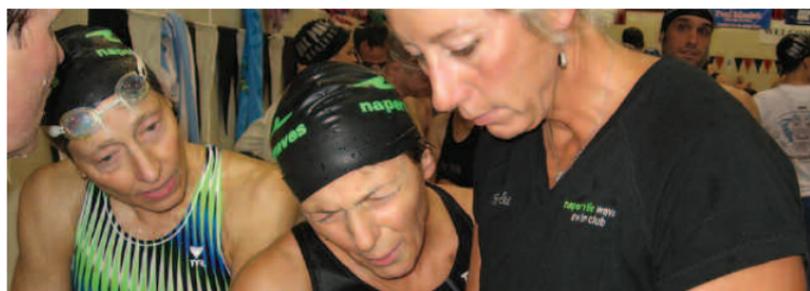
**Todd Smith** of Indianapolis, IN

USA/IL Swimming hires new Executive Director:

**Peter Kozura**

IL Swimming:

**Jennifer Ridge** elected on BOD—Safety Coordinator



is the highlight of the season with an opportunity to swim a lot of events you might not otherwise consider or attempt. The best part of this meet is a lot of the money raised by the meet goes to support the volunteer organizations, which help us run the meet like the UIC swim team and the Evanston WSO (a local youth swimming organization). I cannot thank everyone that makes this meet happen enough but **Paul Moniak, Kevin Auger** and Heidi Toft put a lot of time and effort into running this meet. In addition to them, there are tons of volunteers and a special meet committee from both teams, which make this a smooth well run event.

That is a short synopsis of what it's like to be a Wild Catfish. To end the short course season we have a final team banquet, held at a local establishment on Sunday after the State Meet ends. This year was very special as we celebrated another state meet championship in addition to a great 25 years of swimming. These are just some of the reasons we have been around for so many years and our members have so much fun. During the speeches and awards, I think our own Carol Taggart (a founding member) summed up being a Catfish best, "You are all like my second family". No amount of statistics or awards can be a better foundation for a long lasting, successful group. *Long Live the Wild Catfish!*

If you are interested come see a glimpse of our team at <http://www.evmasters.org>.





After a lot of fast swimming on Saturday 21, 2007, a few awards were handed out to some very deserving individuals. Recipients include Rich Mueller and Paul Moniak. Included below is a speech written by Jennie Quill for Rich. The application sent in to nominate Paul Moniak is on page 9, a special full page section of this newsletter. I hope this gives you some insight to a few outstanding members of ILSMA.

## **Deadline for ILSMA convention delegate is June 15, 2007.**

USMS Convention is where ALL LMSC representatives come together in one location to elect USMS board members and officers; legislate USMS rules, administration and regulations; review and approve finances; select National Championships and develop and plan for new Masters swimming programs and activities.

Our representatives from ILSMA attend various meetings and workshops all day for 3 days, assist in formulating and carrying out USMS administrative and activity programs and gather information to bring back for members in ILSMA. We will use our combined experience from convention to better communicate and govern ILSMA and promote fitness in Masters swimming.

If you are interested, please email, mail or fax me:

- Your bio
- Current positions in ILSMA and/or contributions
- Past positions in ILSMA and/or contributions
- What contributions will you make to ILSMA next year,
- What goals do you have for promoting ILSMA?

Our focus is to promote Masters Swimming in Illinois, independent of one's affiliation to any club or team.

For more information on previous conventions: Go to the USMS website: <http://www.usms.org/admin/conv/>

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# Introductory Speech for Rich Mueller's ILMSA Service Award

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April 21, 2007 ILMSA Annual Meeting UIC

Many of us have been involved with swimming for a long time, through age group swimming and now Masters. In our younger years, we primarily hung out with other swimmers, but now as adults we realize that there are many components that go into making a swim meet happen.

The ILMSA Service Award Recipient this year is one of these people who make our Masters meets run so well.

For 24 years, he has been a mainstay in our USMS organization and in many other swim organizations (YMCA, High School, NCAA, Park District). His superb officiating always aims to keep our athletes well-informed, educated, and up on the current USMS rules. Since he first joined Illinois Masters in 1983, he has been actively refereeing at most ILMSA meets. In 1985, he began as Chair of the ILMSA Officials Committee, and never looked back. He personally designed, wrote, and published the Official Certification Program, and now regularly updates it.

During this time, he also wrote, published, and mailed the ILMSA newsletter 3 to 4 times a year up until the time he retired from his own printing business in 2001.

Besides his involvement in USMS, this year's recipient has been a swimming official since 1968 (raise your hand if you were not born in 1968!), serving in the capacity of head referee, starter, stroke and turn judge, and timing operator for the AAU, USA-S, High School, NCAA, NAIA, and YMCA organizations.

Along the way, our recipient has picked up several awards, including most recently the nationally acclaimed "Rogers" Award for excellence in officiating service to the YMCA. He will receive this award in April 2008 in Fort Lauderdale.

He gets involved in whatever he participates in, lending his extensive knowledge and experience to all of us.

I am happy to award this year's Illinois Masters Swimming Service Award to Rich Mueller.



Read the application sent in to nominate Paul Moniak on page 9, a special full page section of this newsletter.



## Team Illinois Masters Take 6th Overall At USMS Short Course Nationals

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A small but mighty contingency of Team Illinois Masters (TIM) proved that less is more this spring in Federal Way, Washington. 29 TIM swimmers combined to place 6th out of 142 teams in the combined team scores at the 2007 USMS Short Course Nationals. TIM women placed an impressive 4th out of 99 while the men grabbed the 14th spot out of 115. The meet proved to be extremely fast with over 70 USMS national record-breaking performances! Many TIM swimmers placed in the top 10 of their respective age groups and broke various Illinois State records on the way. TIM also had numerous USMS National champions. Top Ten finishers included Kyle Jackson, John Javorski, Alex Helfers, Bill Shipley, Chad Morris, Mark Mattson, Mark Royko, Jim Rowland, John Morrison, Karla Bailey, Marifaith Schweitzer, Susan Schweitzer, Andrea Block, Jennie Quill, Karlyn Pipes-Nielsen, Laurel Liberty, Laura Kozlowski, Allison Lloyd, Kristina Paulsen, Jolene Zywica, Karen Scoobie, Ruben Figures, Nicole Kothe, Carrie Haberstich, Sue Haney and Rae Salus.

Congratulations to all Team Illinois Masters swimmers for representing our great swimming state with such integrity and style.

For detailed meet results, check out <http://www.usms.org/comp/scnats07/results/>.

### ILMSA Committee Chairs

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Fitness:

**Elizabeth Kooy**

[eakooy AT hotmail DOT com](mailto:eakooy@hotmail.com)

Competition, Sanctions:

**Leslee Vittone**

[sanctions AT ilmsa DOT com](mailto:sanctions@ilmsa.com)

Long Distance:

**Dave Sebastian**

[davesabastian AT msn DOT com](mailto:davesabastian@msn.com)

Newsletter Design:

**Chad Manbeck**

[manbeck AT sbcglobal DOT net](mailto:manbeck@sbcglobal.net)

Officials:

**Rich Mueller**

Coaches:

**Sue Welker**

[peakbody AT hotmail DOT com](mailto:peakbody@hotmail.com)

Records and Tabulations:

**Joe Magiera**

[joemagiera AT ameritech DOT net](mailto:joemagiera@ameritech.net)

Finance Chair:

**Phil Dodson**

[myfavcpa AT aol DOT com](mailto:myfavcpa@aol.com)

### Executive Committee

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Chair:

**Nadine KM Day**

[president AT ilmsa DOT com](mailto:president@ilmsa.com)

Vice Chair/Webmaster:

**Chris Colburn**

[vp AT ilmsa DOT com](mailto:vp@ilmsa.com)

Secretary/Newsletter Editor:

**Heather Howland**

[secretary AT ilmsa DOT com](mailto:secretary@ilmsa.com)

Treasurer/Legal:

**Barbara Delanois**

[treasurer AT ilmsa DOT com](mailto:treasurer@ilmsa.com)

Registrar:

**Greg Weber:**

[registrar AT ILMSA DOT com](mailto:registrar@ilmsa.com)

## ILMSA Coach of the Year Nomination Form

(Please print or type legibly)

Coach nominated: **Paul Moniak** Club affiliation: **Chicago Masters**  
Nominated by: **The entire Chicago Masters Swim Team as a group**  
Club contact: **Carl Saxton**  
Address: **310 S. Lathrop Ave #608, Forest Park, IL, 60130**  
Phone: **708-366-3425** E-mail: **carlsaxton@sbcglobal.net**

1. Team Accomplishments:  
Club size: 83 members

Club participation and results at swim meets, open water/postal events, nationals, etc. Many members participate at USMS meets throughout the year. Chicago Masters is the main coordinator for Big Shoulders, which has been put on for nineteen years now and is also periodically selected as the USMS 2.5K and 5K open water swim, and the team participation is tremendous. We have actively put together several Swim-Across-America teams in each of the past few years. Additionally, we have also co-hosted the ILMSA State Meet at our facility the past three years.

### USMS National Records set

Jennifer Ridge, W35-39, 100 SCY Backstroke  
Jennifer Ridge, X35+ 800 SCY Freestyle Relay  
Bill Mulliken, M65-69, 100 LCM Breaststroke  
George Wendt, M55-59, 1500 LCM Freestyle  
George Wendt, M55-59, 1650 SCY Freestyle  
George Wendt, M55-59, 400 SCY IM  
George Wendt, X55+ 400 SCY 400 Freestyle Relay  
George Wendt, X55+ 400 Medley Relay  
George Wendt, X55+ 800 Freestyle Relay

### USMS All Americans swimmers

George Wendt	Sam Kooistra (Olympian)	Bill Mulliken (Olympian)
Bob Young	Jennifer Ridge	Steve Hartsock

### USMS Top 10 ranked swimmers

Peggy Dempsey	Steve Hartsock	Jennifer Ridge
Charles Groen	Bill Mulliken (Olympian)	Steve Pala
Scott Reeves	Carl Saxton	
George Wendt	Bob Young	
John Strange	Sam Kooistra (Olympian)	



2. Contributions to ILMSA (Meets & Clinics hosted):

- ✓ Big Shoulders – This is an annual event, now in its nineteenth year. Consistently selected as the USMS 2.5k or 5k open water national swim event. Most recently 2006, 5k open water national championship.
- ✓ CMSA State Meet 2005 – Meet Director
- ✓ ILMSA State Meet 2006 – Meet Director
- ✓ ILMSA State Meet 2007 – Meet Director
- ✓ Coordinated the Toyota Masters Swim Clinic that was co-hosted by Olympians Dara Torres & Rowdy Gaines

# The Ed and Ruth Shea Challenge Classic Annual LC Swim Meet

Sunday, July 15, 2007 – Hosted by the Saluki Masters Swim Club, Carbondale, IL

Sanctioned by ILMSA for USMS, Inc. #217-002

**TIME:** Warm-up and registration – 10am; Meet starts at 11am; Est. finish – 3:30pm (Amtrak for Chicago leaves 4:05)

**LOCATION:** Southern Ill. Univ., Student Recreation Center, Dr. Ed Shea Natatorium, 400 E. Grand Ave., Carbondale, IL. Ample motel accommodations. Convenient daily Amtrak train service from Chicago, transport to/from station upon request.

**FACILITY:** 50 meter indoor pool, ten lanes (two lanes will be used for warm-up/cool down during the competition), non-turbulent lane lines and electronic timing and display. OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY 2007 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION. Ample locker room space and plenty of parking on north side of building. If arriving on Saturday (7/14) and you desire to swim in the competition pool, notify Meet Director prior to 7/14.

**ELIGIBILITY:** USMS designated age groups 18+ apply. Current registration with USMS required. Applications for those not already registered with USMS will be available at the sign-up desk. **A photocopy of your USMS card must be provided with your signed entry.** Per USMS/FINA rules in long course meets your age as of December 31, 2007 determines your age group for the meet. **Each event entered must have a seed time (actual or estimated).** The ILMSA “Consolidated Entry Card” is to be used for designating events entered and seed times. Download the Consolidated Entry Card from <http://ilmsa.com/competition/upcoming>. **The entry card must be signed and dated.**

**MEET CONDUCT:** 2007 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to 5 events, plus relays. Competitors attempting records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

**CHECK-IN, WARM-UP AND AWARDS:** Entry to facility and warm-ups start at 10am. **All competitors must check-in or register before 10:40am.** Two lanes will be used for warm-up/cool-down during the competition. There will be designated sprint lanes for block starting dive practice. T-shirt for Challenge event entry and ribbon awards for regular entry.

Order of Events (Seed Time Required, Actual or Estimated)			
1	200m Fly	12	200m Breast
2	50m Breast	13	50m Back
3	200/400m Med. Relay	14	100m Fly
4	200/400m Mix Fr Relay	15	200/400m Free Relay
5	400m Free	16	200/400m Mixed Med. Relay
6	100m Breast	17	100m IM (Novelty Event)
7	200m Back	18	400m IM
8	50m Fly	19	100m Back
9	200m IM	20	50m Free
10	100m Free	21	800m Free
11	200m Free	22	1500m Free

**Challenge Events:**  
(Combined Time for 5 Events)  
**Sprint NoBrainer**  
Must enter  
Event #'s 2,8,13,17, 20  
**Ironswimmer Glutton**  
Must Enter  
Event #'s 1,7,12,18,22  
  
If entering one of these  
Challenge events, please  
indicate T-Shirt Size and which  
Challenge event on  
Consolidated Entry Card:  
Med Lg XL

Checks payable to: **Saluki Masters Swim Club**  
Mail **SIGNED** entry card, check and copy of USMS  
card to:

**Clay Kolar, Meet Director**  
**620 Sheppard Lane**  
**Makanda, IL 62958**

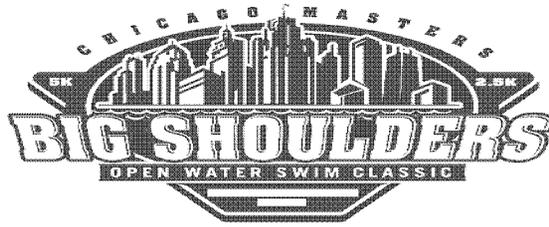
**Preregistration must be received by July 7, 2007.**  
Entries received after 7/7 must pay deck entry amount.

**Entry questions? Clay Kolar: 618-457-4627**

**E-mail: bjkcak@hotmail.com**

### Entry Fee Amounts (choose one)

Preregistration Regular Entry	\$15.00
Preregistration Saluki Challenge Event Entry (T-Shirt included)	\$20.00
Late Registration Regular Deck Entry	\$20.00
Late Registration Challenge Deck Entry	\$30.00
No extra fees for relays	



**17<sup>th</sup> ANNUAL CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K  
OPEN WATER LONG DISTANCE SWIM CLASSIC  
Saturday, September 8, 2007, 8:00 a.m. at Ohio Street Beach, Chicago  
Sanctioned by Illinois Masters Swimming Association for USMS, Inc. (#217-015)**

**TIME:** 8:00 A.M. start for first wave of 5K Swim; 8:15 A.M. start for first wave of 2.5K Swim. Check-in for both events begins at 6:45 A.M. Course Briefing at 7:45 A.M. Waves seeded by age and distance. Wetsuits and entries received after Sept. 4 will be in a separate heat.

**COURSE:** Triangular course; marked both by buoys and lifeguards in row boats. One lap around course is 2.5K, twice around is 5K. (See map on reverse.) Water temps have varied between 65-80°F (it's a big lake).

**PARKING:** Discounted Parking is available at Navy Pier. Bring your parking stub to the registration table for a validation stamp.

**QUESTIONS?** Check out [www.bigshoulders.org](http://www.bigshoulders.org), call Scott at 630-408-8884, or email Chris at [chris@bigshoulders.org](mailto:chris@bigshoulders.org).

**ONLINE REGISTRATION:** Register for the race online at [www.signmeup.com/bigshoulders](http://www.signmeup.com/bigshoulders).

**USMS REGISTRATION:** You must attach a legible copy of your current U.S. Masters Swimming card, or a completed one day membership application with your entry form. Cost for an annual membership is \$34.00, and a one day membership is \$15.00. App. forms are available at [www.bigshoulders.org](http://www.bigshoulders.org).

**RACE DAY ENTRIES:** Race Day Entries Will Be Permitted, But You Must Bring Your USMS Registration Card And Pay The \$65.00 Late Entry Fee. No One-Event USMS registrations will be permitted on race day.

**ENTRY FEE:** \$50.00 if received by 8/29/2007; \$65.00 from 8/30/2007 to day of race. **Make check payable to CHICAGO MASTERS SWIM CLUB. NO REFUNDS WILL BE GIVEN FOR ANY REASON!** All participants will receive a goody bag at the race, which in past years has included water bottles, swimming products, food, etc.

**T-SHIRTS:** One high quality collectible shirt is included with entry fee! Extra shirts may be purchased for an additional \$15.00. Please indicate size and quantity on reverse side.

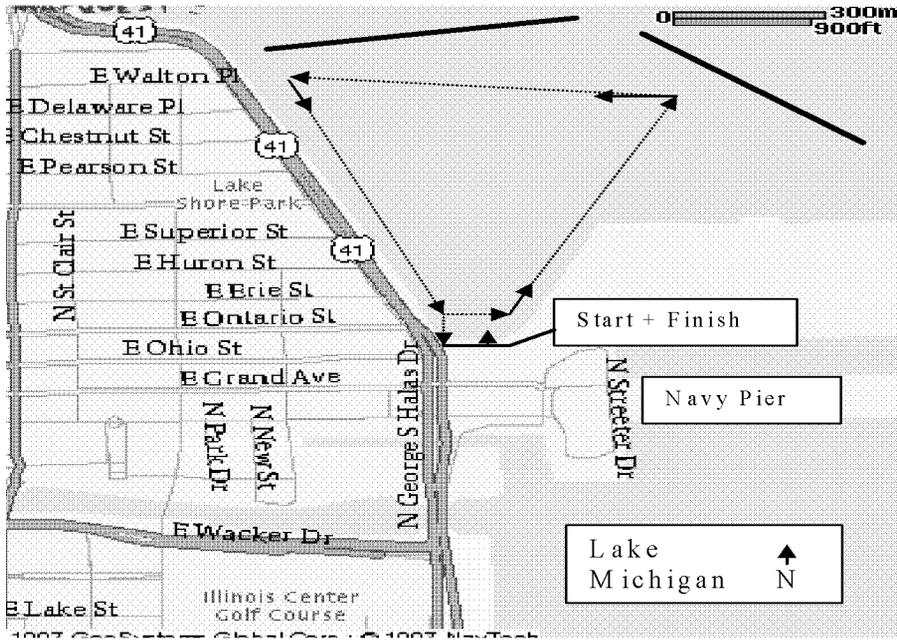
**WETSUITS:** Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but may be started in a different wave and will not be tabulated with the age group swimmers who do not wear wetsuits.

**AWARDS & RESULTS:** Each finisher will receive a finisher's medal. Results for each age group will be posted on the internet at [www.bigshoulders.org](http://www.bigshoulders.org). Wetsuit swimmers are scored for top three male and female overall.

**RULES:** All swimmers are required to wear the supplied fluorescent swim caps for safety reasons. Current USMS rules will apply.

**HIT THE ROOF!:** Rooms at the Red Roof Inn, located at 165 E. Ontario, Chicago, IL, just 4 blocks from the race, are being held for a limited time at the incredible rate of \$139.99 per night. Call for reservations at (312) 787-3580, and mention Group Code B281SWIM for the Big Shoulders discount, or check out their web site at [www.redroof.com](http://www.redroof.com).

**MAP FOR BIG SHOULDERS OPEN WATER LONG DISTANCE SWIM CLASSIC**



Registration begins at 6:45 A.M., and the race starts at 8:00 A.M. sharp! Race begins at Ohio Street Beach. To access Ohio Street Beach, exit Lake Shore Drive from either north or south at the Grand/Illinois exit and head east towards the lake. Park at Navy Pier. Map shows course used for the past several years. One lap around the course is 2.5k, two laps is 5k. Course is subject to change depending upon race day conditions.

**CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K ENTRY FORM**

NAME \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: M or F (circle one)  
(on race day)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency contact phone # \_\_\_\_\_

EMAIL \_\_\_\_\_ WETSUIT (YES OR NO) \_\_\_\_\_

DISTANCE: (CIRCLE ONE) (5K) (2.5K) T-Shirt size (S, M, L or XL) \_\_\_ (1 shirt included with entry)

USMS #: \_\_\_\_\_ (All entrants must be USMS registered. One-Event registrations available for \$15.00 – Make check payable to ILSMA and include one event reg. form).  
USMS CLUB NAME & CODE \_\_\_\_\_

ENTRY FEE \_\_\_\_\_ \$50.00 if received by 8/29/2007; \$65.00 from 8/30/2007 to day of race. If insufficient funds are sent, your entry will be rejected.

ADDITIONAL T-SHIRTS: \_\_\_\_\_ (One shirt included with each entry. Additional Shirts are \$15).  
Shirt size (S, M, L or XL) \_\_\_\_\_ (Indicate number of extra shirts desired).

Total Enclosed: \_\_\_\_\_ Make check for entry and extra T-Shirts payable to Chicago Masters Swim Club.

Mail entry and Check to: **Big Shoulders 2007, Scott Reeves, c/o Performics, 180 N. LaSalle St., Suite 1100, Chicago, IL 60601.** DO NOT SEND VIA USPS AFTER August 28, 2007.

**USMS RELEASE** 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 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, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# ILLINOIS 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 (entry) TIME
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____

No of events: \_\_\_\_\_ x \$ \_\_\_\_\_ (cost per event) = \_\_\_\_\_

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

T-Shirt size: S M L XL T-shirt (if applicable)= \_\_\_\_\_

Meet Results (if applicable)= \_\_\_\_\_

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**