

ILMSA

The Official Newsletter of the Illinois Masters Swimming Association





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Chat From the Chair

Nadine KM Day, ILMSA Chair

Greetings Illinois Swimmers,

I hope you had a great summer and fall! We are approaching a new year and I would like to take that opportunity to inform you on what is happening with USMS (United States Masters Swimming) and ILMSA (Illinois Masters Swimming Association).

We have a new year approaching. USMS is a non-profit organization that is composed of 52 different LMSCs (Local Masters Swimming Committees). In July USMS hired a new executive director, Rob Butcher. Prior to that USMS was a volunteer run organization. We are currently transitioning to being an employee run organization. Since Rob came aboard we have implemented new programs and are improving membership benefits. Rob has developed a strategic plan, which you can read online at <http://usms.org>. Rob has many great ideas and is striving to increase membership in USMS and to increase the benefits for its members.

Some of the benefits of USMS include: USMS Swimmer Magazine, accidental and liability coverage while participating in a USMS coached practice or competition, opportunity to participate in USMS sanctioned events, recognition for competition rankings and records, exclusive sponsor discounts including: Bank of America Affinity Card, Liberty Mutual Insurance Company, Hertz Rental Car.

My question is should we join USMS just for the benefits and liability insurance? My answer, NO! Swimmers choose to join USMS to become healthier individuals. They make the choice to stay in shape, lose weight and challenge themselves to become more efficient and better swimmers. The swimmers who compete use competition to give themselves goals, to stay in shape and to meet other people who share their passion.

I have been fortunate to be the chair of this organization for the past four years. ILMSA has a membership scholarship for students, young swimmers, swimmers over 75 and officials. We integrated a new website 2 years ago. ILMSA has a LMSC Fitness Event, I Swam a Marathon. Our latest venture is recognizing individuals who have been dedicated during their lifetime and have been members of masters swimming for ten years or more. This recognition is long over due!

Please let me know if you have any ideas for fitness events, programs or need information on promoting your program.

Let's keep on swimming, being healthy and having fun!

Swimming for Life.



Online Registration is Here

Attention ILMSA Swimmers you can now register online for 2009! Go to ilmsa.com for more details. Please consider registering this way as it saves time and money for our registrar and helps to expedite the process.

Send in Your Team Cap

The USMS National Office is collecting caps to decorate its new office and wants your team or club represented!

Clubs and Teams send your team cap to:

United States Masters Swimming
500 East Morehead Street, Suite 220
Charlotte, NC 28202

USMS Club Development Program

The USMS Club Development program wants to help your club/team/group. One of the key factors in our USMS Strategic Plan is membership growth and the retention of members. USMS has funded a pilot program for the sole purpose of assisting workout groups, clubs and teams to develop their adult aquatic fitness programs.

The program will bring a USMS expert to your community to provide mentoring on building and growing your program. Clubs and workout groups must understand the different reasons why people swim and by focusing on recruiting members who seek benefits the club offers, the group can better serve and keep new members. If you are interested in participating in this program, which is fully funded by USMS, please contact Mel Goldstein at (317) 253-8289 or via email.

USMS is excited to provide this program to your club or workout group (team)!

Executive Committee

Chair:
Nadine KM Day
[president AT ilmsa DOT com](mailto:president@ilmsa.com)

Vice Chair:
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:
Erik van Etten:
[registrar AT ilmsa DOT com](mailto:registrar@ilmsa.com)

ILMSA Committee Chairs

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

Competition, Sanctions:
Mark Mattson
[sanctions AT ilmsa DOT com](mailto:sanctions@ilmsa.com)

Long Distance:
Dave Sebastian
[davesabastian AT msn DOT com](mailto:davesabastian@msn.com)

Newsletter Design:
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Officials:
Rich Mueller

Coaches:
Corinne Grotenhuis

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)

History Records and Awards Chair:
Ellen Tobler

Webmaster:
Carie Colburn



Open Water Recognition for Four U.S. Masters Swimmers

A feature article from US Masters

I'm sure most of you thought the election was over, but the voting has just begun. Four U.S. Masters swimmers are up for awards granted by www.10KSwimmer.com: Open Water Man of the Year and Open Water Woman of the Year. Representing U.S. Masters Swimming, Randy Nutt, Bob Placak, Alex Kostich, and Marcia Cleveland are among others in the poll and in need your support.

Open water swimming, as we learned with a recent feature (on USMS.org), is an event for all swimmers. Swimmers, competitive and fitness alike, embrace the sense of freedom that open water swimming provides. Swimmers test themselves in distance events, destination swims and other challenges in the open water. Open water swimming continues to gain popularity among swimmers around the world and U.S. Masters Swimming is committed to contributing to its growth by sanctioning events throughout the United States.

Ashley Gangloff, a U.S. Masters Swimming staff member, interviewed Randy about his passion for the open water and his www.10KSwimmer.com recognition.

Ashley: How long have you been swimming in open water events?

Randy: My high school held a swim-a-thon off Fort Lauderdale Beach in the 70's and about that time I started swimming in Fort Lauderdale's Galt Ocean Mile Swim –now called the Fort Lauderdale Rough Water. In college our Coach, Bob Saunders (Marshall University), took our team to Brazil to teach kids to swim. I fell in love with travel, adventure and open water swimming there.

Ashley: What was your first open water experience?

Randy: Jones Beach body surfing as a kid, holding my younger brother and sister up above the surf. Then growing up along Fort Lauderdale's beach offered lots of early open water experiences.

Ashley: What is your most memorable open water experience?

Randy: I received a phone call from Sharon Luka who said she had tried and tried to enter several open water swims but was always told no she was not allowed – because she was blind. A friend of hers told her to call me because at that time I was directing the 12-mile Swim Around Key West . She asked if I would let her in. I said “Absolutely” right away, and “Not only can you enter but I'll help assemble the crew to help you.” She could not believe that I let her enter and that she had an event to swim in. The end of that story is she swam 12 miles around Key West and we named an award after her –the Sharon Luka Spirit Award. All she needed was someone to believe in her –and give her a chance. All my open water experiences are memorable when I can help someone accomplish a goal of theirs.

Ashley: What does the recognition from www.10KSwimmer.com mean to you?

Randy: I am humbled. It is nice to see those mentioned and notice that they give so much back to the sport of open water swimming, making it better for everyone. Not only are there gold medalists mentioned, but many serve behind the scenes working thousands of hours to make it possible for everyone to enjoy open water.



Ashley: Why do you think there is so much growth in open water swimming?

Randy: The adventure, the excitement, the friendships and the people. I can step off a plane and meet an open water swimmer for the first time and before we are at the hotel we are friends. These friendships carry on year after year, island to island, event to event. My volunteers and I work as hard as we can to make each event as much fun for the participants – in and out of the water – as we can. It reminds me of my favorite band, Led Zeppelin. They wanted to have a party and give others a fun experience. They worked hard and played hard, and when they did that they had fun too! Life is an adventure!

Ashley: What are your swimming goals for the future?

Randy: Next year's Bermuda Round the Sound Swim in October will be a blast – with a distance for everyone. The Bermuda swim is a charity event and over \$300,000 has been raised so far. So I'll keep on giving back to the sport, trying to make others smile, all while living life to its fullest.

Like all U.S. Masters swimmers, Randy continues to set goals for himself. To find out more about U.S. Masters Swimming open water events visit <http://www.usms.org/comp/ldcalendar.php>.

Let's keep on swimming, being healthy and having fun!



Swimming Chicago end to end; Marcia Cleveland along with friends David Blanke and Chris Layton, take on an overnight adventure.

The following excerpt is from **A Lovely Night on the Water**

By Marcia Cleveland,

Often during the first few moments of a long swim, I ask myself if I really want to be doing this and do I think I can make it? (Truthfully, it often comes out, "What the (insert expletive of choice) are you doing here?") With all the training and preparation I had done, a serene "Yes" to both is the only answer. (Actually, the answer is really "Shut the (insert expletive of choice) up and swim.") For those first few hours, the sun was still up in the sky and we were swimming in relatively shallow water so the sandy bottom was clear below us. There was still plenty of "life" happening on the waterfront at this hour so we garnered many waves and cheers from curious onlookers. Tom's course took us on the straightest tangent possible so we did get close to many piers early on. I looked at the landmarks as we passed: Loyola, several apartment buildings, Hollywood Beach, Foster Beach, gradually shifting my brain from land to water, getting into the non-stop, forever pace.

To read more about this incredible adventure visit Marcia's website and view the page at the address below.

<http://www.doversolo.com/chicagoskyline.htm>

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.



2009 Lattof YMCA Masters Swim Meet

ILMSA Sanction Number: #219-002S

Date & Time: January 11, 2009 **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, IST touchpads
Our facility has been measured in all competition lanes as required by 2003 USMS rules for top ten and records recognition.

Officials: Two Officials

Meet Dir: Mark Hineman 847/392-4439, registrar: sdueball@wideopenwest.com

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: 2009 USMS Registration Number Required-NO EXCEPTIONS. **In accordance with USMS rules, a photocopy of the registration card must be provided.** Individuals without valid 2009 USMS card will be expected to register for USMS on-deck before being allowed to participate.

Deadline: **Individual Event Entries MUST BE RECEIVED by Jan 4, 2009**

Entry Limit: Five events, Plus Relays

Entry Fees: Preregistration - **\$4.00 per individual event**

Deck Entries - **\$4.00 per individual event plus a \$5.00 administration fee per swimmer.**

\$7.00 per relay (deck enter; fees paid on deck). Individuals that did not register for the meet but wish to participate in the relays will also be assessed administration fee and will be expected to show USMS Card at registration.

Deck Entries: NO DECK ENTRIES for 200 Free

Deck entries will be allowed from 6:30 to 7:00 am only. Relay entries will close at 7:30 am.

Mail Entry To: Steve Dueball,
1430 S. Oxford,
Des Plaines, IL 60018-1312

MAKE CHECK PAYABLE TO Lattof YMCA

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 Free 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	Mixed Free Relay.....at meet

DANVILLE DUAL PENTATHLON

Sunday, January 18, 2009

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

Sanction Number #219-003S

- Time** Warm-up 10:00-10:45 am. **Competition begins 11:00 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 2009 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 25, 2009**

Sanctioned by Illinois Masters for USMS, Inc.
Sanction #219-004S

**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.

Fees: \$5.00 per individual event; deck entries \$6.00 per individual event. \$5.00 per relay. Make checks payable to Evanston Masters.

Deadline: Send your entries and fees no later than January 17th to Evanston Masters/CO Heidi Toft 6440 N. Oakley #2 Chicago, IL 60645.

Eligibility: Must be over 18 years of age and current USMS 2009 registration. In accordance with USMS rules, a photocopy of the registration must be provided with your entry and when you check-in at the meet.

Deck Entries: You can enter via email by 5:00 pm Saturday, Jan 24th without the deck entry rate being charged. Be sure to have payment and a copy of your USMS card ready on Sunday morning prior to the close of deck entry time. Send email to h2odevil@comcast.net. Regular deck entries will be allowed, however, 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 facility 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. To celebrate the first meet of his term, newly inaugurated president Simon Anolick will perform a solo of "Hail to the Chief" just before he swims the 200 fly. This is a 'can't miss' event.

Officials: Two people, Rich Mueller among them, will officiate this meet.

St Charles Masters – Superbowl Swim Meet
Norris Recreation Center @ St. Charles East High School
Sunday February 1, 2009

Sanction by St Charles Masters for USMS, Inc Sanction 219-001S
Hosted by St Charles East HS 94 - 99 State Champion Girls Swim Team

Warm-up: 7:00 - 8:00am

500/400 IM Competition begins at 8:00am.

Other events no earlier than 9:00am

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

ELIGIBILITY: Must be over 18 years of age and current USMS 2009 registration.
In accordance with USMS rules, a photocopy of the registration must be provided with your entry and swimmers should have a copy with them at the meet.
Need to register: SIGN UP ONLINE: <https://www.clubassistant.com/club/USMS.cfm?l=21>
Lost your card: https://www.clubassistant.com/club/usms_member_card_request.cfm

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

FEES: \$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 www.ilmsa.com).

Make checks payable to:

St Charles East Girls High School Swimming & Diving.

ADVANCED ENTRY: Send your individual entries including fees **NO later than Friday January 23, 2009** to:
Paul Olney **Evening Phone: (630) 587-0414**
3205 Fox Hunt Lane **Day Phone: (847) 226-9499**
St Charles, IL 60174 **E-Mail: prolney@sbcglobal.net**

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

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

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

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

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

Central Illinois Masters 2009 Spring Classic

Illinois Wesleyan University
Bloomington, Illinois

We welcome everyone to the 2009 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 2009 top ten and records recognition.**

Date: Sunday – March 1, 2009

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

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

Sanction: Sanction by ILMsa for USMS, Inc. #219-0055

Eligibility: A 2009 USMS registration number is required and must be over 18 years of age. You will not be allowed to swim until we have a 2009 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: \$15 in advance. \$20 deck entered. Up to 5 events.

Order of Events

- | | | |
|---------------|----------------------------|----------------------------|
| 1. 200 Fly | **10 minute break** | 12. 100 Fly |
| 2. 50 Breast | 7. 200 IM | 13. 100 IM |
| 3. 200 Free | 8. 100 Free | **10 minute break** |
| 4. 100 Breast | 9. 500 Free | 14. 400 IM |
| 5. 200 Back | 10. 200 Breast | 15. 100 Back |
| 6. 50 Fly | 11. 50 Back | 16. 50 Free |
| | | 17. 1000 Free |

Entry Deadline: Entries should be received before February 28th. 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, 302 Ironwood CC Dr, Normal, IL 61761
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) 824-0398 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.

State Meet

April 16-19, 2009 at UIC; the Chicago Physical Education Building (PEB)
901 W Roosevelt Rd, Chicago, IL 60608

Fees/Costs:		Event Order: Thursday/Friday	Saturday	Sunday
Entry Surcharge	\$30.00	1650 will be offered both Thursday and Friday evenings	100 Free	400 IM
Individual Event	\$ 4.00		50 Fly	100 Breast
Relays (per relay)	\$10.00		200 Breast	50 Back
Championship T-shirt	\$ 0.00 included with paid meet entry.	Warm-up start at 4:00 pm first heat will start at 5:00 pm; there will be 9 heats	200 MIXED Medley	200 Free
		Limit 144	200 IM	200 MIXED Free
			100 Back	100 Fly
			50 Breast	50 Free
			200 Fly	200 Back
			200 Free Relay	100 IM

Watch for more events. As events are sanctioned they will be posted at <http://ilmsa.com/competiton/upcoming>