

ILMSA

The Official Newsletter of the Illinois Masters Swimming Association





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Chat From the Chair

Nadine KM Day, ILMSA Chair

Happy Holidays to ALL!

Haouli Makahiki Hou (Happy New Year)

Two thousand and seven was a great year! Illinois had 229 SCY and 56 LCM Top Ten individual swims. We hosted one open water event, one swimmers clinic, one coach's clinic and one fitness event. Thus far, we have hosted 13 swim meets and have one more swim meet scheduled. We also have the burn off the bird event in November. If you are interested in hosting an event, social, meet, or clinic please contact Leslee Vittone at sanctions@ilmsa.com.

USMS increased the national dues by \$5.00. Under the advisement of the ILMSA Financial Chair, Phil Dodson, ILMSA will only increased the 2008 dues by \$1.00. Dues were \$34.00 in 2007 and will be \$35.00 in 2008. That is only 68 cents per week. If you swim 3 days a week, that is 22 cents a practice. What a deal! The increase in fees will go toward the administrative costs of the USMS executive director and for online registration. ILMSA will continue the student scholarship and the young swimmer discount.

Congratulations to all the swim parents and coaches for a successful Girl's High School Season. Good Luck with the upcoming Boy's high school season.

GET READY, GET WET for 2008!!!!

We had a very successful year in 2007 and hope to make 2008 an even bigger success with more fast swims. Congratulations to Kishwaukee Y Big Dogs for winning the bid to host the 2008 Illinois Masters Championship State Meet. Thank you to Chicago Masters and Evanston masters for submitting a bid and hosting the 2006 and 2007 Championships.

ILMSA, which is the local masters subsidiary of USMS will be assisting in the reorganization of the CLUB Team Illinois Masters in 2008. There will an election of officers for Team Illinois in January. These officers will communicate with the officers of ILMSA and work together to meet the goals of the membership. The team representatives will be notified on the time and place of the elections.

FUN...FITNESS...FRIENDSHIP

Swimming for Life....



From the Editor

Heather Howland

Chad Manbeck and I have now collaborated on three newsletters. I have been fortunate to work with Chad and am thrilled with his new layout and design. We have made some changes. In this issue, we are featuring a couple of clubs as opposed to an individual. I hope to return to the meet the swimmer article in the spring edition. I would like to encourage everyone to contribute to the newsletter. We would like to recognize individuals and clubs for the work they do and accomplishments they achieve. If you have any questions, contributions, or concerns please email me at secretary@ilmsa.com. Thanks!

From the Designer

Chad Manbeck

Thank you Heather for the recognition and for the effort you have put in to our newsletters. I appreciate having the opportunity to help ILMSA.

I would like to reiterate that we need ILMSA member contributions. Contributions of stories, articles, workout ideas, team activities, and events are great. I also need your photographs and Illustrations. The newsletters can be quite dry without visuals to accompany the text. I am not able to attend all of the ILMSA events and therefore I can not take pictures at some of our meets. I need your help to get these pictures. Please send me your photographs along with a brief description of the event, location and the names of any individuals depicted in the image. I can not promise to get all of the photos in to our newsletter but I will try to use as many as possible given the space available in the newsletter. Photographs can be sent to amanbeck.design@yahoo.com or Heather Howland at secretary@ilmsa.com.

Executive Committee

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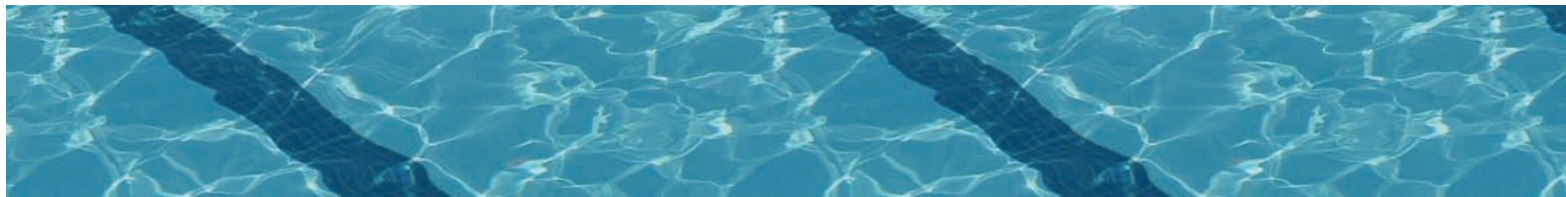
OPEN

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Finance Chair:

Phil Dodson
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Dorothy Donnelly Service Award

DAY, DODSON, and MAGIERA are recipients of the 2007 USMS Dorothy Donnelly Service Award. USMS is a volunteer-driven organization, and USMS is grateful to all volunteers. Among the many volunteers, USMS recognized Nadine Day, Phil Dodson and Joe Magiera for their contributions. The ILMSA members that attended the USAS convention were very proud to have three representatives selected to win this award. These three swimmers prove that volunteers really are the heart and soul of any organization.

Nadine Day serves as the Illinois Masters Swimming Association chair and serves on the USMS board of directors. She also serves on the Sports Medicine committee, Marketing committee, and Editorial committee. Nadine volunteered at the Gay Games held in Chicago and directed the open water venue. Nadine also does Masters Swim clinics across the nation helping other Masters swimmers improve their stroke.

Phil Dodson serves as the Finance Chair of Illinois Masters Swimming Association. He also serves on the Finance committee at the USMS level. Phil contributes to the Swim Across America Foundation each year raising money for cancer research.

Joe Magiera has been the Top Ten recorder since 1985. He updated the short course yards records and started the Illinois top ten. He also was vital in changing policy for having warm-ups the day before the national meet, which he said it took him 3 years.

FAQs

Q I swam in a USMS meet, but I don't see my times which would have made the Top Ten.

A The meet director is responsible for reporting times to the LMSC Top Ten person who will submit the times to the National level. Many factors effect whether a time is considered valid for the Top Ten. Some of these factors are: what timing devices were used (one watch per lane is not sufficient), are there accurate pool measurements on file and/or taken after each session, and what rules were followed. All times must be submitted by the Submission Deadline for that course. See the final FAQ question on this page for the exact dates. Check with your LMSC Top Ten person to find out more details.

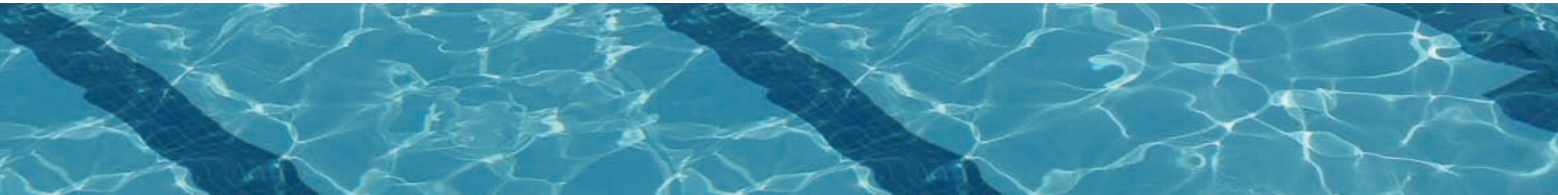
Q I swam in a sanctioned USA Swimming meet. How do I get my times submitted for Top Ten

A Report your times along with a hardcopy of the official results or a link to the results posted on the official meet website, plus a copy of a valid pool measurement form if not already on file. Submit them to your LMSC Top Ten person prior to the Submission Deadline for that course. See the final FAQ question on this page for the exact dates. Note: If the course had a bulkhead, there must have been a pool measurement taken after each session that you are submitting times for in order for you times to be considered.

Q I swam in a foreign championship but I don't see my times which would have made the Top Ten.

A Because the results of foreign meets are not automatically submitted to USMS, swimmers are responsible for reporting their own times for foreign championships to their local LMSC Top Ten person. This must be done with documentation of the swim such as a hardcopy of the results or a link to results posted on the official meet website. Reporting must be done prior to the Submission Deadline. See the final FAQ question on this page for the exact dates.

Q I would like my lead off split from a relay or longer distance, such as the first 100 of a 200 swim, to count for Top Ten. What do I have to do?



Frequently Asked Questions about USMS Top Ten Times

A The split must be requested in writing and brought to the attention of the meet referee before the conclusion of the meet. In addition, if the split is from an individual backstroke event or from a relay, the request must be made in writing before the swim. Splits must also be recorded by fully automatic timing equipment. The full distance of the event must be completed without any disqualification and the split portion must be a legal finish. If the split is from a relay, the second swimmer may not start from the water. Meet directors should submit requested splits separately from the main event in the summary of results which is sent to the LMSC Top Ten person.

Q Sometimes the results of meets such as YMCA Nationals, Senior Games, or Gay Games appear in the Top Ten and other times they do not. How do I know if they will be included?

A Never assume that such meets will have results automatically included. These meets are usually recognized by USMS but they may not have been sanctioned by USMS. As such, they might NOT be automatically submitted for Top Ten. We attempt to get the results in a format we can easily work with but we are not always successful. It is the responsibility of the swimmer to report their results to their LMSC Top Ten person if they wish their times from such meets to be included in the Top Ten. If by chance you report a swim that has already been reported by the meet director, the duplicate will be eliminated.

Q Top Times vs. Top Ten. What's the difference?

A The Top Ten is currently mandated by USMS rules, while the Top Times is an attempt to display all times, not just the top ten. The main difference is that the Top Times are not scrutinized for accuracy, while the Top Ten times are validated. Currently Top Ten and Top Times are maintained by separate committees.

Meet directors are required to submit meet results to their LMSC Top Ten person for sanctioned meets within that LMSC. Requirements for eligibility of times submitted include timing device accuracy (a single watch per lane is not sufficient), valid pool measurements on file, swimmer being legally registered

with USMS, valid format for submission, and meeting submission deadlines, etc.

Top Times is a voluntary database containing the results of meets that were submitted by meet directors. Not all meets are submitted! Once a meet is added, you can lookup times by gender, stroke, distance, and age.

Q What happens to my Top Ten times if I age up during the middle of a season?

A Each course actually includes times for an entire year. The start and end dates of the season vary by course. See the FAQ question on this page for the exact dates. Eligible times for a swim are determined by the date and course of the meet and the age of the swimmer. Your age “stays with” each swim for a particular meet. If you swim the same event and course later in the year but after you have “aged up”, that swim has your new age. Both swims will be considered for Top Ten but they will be in different age groups. For example, let’s say your birthday is in December. You swim a 50 Yard Free in November as a 34 year old then turn 35 in December. You swim another 50 Yard Free in January. Both swims fall within the same “yards season”. “Yards season” runs from June 1 to May 31. The time you did in November belongs to the 30-34 age group, while the time you did in January belongs to the 35-39 age group. Therefore, you could conceivably be in the Top Ten in both age groups at the end of “yards season” which is published in August.

Q When do times count for Top Ten?

A It depends upon the course:

Course	For Swims Between	Submission Deadline	Publication Date
Yards	Jun 1 & May 31	June 30	August
Short Course Meters	Jan 1 & Dec 31	January 26	April
Long Course Meters	Oct 1 & Sep 30	October 20	December

Welcome to the People's Republic of Swimming (Lane Etiquette)

Samantha Grant

After paying dues, and receiving that nation-wide passport known as the USMS card, immigrants to the People's Republic of Swimming must realize that they have entered a new culture, with its own language and nuanced rules of etiquette. Unfortunately these rules are largely undocumented, and the immigrant may be breaking them left and right, whilst completely unaware.

To avoid making enemies of your fifth generation fellow swimmers, a few words to the wise for the practice or lap swim novice:

First, if there is an empty lane in the pool, take that one. Don't join a swimmer in some other lane because you don't "like" the lane that is free (eg: the lane against the wall). It creeps out and annoys other swimmers when there is an open lane that you didn't take.

This is the equivalent of sitting down next to the only other passenger on an otherwise empty bus.

Second, before you get into a pool with plenty of swimmers, try to figure out who is roughly your pace. You need not time their 50s to compare with yours, but if you are a novice swimmer, try and swim with another person who appears to be a novice as well. Signs to look for: they stop to rest at both ends of the pool; they aren't paying attention to the clock; if female they are wearing a bikini, if male they are wearing knee-length board shorts.

Third, if you join a lane already containing one other person who is lap swimming, it is polite and appropriate for you to wait until they stop on your end, and ask if you can split the lane with them. Let that person choose which

side they prefer, and make every effort to stay on your side. In the event that a third person joins your lane, the two in the water should to begin circle swimming counter-clockwise immediately.

Fourth, (and this is applicable to many advanced swimmers) if you are circle swimming with other people in your lane pay attention to where you push off the wall when you flip-turn. Envision yourself swimming down the right side of the lane, with another swimmer five seconds in front of you. If that person swims straight into the wall and flips such that her feet push off the right side of that big black cross, she will have to cut a very sharp angle to gracefully end up on the other side of the lane. She will narrowly miss crashing into you with each turn. If, conversely, she angles

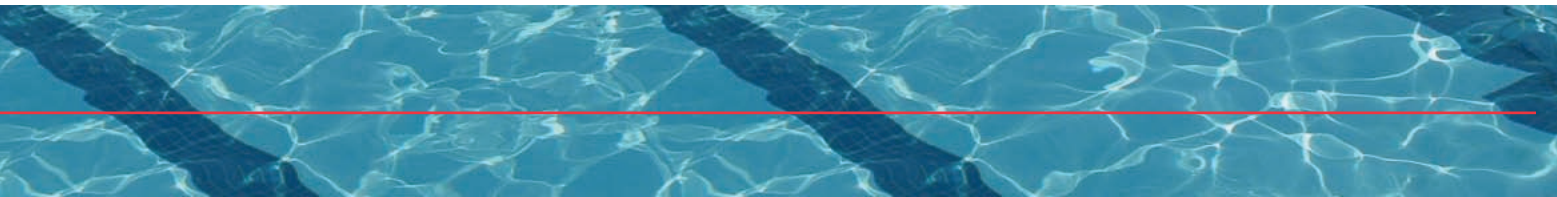
Our First Meet

Amy, Abby, & Ali Omahen

Our favorite coach and close friend, Nadine Day, introduced us to USMS. She met us in Indianapolis the night before the Grin Fall Classic. It was so exciting to see her and spend some quality time with her! She helped us the entire weekend. The familiar smell of chlorine welcomed us to our first USMS swim meet at IUPUI. We had been anticipating the meet's arrival for about a month, and we had frantically tried to get back into shape for our events since we had not swam competitively for a while. We were all very nervous about our events, but when the time came for us to swim the atmosphere of the races was pleasantly laid back. All of the competitors cheered for each other and encouraged one another to do well. It was really nice to see people of all ages share the same passion for swimming. We really enjoyed our individual events, but the relays we competed in were our favorite part of the meet. The three of us and Nadine swam two relays, and this was the first time all of us as sisters were able to compete in relays together due to our age difference. It was wonderful that we could share this

with Nadine. We also met a lot of great people at the meet, and we enjoyed cheering for them. Even though this was our first USMS meet, we did also see another familiar face there, Barb Delanois, a friend and fellow swimmer from our hometown. It was nice for us to get to spend time with old friends and meet new ones while doing something we really enjoy.

Not only was the meet really enjoyable, but the entire trip was like a short weekend vacation for us. It was really nice to get away from our mundane routine of class and work. We were able to go out to eat with Nadine, Barb, and some of our new fellow swimmer friends. Everyone was very nice and hospitable. We are already looking forward to the next meet in our hometown in January! The USMS program is really great and it is easy for us to see ourselves participating in meets and enjoying it for the rest of our lives! Thank you so much to everyone that made the experience so great for us!



left into the wall, and pushes off to the left of the black cross, she can then streamline straight off the wall and is automatically on the correct side for the return lap. No near crashes. No need for you to give her ten seconds of lead time.

Fifth, if you are slower than anyone else in your lane, you must always yield to them. Never ever begin your lap as they are approaching your wall for a flip turn. Let them go first. If you notice that they are normally doing freestyle but end up stuck behind you and start doing breaststroke to slow down, you need to let them pass at the next turn. Consider move to a lane containing people your own speed. Remember that for many people this is their gym and you've just turned their stair-master down from a level 12 to a level 3.

Sixth, when you need a rest break, don't stand at the end of the pool in the middle of the lane. Other swimmers need to use the wall for flip turns. To take a break, swim into the wall on the right side, and stay as close to the lane line as possible.

Seventh, if you are doing a set with a group of more than three people, pay attention to the person behind you. With three people, each person can touch the wall at the end of the set and look up to see his or her time. With four people, the third swimmer needs to move away from the wall so that the fourth person can touch the wall at the end. Usually the way this works is at the end of a set the first person touches in on the far left side of the lane. The second person touches in the center, and remains there. The third person touches

to the far right, and then immediately moves to the center of the lane, no longer adjacent to the wall, so that he is pool-side of the second person. Now the fourth person can touch in on the far right. This seems complicated, but I've swum with upwards of 10 people in a lane, and it works if everyone plays along. With more than four swimmers, each additional person needs to move to the center of the lane after they touch in on the right.

Eighth, by all means don't "borrow" your lane mate's fins/kickboard/pullbuoy without asking.

With any luck, by following these rules a new swimmer can become a happy and productive member of our aquatic society. After all, we would hate to have to deport you back to the Nation of Jogging.

Swimming at the Break of Dawn with Academy Bullets Masters

Chris Colburn

Most people, even swimmers, prefer to be asleep in the early mornings. Not us. At Academy Bullets Masters, we spend up to four mornings a week, starting at 5:30am, rolling through our paces with coaches **Kelly Capen** and Chris Colburn. While we currently number somewhere between ten and fifteen swimmers in a given season, we focus on quality over quantity, both in our numbers and in the attention our coaches pay to our training and development. The coaching staff provides something for everyone who comes to work with our program through a combination of frequent, challenging test sets, single-season and long-term goal setting for both fitness and competition, and an emphasis on making swimming fun for everyone, regardless of the scope of their aquatic aspirations.

Swimming both at the recently-renovated 8-lane facility at Marmion Academy in Aurora, and part-time in the summers at Naperville's Centennial Beach, we laid the foundations to excel this past year both in and out of the pool. In 2007, our small

but mighty ranks boasted a USTA Nationals second-place age group finisher, three Ironman triathletes, one USMS Top Ten swimmer for long course meters, and participants in a number of local triathlons and swim meets. In addition, we partnered with some of our neighboring teams (*thanks to our friends from Naperville Waves and The Wellness Center*) to volunteer at local events, such as the Naperville Women's Triathlon and a number of clinics and swim meets.

We are currently looking to grow into our ample facilities with more folks who are interested in swimming as a lifelong activity, especially you early risers who swim at 5:30 in the morning. If you live in the Western Suburbs and are looking for a place to swim or a club to represent, we encourage you to come out to Marmion for a practice or two. While we do have some talented individuals, we represent and support all ages and ability levels, and think you'll like what you see regardless of your starting point. Also, if you are visiting from out of

Academy Bullets continued on page 9



145,000 Long Course Meter Swim, Now That's Postal

Dave Sebastian, ILMSA Long Distance Chair

Between May 15 and September 15, sixteen ILMSA members (5K-Kristina Helquist, Heidi Kafka, Janet Sussman, Barbara Delanois, Catherine Quill, Brad Zoller, Christopher Salvo, Chris Layton, Phil Dodson, 10K-Tim Methric, Both 5K and 10K-Nadine Day, Marcia Cleveland, Lynne Lasser, Jessica Jolly, Dave Sebastian, Skip Montanaro), participated in the 2007 5K & 10K USMS National Postal Swim Competition. All of the swimmers are to be congratulated. The combined total yardage was 145,000 meters.

For those of you who have completed Chicago's Big Shoulders 5K, you know what a challenge that great event can be. Now, equal or double the distance, take away the excitement of the Chicago skyline in the distance, and think of staring at the bottom of the pool. It's a personal challenge to grind through either the 5K or 10K postal events.

Some of the swimmers had the company of others for their efforts. Many had just a timer/counter on deck to help them through. There were those who have been through this before. And we had many for whom this was a first 5K or 10K postal event.

Dave Sebastian had scheduled pool time for swimmers to participate in the postal events. He had homemade 500 meters and incremental 1,000 meters submersible counter cards ready for the swimmers. There were two days of 5K events held at Washington Park in Chicago. We hope more folks will join us next year. It's an excellent facility in the Chicago Park's District. First of all, it's free. And the waterslide is awesome.

Dave Sebastian recalled his 5K swimming side-by-side against Brad Zoller. Brad would be leading on the southbound 50 meter length, and they reverse the lead northbound length. Brad took about a 20 second lead around 2,300 meters, which lasted until about 3,300 meter when Dave took over. But youth prevailed at 4,800 when Brad kicked it in and took the dual competition by 15 seconds. Both Brad and Dave won their respective age groups for the 5K event. But it wasn't the sense

of accomplishment or the inter-team competition that Brad took away as his favorite memory of the 5K postal event. Brad said that riding down the waterslide was very rewarding.

"Don't be daunted" stated Skip Montanaro, who swam both the 5K and 10K. He is on his way to complete the full USMS Postal Series Challenge two years running. Skip suggested to "work on your technique" to prepare for these long distance swims.

"To do a 10K" said Nadine Day, "does not mean you have to swim a 10,000 meter practice." Everyone can participate in these postal events. You need to build your distance up leading into the event.

On race day, be prepared. And that's not just for the swimmer. "He never used a counter before," claimed Barb Delanois about her husband, who timed and counted her swim. Anyone can count and time. A suggestion that we have is to prepare for the race and have a clear way of communicating with your counter.

Lynne Lasser tells it like it is. "It's not for the faint of heart." Lynne completed both the 5K and 10K postal for the first time. "I don't think it's something you just try."

These events can be done anywhere and by anyone. And if you're lucky, you'll be able to do your swims at an outdoor 50 meter pool. So wear enough sun block.

Wait let's not leave without everyone knowing just how well we did.

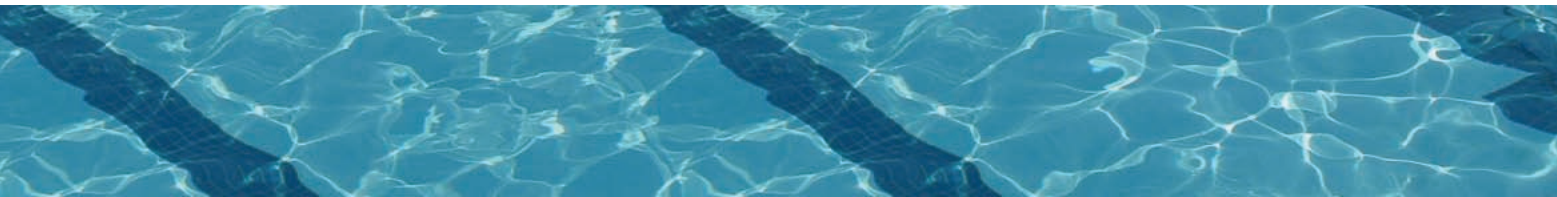
Team Illinois Masters won six relays, set two National Records. We also took in six individual championships.

Nadine Day—[Women 35–39 5K and 10 K National Champion](#)

Brad Zoller—[Men 25–29 5K](#)

Dave Sebastian—[Men 45–49 5K and 10K](#)

Tim Methric—[Men 25–29 10K](#)



Relays: Team Illinois Masters

Women 35+ 5K National Relay Record (Heidi Kafka, Nadine Day, Marcia Cleveland)—3:39:07.12

Men 25+ 5K (Brad Zoller, Dave Sebastian, Phil Dodson)

Mixed 25+ 5K (Nadine Day, Marcia Cleveland, Brad Zoller, Dave Sebastian)

Women's 35+ 10K (Lynne Lasser, Nadine Day, Marcia Cleveland)

Men's 25+ 10K (Skip Montanaro, Dave Sebastian, Tim Methric)

Mixed 25+ 10K National Relay Record (Tim Methric, Marcia Cleveland, Nadine Day, Dave Sebastian)—9:50:18.52

IM Women took 3rd place overall, and IM took 4th place overall.

At the time this article was submitted for print, the 2007 10K Postal Results were not posted on USMS.org. We suggest you go look now to see what your fellow Illinois Masters Swimmers were able to accomplish.

Aside from these outstanding results, don't let personal achievement be forgotten. Don't say "I can't do that." You can, we did. And each one of us was as happy as could be when we were finished.

Join the challenge in 2008. Get prepared now for January's One-Hour Postal Event. Find someone on your team and challenge him or her to join you.

ILMSA would like more swimmers to participate in USMS national postal events.

The USMS Postal Series Challenge includes each of the following five National Swim Competition Events:

- One-Hour Postal Swim in January
- 5K & 10K Postal Swims between May 15 and September 15.
- 3,000 yards swim and the 6,000 yards swim between September 15 and November 15

Bermuda Round the Sound

Sue Welker

Swimming a quarter mile off the shore, enjoying the coral reef and colorful fish of Bermuda, I thought to myself, this has to be the most magnificent swim I've ever done!

Sunday October 21st was the 17th annual Bermuda Round the Sound Swim. The Naperville Waves continued their yearly fall trek to an open water event and came home with gold in hand! 7 swimmers along with 4 support crew joined me on this fun filled island. To the surprise of many of the locals our own Liz Dillman was overall winner of the 10K distance. Kathy Kent, Maria Bey, Amanda Hunt, and Georgia McDaniel all finished the 10K swim. Our mother daughter pair of Barb Shufeldt and daughter Christine swam the 4K.

This is an event you want to put on your list of "to dos"! The island is great, the water beautiful & 78 degrees, and the locals extremely welcoming. Every morning I offered a 30 minute yoga & Pilates class on the beach and then we were off to enjoy our morning ocean swim. I will be taking a group again next fall so let me know if you are interested in joining us in Bermuda. Happy Laps this winter, Coach Sue :)

coachsue1@aol.com

Academy Bullets

Continued from page 7

town, or are from another program and want to come visit with us for a day (we see a bunch of our Delnor friends at least once a month), just bring \$5 and have your USMS card handy: we'd love to see you, and are more than happy to share our lane space!

For additional information on The Bullets' practices contact Chris Colburn at cmc@ilmsa.com

ILMSA CONSOLIDATED ENTRY CARD

Swimmer's Name _____ Age: _____ Male: _____ Female _____

USMS # _____ --- _____ Birthdate ____/____/____ Phone (____) _____ --- _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)	
	50 : .		50 : .		50 : .		50 : .		100 : .	
	100 : .		100 : .		100 : .		100 : .		200 : .	
	200 : .		200 : .		200 : .		200 : .		400 : .	
	400/500 : .	MEET NAME & DATE: _____ CLUB IF NOT TEAM ILLINOIS MASTERS: _____ TEAM NAME: _____					MEET FEES # of Events X _____ = \$ _____ Surcharge = \$ _____ T-Shirt = \$ _____ Meet Results = \$ _____ TOTAL = \$ _____			
	800/1000 : .									
	1500/1650 : .									
T-shirt Size (if applicable): S M L XL XXL										

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 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."

Please Sign AND Date: _____

Street Address: _____

City, State, Zip: _____

Email: _____

Emergency Contact/Telephone #: _____

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



2008 Lattof YMCA Masters Swim Meet

ILMSA Sanction Number: 218-001

Date & Time: January 6, 2008 - Warm-up 7:00 AM, Competition 8:00 AM

Location: Nicholas M. Lattof International YMCA, 300 East Northwest Highway, Des Plaines, IL 60016
6 Lane, 25 Yard Pool, Warm-up Pool (until 10am), Automatic Timing
OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY 2008 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION

Officials: Two Officials

Meet Director: Mark Hineman

Seeding: Fastest to Slowest by sex. 200 free pre-seeded, no deck entries for this event.

Awards: Ribbons 1st-3rd, Team Trophies 1st-3rd

Scoring: Individual 7-5-4-3-2-1, Relays 14-10-8-6-4-2

Eligibility: 2008 USMS Registration Number Required-NO EXCEPTIONS. In accordance with USMS rules, a photocopy of the registration card must be provided. Individuals without valid 2008 USMS card will be expected to register for USMS on-deck before being allowed to participate.

Deadline: Entries **MUST BE RECEIVED by Dec. 30, 2007**

Entry Limit: Five events, Plus Relays

Entry Fees: **\$4.00 per individual event**, \$7.00 per relay (deck enter; collected at meet). **A \$5.00 deck entry fee will be assessed all individuals that did not pre-register.** This deck entry fee is in addition to the event fee. Individuals that did not register for the meet but wish to participate in the relays will also be assessed this fee and be expected to show USMS Card at registration.

Deck Entries: NO DECK ENTRIES for 200 Free
Deck entries are allowed from 6:30 to 7AM only. Relay entries will close at 7:30AM.

Mail Entry To: Steve Dueball, 1430 S. Oxford, Des Plaines, IL 60018-1312
MAKE CHECK PAYABLE TO Lattof YMCA. ILMSA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. GO TO WWW.ILMSA.COM COMPETITION SECTION TO FIND ENTRY.

Order of Events

1	Women's 200 Freestyle (no deck entries)	14	Women's 100 Individual Medley
2	Men's 200 Free (no deck entries)	15	Men's 100 Individual Medley
3	Women's 100 Butterfly	16	Women's 50 Butterfly
4	Men's 100 Butterfly	17	Men's 50 Butterfly
5	200 Mixed Medley Relay.....at meet	18	Women's 200 Fr Relay.....at meet
6	Women's 50 Backstroke	19	Men's 200 Free Relay.....at meet
7	Men's 50 Backstroke	20	Women's 100 Backstroke
8	Women's 100 Freestyle	21	Men's 100 Backstroke
9	Men's 100 Freestyle	22	Women's 50 Freestyle
10	Women's 200 Medley Relay.....at meet	23	Men's 50 Freestyle
11	Men's 200 Medley Relay.....at meet	24	Women's 100 Breaststroke
12	Women's 50 Breaststroke	25	Men's 100 Breaststroke
13	Men's 50 Breaststroke	26	200 Mixed Free Relay.....at meet

DANVILLE DUAL PENTATHLON

Saturday, January 19, 2008

Hosted by Danville HS and Schlarman HS Girl's Swim Team

Sanction Number #218-006S

- Time** Warm-up 12:00-12:45. **Competition begins 1 PM CST**
- Location** Danville HS 202 E. Fairchild, Danville, IL 61832
- Facility** 6 lane, 25 yard pool / Automatic timing, and back-up watches
Lanes 1-6 will be competition lanes diving well will be the designated warm down area.
No diving in warm down area
If additional warm-up/down time is necessary, we will take requested breaks
- Eligibility** **Must be over 18 years of age and a 2008 USMS member NO EXCEPTIONS.**
In accordance with USMS rules, a photocopy of the registration card must be provided with your entry and when you check-in for the meet
- Meet Conduct** 2008 USMS Rules will govern conduct of this meet.
Our facility has been measured in all competition lanes as required by 2008 USMS rules for TOP TEN and records recognition.
- Entry Fees** Flat Fee of \$20.00, Maximum 5 events
- Seeding** Heats will run slowest to fastest regardless of age or sex. Heat sheets will be posted around the deck. Swimmers without seed times may be placed in the slowest heats
- Co-Meet Director** Nadine KM Day 217-304-3395, e-mail: NDAY@usms.org
Jana Drennan
CHECK PAYABLE TO: Danville HS Girl's Swimming
Individual entries and fees must be post marked by January 11, 2008
Send to **Nadine KM Day-Co-Meet Director**
3162 N Vermilion
Danville, IL 61832

ILMSA consolidated entry form must be used to enter the meet.

Consolidated entry link: <http://ilmsa.com/files/meets/ConsolidatedEntryCard.pdf>

If 2008 USMS membership is required, go to the <http://ilmsa.com/membership/forms> membership section

Order of Events

- | | |
|---------------|--------------|
| 1. 100 Fly | 8. 50 Breast |
| 2. 50 Fly | 9. 25 Breast |
| 3. 25 Fly | 10. 100 Free |
| 4. 100 Back | 11. 50 Free |
| 5. 50 Back | 12. 25 Free |
| 6. 25 Back | 13. 100 IM |
| 7. 100 Breast | 14. 200 IM |

Directions to Danville HS from I-74

Coming from the East (INDIANA)-take I-74, exit 15A-B follow 15B Gilbert Route 1 NORTH (2.3 miles), turn right (east) on Williams then turn left (north) on Jackson St. Cross over railroad tracks. Danville HS will be on your right, parking lot on the left. Pool entrance at clock tower.

Coming from the West (I-57 or Champaign)-take I-74, exit 210-Route 150 (martin Luther King head east (4.2 miles) turn left (north) on Gilbert Route US 136, IL1 (0.9 miles) turn right (east) on Williams then turn left (north) on Jackson St. Cross over railroad tracks, Danville HS on right

FYI: Fairchild is north of the school and Jackson Street in ONE WAY NORTH, parking is on Jackson Street

**Evanston Masters January Meet
@ Evanston Township High School
Sunday, January 20, 2008**

Sanctioned by Illinois Masters for USMS, Inc.
Sanction #218-002

**Check us out on the web @ www.evmasters.org
Warm-up at 7:00 am; 400 IM competition begins @ 7:30 am.
There will be a 20 minute break after the 400 IM**

- | | | | |
|-----------|-----------------------------|------------|-------------------------------|
| 1. | 400 IM | 8. | 100 Breast |
| 2. | 100 Free | 9. | 200 Mixed Medley Relay |
| 3. | 50 Breast | 10. | 50 Free |
| 4. | 200 Mixed Free Relay | 11. | 100 Fly |
| 5. | 100 Back | 12. | 50 Back |
| 6. | 50 Fly | 13. | 100 IM |
| 7. | 200 Open | | |

Entry Limit: 5 events plus relays. 400 IM is limited to the first 30 entries. For event notification, please fill in email address or send a SASE (email address is preferred and appreciated)

Fees: \$4.00 per individual event; deck entries \$5.00 per individual event. \$5.00 per relay. Make checks payable to Evanston Masters.

Deadline: Send your entries and fees no later than January 12th to Evanston Masters/CO Heidi Toft; 6440 N. Oakley Ave. #2, Chicago, IL 60645.

Deck Entries: Deck entries will be allowed until the end of the 400 IM. Deck entries will first fill up the open heats; if necessary, heats will be added to accommodate remaining deck entrants.

Positive Check-in: All swimmers entered after event 6 must check in; all events after #6 will be seeded at the meet.

Seeding: All individual events will be seeded slowest to fastest regardless of age or gender.

Awards: Trophies will be given to the top three scoring teams. Individual awards will be given for 1st, 2nd, and 3rd place by all age groups and gender. This facility has been measured in all competition lanes as required by rules for Top Ten and records recognition.

Location: **Evanston Township High School, 1600 Dodge Ave, Evanston, IL**
Take I-294 or I-94 and exit Dempster St. East. Travel east on Dempster to Dodge Ave. Turn left (north) on Dodge and continue on for 2 blocks. ETHS is on the west side of the street; the pool entrance is at the north end of the school. There is plenty of free parking in the lot on the east side of Dodge Ave.

Facility: The main pool is a 25 yard, 6 lane competition pool with flow through gutters and an electronic timing system. This fast pool plays frequent host to IHSA state championship meets. Throughout the meet, there is a separate pool available for warm-up/warm-down. There is plenty of spectator seating and free parking. The Evanston Masters are frequent hosts of Masters meets, and we welcome you to our home.

Participants: Must be over 18 years of age and a 2008 USMS member. NO EXCEPTIONS. In accordance with USMS rules, a photocopy of your USMS registration card must be provided with your entry and when you check in for the meet. THE ILSMA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. Go to www.ilmsa.com competition section to find consolidated entry form.

Big Dog Masters Swim Meet

Sunday, January 27, 2008

USMS, Inc. Sanction # 218-003

Hosted by the Kishwaukee YMCA/DeKalb County Swim Team (DCST)



Meet Location: Kishwaukee YMCA, 2500 Bethany Road, DeKalb, IL 60115, 815/756-9577 Ext. 28

Time: Warm-ups at 8:00 a.m., Meet begins at 9:00 a.m.

Meet Director: Suzy Changnon, 419 N. Fifth Street, DeKalb, IL 60115; 815/756-5583; suzy_changnon@yahoo.com

Order of Events

- | | |
|---|---|
| 1. 500 Free – Mixed | 17. Women’s 100 Breast |
| 2. 400 IM – Mixed <u>** 20 minute break**</u> | 18. Men’s 100 Breast |
| 3. Women’s 100 IM | 19. Women’s 50 Free |
| 4. Men’s 100 IM | 20. Men’s 50 Free <u>**10 minute break**</u> |
| 5. Women’s 100 Fly | 21. Women’s 200 Free Relay |
| 6. Men’s 100 Fly | 22. Men’s 200 Free Relay |
| 7. Women’s 50 Breast | 23. Women’s 100 Back |
| 8. Men’s 50 Breast | 24. Men’s 100 Back |
| 9. Women’s 200 Medley Relay | 25. Women’s 50 Fly |
| 10. Men’s 200 Medley Relay <u>**10 minute break**</u> | 26. Men’s 50 Fly |
| 11. Women’s 100 Free | 27. Women’s 200 Free |
| 12. Men’s 100 Free | 28. Men’s 200 Free <u>**10 minute break**</u> |
| 13. Women’s 50 Back | 29. 200 Mixed Medley Relay |
| 14. Men’s 50 Back | 31. 200 IM Mixed |
| 15. 200 Mixed Free Relay | |

Facility: The Kishwaukee YMCA has an eight-lane, 25-yard competition pool with starting blocks in seven feet of water at both ends. The facility has been measured in all competition lanes as required by 2008 USMS rules for top ten and records recognition. There will be a six-lane, 25-yard pool available for warm-up and warm-down during the meet.

Eligibility: 2008 USMS Registration Number is required – **NO EXCEPTIONS.** Single-Day ILMsa registration: \$15.00 payment required for one-day meet day registration. Entrants must be over 18 years of age.

Meet Format: The meet will be pre-seeded. Heats will be run, slowest to fastest. Enter a seed time on consolidated entry form. A “no time” will be seeded slowest in the event.

Awards: Individual and Relay ribbons will be given to the top three finishers in each event.

Meet Results: Results also will be available on the web at www.DCST.org one day after the conclusion of the meet.

Entry Deadline: Event entries and signed release forms are due by Monday, January 14th. Deck entries will be taken until 8:20 a.m. the day of the meet, except 500/400 events. (Have money and USMS card available) **In accordance with USMS rules, a photocopy of the registration card must be provided with your entry and when you check in for the meet.** The ILMsa Consolidated Entry Form will be used for registration and is available online at: <http://www.ilmsa.com/files/meets/ConsolidatedEntryCard.pdf>

Entry Fees: Individual events: \$4.00 per event pre-registered/ \$5.00 deck entry; Relay events: \$8.00 per relay.

For event registration, make checks payable to: DeKalb County Swim Team.

Mail checks to: Brian Bickner, Entry Chairman
Kishwaukee YMCA
P.O. Box 466, DeKalb, IL 60115
815/756-9577 ext. 28

Directions:

From the South, East, or West:

Exit I-88 at the Peace Road Exit. Take Peace Road north to Bethany Road. Go west (left). The YMCA is located about a mile down on the left (south) side of the road.

From the North:

Take IL 23 south to Bethany Road. Turn west (right). The YMCA is located about a mile down on the left (south) side of the road.

St Charles Masters - Swim Meet

Norris Recreation Center @ St. Charles East High School

Sunday February 3, 2008

Sanction by St Charles Masters for USMS, Inc Sanction #218-004
 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 then 9:00am

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

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. 2008 USMS rules will govern the conduct of the meet. Must be over 18 years of age and a 2008 USMS Member.

FEES: \$4.00 per individual event (\$5.00 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 then Friday January 21, 2008** 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 E-Mail: dsaslong@sbcglobal.net
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The ILSMA Consolidated entry form must be used to enter the meet. Go to www.ILMSA.com competition section to find the consolidated entry form. A copy of your USMS registration card must be provided with your entry. 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 Swimming Clinic with Chris Colburn

Sanctioned by ILMSA for USMS, Inc. Sanction #218-009

Location: Fort Natatorium @ Illinois Wesleyan University, 302 E. Emerson, Bloomington, IL 61701

Date and Time: Saturday, March 1, 2008, 1-4:30pm.

Fees: \$50; checks payable to Chris Colburn. Clinic is limited to 20 on a first-come, first served basis.

Topic: Short-Axis Strokes (butterfly/breaststroke), with an emphasis on drills and timing

Agenda

1. **Discussion:** overview of butterfly and breaststroke drills and strokes (50 min.)
2. **Pool time:** teaching/practice time in two groups (1 hour for each stroke)
3. **Wrap-up:** review of pool time, Q&A, and next steps (20 min.)

Evening Social: We will have an additional Q&A session over dinner in Bloomington, location TBA

About the Head Coach: Chris Colburn is a nationally recognized Masters coach with over 15 years of experience coaching adult and high school swimmers. He has done extensive work on stroke mechanics, especially in breaststroke, and in 2007 published an article in *USMS SWIMMER* Magazine on the 2005 changes in the breaststroke pullout. Chris currently serves USMS as Vice Chair of the Coaches Committee and as USMS On-Deck Coaching Coordinator. He serves ILMSA as its Vice Chair and IT Director.

About the Assistant Coach: Nadine Day is a record-holding USMS masters swimmer and coach of masters and young adult swimmers. She is known for her enthusiastic, energetic, and methodical approach to healthy swimming. The focal points of her swim clinics are injury prevention, technique, and training. Nadine works as a physical therapist in Illinois. She serves the USMS Board of Directors as the At-Large director from the Great Lakes Zone, and serves as the Chair of ILMSA.

Contact Info: If you have questions, please contact Chris Colburn (cmc@ilmsa.com, 630-335-4162).

Mail form, fee, and copy of 2008 USMS card to: ILMSA Clinic, 234 S. West St., Naperville, IL 60540.

--- Cut Here ---

Name: _____ E-mail: _____

Address: _____ Phone: _____

USMS Number: _____

"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."

Signature

Date

Central Illinois Masters 2008 Spring Classic

Illinois Wesleyan University
Bloomington, Illinois

We welcome everyone to the 2008 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 2008 top ten and records recognition.**

Date: Sunday – March 2, 2008

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 ILSMA for USMS, Inc. #218-010

Eligibility: A 2008 USMS registration number is required and must be over 18 years of age. You will not be allowed to swim until we have a 2008 registration on file, please send a copy with your meet entry. Have your USMS card available when you check in for the meet.

Entry Fees: \$3.50 per event in advance. \$4.50 per event deck entered.

Order of Events

1. 100 IM	**10 minute break**	12. 100 Back
2. 200 Back	7. 50 Back	**10 minute break**
3. 1000 Free	8. 200 Fly	13. 200 Breast
4. 100 Breast	9. 50 Free	14. 100 Free
5. 100 Fly	10. 50 Breast	15. 500 Free
6. 200 Free	11. 50 Fly	16. 400 IM

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

Deck entries will close at 9:30!

Mail entry form and **check payable to Central Illinois Masters** and copy of USMS card to: Erik VanEtten, 413 Beecher St., Bloomington IL, 61701

ILMSA consolidated entry form must be used to enter the meet. Go to www.ilmsa.com competition section and consolidated entry can be found.

Questions: May be directed to the Meet Director: Erik VanEtten (evenings) (309) 532-0616 or email: evkv01@yahoo.com

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.

**Evanston Masters Early Spring Meet-Social
@ Evanston Township High School
Saturday, March 8, 2008**

Sanctioned by Illinois Masters for USMS, Inc.
Sanction #218-008

Check us out on the web @ www.evmasters.org
Warm-up at 3:00 pm; Competition 3:30 pm to 6:00 pm.
Social immediately after the meet

- | | | | |
|----|-------------------------------|-----|------------------------------|
| 1. | 400 Medley Relay - M | 7. | 400 Free Relay - W |
| 2. | 400 Medley Relay - W | 8. | 50 Breast |
| 3. | 50 Fly | 9. | 400 Mixed Free Relay |
| 4. | 400 Mixed Medley Relay | 10. | 50 Free |
| 5. | 50 Back | 11. | 800 Free Relay - Open |
| 6. | 400 Free Relay - M | | |

Entry Limit: Four individual events and as many relays as you can handle . . .

Fees: \$12.00 for the meet. \$15 for the social. \$27.00 for the meet and social. What a deal. Make checks payable to Evanston Masters.

Deadline: Entries including payment should be postmarked no later than February 26th to Evanston Masters/CO Heidi Toft; 6440 N. Oakley Ave. #2, Chicago, IL 60645.

Deck Entries: Deck entries will be allowed until 3:00 PM. Deck entries will first fill up the open heats; if necessary, heats will be added to accommodate remaining deck entrants.

Relays: Swimmers are encouraged to team up with swimmers from other teams. (Note: A record can be set only if the relay is composed of swimmers from the same club.) There will be a sign-up sheet for relay events 4,6,7,9 & 11 at the check-in desk for individuals or groups who would like to swim relays but need additional relay members.
Please submit entries for relay events 1 & 2 to the check-in desk no later than 3:00 PM to avoid delaying the 3:30 PM start of the meet.

Seeding: All individual events will be seeded slowest to fastest regardless of age or gender.

Awards: We will toast each other and any new records at the social immediately following the meet.

SOCIAL: Final arrangements are being made with a convenient location for the social. The \$15 will cover the cost of food and non-alcoholic drinks. Join us for some camaraderie and meet some new friends from other ILMSA teams. We will accept "deck entries" for the social but would appreciate payment for the social with your entry to give us a good idea of how many to expect.

Location: **Evanston Township High School, 1600 Dodge Ave, Evanston, IL**
Take I-294 or I-94 and exit Dempster St. East. Travel east on Dempster to Dodge Ave. Turn left (north) on Dodge and continue on for 2 blocks. ETHS is on the west side of the street; the pool entrance is at the north end of the school. There is plenty of free parking in the lot on the east side of Dodge Ave.

Facility: The main pool is a 25 yard, 6 lane competition pool with flow through gutters and an electronic timing system. This facility has been measured in all competition lanes as required by rules for Top Ten and records recognition. Throughout the meet, there is a separate pool available for warm-up/warm-down. There is plenty of spectator seating and free parking.

Participants: Must be over 18 years of age and a 2008 USMS member. NO EXCEPTIONS. In accordance with USMS rules, a photocopy of your USMS registration card must be provided with your entry and when you check in for the meet. THE ILMSA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. Go to www.ilmsa.com competition section to find consolidated entry form.



ILLINOIS MASTERS SWIM ASSOCIATION (ILMSA) 2008 SHORT COURSE STATE CHAMPIONSHIP



Friday, Saturday and Sunday, April 18-20, 2008
Sanctioned by ILMSA for USMS, Inc # 218-007

LOCATION: Bickner Aquatic Center, Kishwaukee Family YMCA, 2500 Bethany Rd.
DeKalb, IL 60115. [Map of YMCA](#)

MEET DIRECTOR

Jacque Waller
85 Tygert Lane
DeKalb, IL 60115
815-758-4646
jwaller929@aol.com

ENTRY CHAIRPERSON

Brian Bickner
Kishwaukee Family YMCA
POB 466 DeKalb, IL 60115
815-756-9577 Ext. 28
dcst@kishymca.org

FACILITY: 8-lane 25-yard competition pool with starting blocks in 7 feet of water at both ends. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system and state-of-the-art display. Hy-Tek's Meet Manager software will be used for the meet. Seating capacity is 700 spectators. There is a separate 25-yard pool available for warm-up and warm-down during the meet. The Competition pool has been measured in all competition lanes as required by the 2008 USMS Rules for Top Ten and Records Recognition.

DIRECTIONS AND PARKING: See driving directions on the Hotel information page.
Parking is FREE.

HOTELS: See attached listing of hotels and special group rates.

CONCESSIONS: Food and beverages will be available all day Saturday and Sunday and a limited selection will be available Friday evening.

MEET T-SHIRT: Complimentary meet T-Shirts will be given to each participant at check in. Please mark the size T-shirt you wish to receive on your entry form. If the participant fails to mark a size, he/she will receive an adult large T-shirt.

ELIGIBILITY: USMS designated age groups 18+ apply. Current registration with a 2008 USMS card is required. A photocopy of your 2008 USMS card must accompany your entry and waiver. You must bring your 2008 USMS card to enter the facility. No deck entries are permitted, except for relays. If you need a 2008 USMS membership, please contact Greg Weber at registrar@ilmsa.com or phone 847-736-7511 (before 9 pm).

ENTRY LIMIT: Each swimmer may enter a maximum of 5 events per day, plus relays and the 1000 Freestyle. Relay entries must list names and ages of all swimmers on the relay card. The leadoff swimmer must be specified. NOTE: The 500 free and 400 IM will be limited to the first 120 swimmers. The 1000 free style will be limited to the first 160 swimmers. There are no refunds.

ENTRY FEES: \$20 Swimmer Surcharge. \$4.00 per Individual Event (Maximum of 5 events per day) and \$10 per relay.

ON LINE ENTRIES: Entries may be submitted by e-mail to dcst@kishymca.org and must be in Hy-Tek form. A printout copy of the entries, a photocopy of your USMS Card and a check for full payment must be mailed within 3 days of the online entry. Make checks payable to DCST and send to Brian Bickner c/o Kishwaukee YMCA, POB 466, DeKalb, IL 60115. We hope to have online entry capabilities available in January 2008 for individuals that do not have access to Hy-Tek software. Check our website for updated information. The on line entry deadline is Friday, April 4, 2008. Late entries will not be accepted. There are no deck entries.

PAPER ENTRIES: Paper entries must be post marked no later than Saturday, March 29, 2008. Late entries will not be accepted. There are no deck entries. Make checks payable to DeKalb County Swim Team. Mail your meet entry, check, and photocopy of your USMS Card to Brian Bickner c/o Kishwaukee YMCA, POB 466, DeKalb, IL 60115.

RELAY ENTRIES: Relay entry forms can be picked up in the Computer Office with the team packets. Please turn in completed packets along with payment of \$10 per relay to the Office by:

- Saturday-200 Mixed Medley Relay- start of event 3
- Saturday-200 Free Relay- start of event 11
- Sunday-200 Mixed Freestyle Relay-start of event 25
- Sunday-200 Medley Relay-start of event 33

CHECK IN: Scratches for the 1000 Free are due by 12:00 PM, Tuesday, April 15. Scratches should be e-mailed to Brian Bickner at dcst@kishymca.org or call 815-756-9577 Ext. 28.

- Positive check in for the 400 IM on Saturday is by the start of event 13 (Women's 200 Freestyle).
- Positive check in for the 500 Freestyle is by 7:00 am Sunday morning.

MEET CONDUCT: Current 2008 USMS rules will govern the conduct of the meet.

SEEDING: The 1000 Freestyle (Friday) will be offered in 3 separate sessions (Session 1: 1 PM start, slowest to fastest; Session 2: no earlier than 4 PM start, slowest to fastest; Session 3: no earlier than 6 PM start, slowest to fastest. Saturday and Sunday odd numbered events are women and even numbered events are men. The 400 IM (Saturday) and the 500 Freestyle (Sunday) will swim as mixed events, fastest to slowest. All events are timed finals. A preliminary psych sheet for the distance events will be posted on line. **HEAT SHEETS FOR FRIDAY'S 1000 FREESTYLE**, including Session Assignments, will be posted on line on Wednesday, April 16.

PYSCH SHEETS: Psych sheets will be provided to each participant at check in.

WARM-UP PROCEDURES:

General Warm-up (First half of general warm-up in the competition pool)

- **NO DIVING** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
- No sprinting or pace work allowed during this general warm-up session.
- Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
- At no time are swimmers allowed to use kick boards, pull buoys, paddles, etc. Any use will result in immediate disqualification from the meet.
- There will be a lane designated for 65+ swimmers.

Specific Warm-up (second half of warm-up in the competition pool)

- **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
- **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- **General Warm-up Lanes** - **NO DIVING.** Circle swim only.
- At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

POOL	LANE USE			
	PUSH/PACE	DIVING	GENERAL WARM-UP	65 +
8 LANES	6 & 7	2 & 8	3, 4, & 5	1

During competition, there will be lanes available in the Recreation pool for warm-up cool-down. Friday warm-ups will begin at 12:00 PM. The doors will open on Saturday and Sunday at 6:30 AM. Warm ups will begin at 7:00 AM.

SCORING: Individual: 9, 7, 6, 5, 4, 3, 2, 1
 Relays: 18, 14, 12, 10, 8, 6, 4, 2

AWARDS: Individual: Medals 1-3, Ribbons 4-8
 Relay: Ribbons 1-3
 High Point Award Trophy: One female and one male in each age group.
 Team Trophy: Trophy 1-8



RESULTS: Results will be posted on the host teams web site
<http://dcst.splashcentral.com>

ORDER OF EVENTS:

FRIDAY, April 18, 2008 Warm-up 12:00 PM

Event #	Event	Start Time	Each Session in Event 1 & 2 is mixed and will swim slowest to fastest
1 & 2 (Combined)	1000 Free Session 1	1 PM	
	Session 2	No earlier than 4 PM	
	Session 3	No earlier than 6 PM	

Saturday, April 19, 2008

Warm-up 07:00 AM

Meet begins 8:00 AM

Women	Event	Men
3	100 IM	4
5	200 Back	6
7	50 Free	8
9	100 Fly	10
11/12	Mixed 200 MR	
13	200 Free	14
15	50 Back	16
17	100 Breast	18
19	200 Free Relay	20
21	400 IM	22
(Mixed event, fastest to slowest)		

Sunday, April 20, 2008

Warm-up 7:00 AM

500 Free 7:30 AM start

Women	Event	Men
23	500 Free	24
(Mixed event, fastest to slowest)		
25	200 Fly	26
27	50 Breast	28
29	100 Back	30
31	200 IM	32
33/24	200 Mixed FR	
35	200 Breast	36
37	50 Fly	38
39	100 Free	40
Presentation of High Point Awards		
41	200 Medley Relay	42

DeKalb/Sycamore Area Hotels

America's Best Value Inn & Suites
 1860 DeKalb Ave
 Sycamore, IL 60178
 815-899-6500 or 888-315-2378
www.americasbestvalueinn.com
 Distance to the pool: 0.6 miles

Best Western DeKalb Inn & Suites
 1212 W. Lincoln Hwy
 DeKalb, IL 60115
 815-758-8661 or 800-WESTERN
www.bestwestern.com
 Distance to the pool: 5.1 miles
 \$89.00 single or double
Cut off date: April 4, 2008

Holiday Inn Express
 1935 DeKalb Ave
 Sycamore, IL 60178
 815-748-7400 or 800-HOLIDAY
www.basshotels.com
 Distance to the pool: 0.4 miles
 \$84.99-single & \$89.99-double
Cut off date: March 18, 2008

Stratford Inn
 355 W. State Street
 Sycamore, IL 60178
 815-895-6789 or 800-937-8106
www.stratfordinnhotel.com
 Distance to the pool: 2.85 miles
 \$99.90-double & \$88.80-single
Cut off date: March 18, 2008

Baymont Inn & Suites
 1314 W. Lincoln Hwy
 DeKalb, IL 60115
 815-748-4800 or 877-BAYMONT
www.baymontinns.com
 Distance to the pool: 5 miles
 \$79.00 doubles and singles
Cut off date: March 18, 2008

Comfort Inn
 1475 S. Peace Rd
 Sycamore, IL 60178
 815-895-4979 or 800-4CHOICE
www.choicehotels.com
 Distance to the pool: 1.95 miles
 \$ 99.99 doubles
Cut off date: March 18, 2008

NIU Holmes Student Center
 Corner of Carroll & Lucinda
 DeKalb, IL 60115
 815-753-1445
www.niu.edu/depts/hsc
 Distance to the pool: 4.5 miles

Country Inn & Suites
 1450 S. Peace Rd
 Sycamore, IL 60178
 815-895-8686 or 800-456-4000
www.countryinns.com
 Distance to the pool: 2.0 miles

DIRECTIONS AND PARKING: **From the East-**Take I-88 west to (first DeKalb/Sycamore exit) Peace Road exit. Turn right at the top of the ramp. Head north on Peace Road. Turn left on Bethany Road. The YMCA is on the left just across Sycamore Road/IL Rt. 23.

From the North or North East- Take I-90 west to IL Rt. 47. Exit IL Rt. 47 and go left (south). Turn right onto IL Rt. 64. Go west through Sycamore and turn left onto Peace Road (south). Turn right onto IL Rt. 23/Sycamore Rd. Turn right on Bethany Road. The YMCA is located on the south side of the road.

From the South- Take I-39 North to I-88 East. Take the Annie Glidden Exit and travel north through the campus of NIU. Continue north out of town. Turn right on Bethany Road (shortly after the County Health Department Buildings). Go straight at the First Street stoplight. The YMCA is located on the south side of the road.

There is ample parking on the east and south sides of the YMCA with extra parking on the west side of the YMCA in the old hospital's north lot. Parking is FREE.

**ILLINOIS MASTERS SWIM ASSOCIATION (ILMSA)
2008 SHORT COURSE STATE CHAMPIONSHIP**

REGISTRATION FORM

**Fill out form completely. Incomplete forms will not be processed.
(Please print)**

Name:	Birth Date: / / Age: Sex: M / F
Address:	Home Phone:
City: State: Zip:	Team or Club Affiliation:
2008 USMS Number:	Email Address:
Emergency Contact Name:	Emergency Contact Phone:
T-shirt size: S M L XL XXL (circle one)	

- Circle your Event Number (F-Female, M-Male)
- Record your Entry Time
- NT or "No Time" is not allowed

Friday, April 18, 2008

F	Event	Entry Time	M
1	1000 Freestyle	:.:	2

Saturday, April 19, 2008

F	Event	Entry Time	M
3	100 IM	:.:	4
5	200 Backstroke	:.:	6
7	50 Freestyle	:.:	8
9	100 Butterfly	:.:	10
11/12	200 Mixed MR	xxxxxxx	11/12
13	200 Freestyle	:.:	14
15	50 Backstroke	:.:	16
17	100 Breaststroke	:.:	18
19	200 Free Relay	xxxxxxx	20
21	400 IM	:.:	22

Sunday, April 20, 2008

F	Event	Entry Time	M
23	500 Freestyle	:.:	24
25	200 Butterfly	:.:	26
27	50 Breaststroke	:.:	28
29	100 Backstroke	:.:	30
31	200 IM	:.:	32
33/34	200 Mixed FR	xxxxxxx	33/34
34	200 Breaststroke	:.:	36
37	50 Butterfly	:.:	38
39	100 Freestyle	:.:	40
41	200 Med R	xxxxxxx	42

Total Event Charges

# of Events	_____	X \$ 4	= \$	_____
Meet Surcharge		+	\$ 20.00	_____
Results \$10 (Mailed)			\$	_____
Total Amount Enclosed			\$	_____

Make checks payable to DCST
Mail Registration Form, check, and a copy of your
2008 USMS card to Brian Bickner
c/o Kishwaukee YMCA, POB 466, DeKalb, IL 60115

"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."

SIGNATURE: _____ DATE: _____
(Waiver must be signed in order to participate)

2008 ILMSA STATE CHAMPIONSHIP

ILMSA
364 Algona Avenue
Elgin, IL 60120