

Speedo® Illinois Swimming Senior Championship Meet

Hosted by NASA Wildcat Aquatics

July 15-18, 2010

LOCATION: Norris Aquatics Center, Northwestern University, 2311 Campus Drive, Evanston IL 60208

MEET SCHEDULE:

	PRELIMS		FINALS	
	Warm-Ups	Start	Warm-Ups	Start
Thursday	4:00 pm	5:30 pm		
Friday	6:30 am	8:30 am	4:00 pm	5:30 pm
Saturday	6:30 am	8:30 am	4:00 pm	5:30 pm
Sunday	6:30 am	8:30 am	3:30 pm	5:00 pm

INDIVIDUAL EVENTS: All individual events except the 800 and 1500 free will be conducted as preliminary/final events.

Finals will be the top 24 athletes competing in Bonus, Consolation, and Championship Finals heats (A, B, C, Finals). Swimmers in the Consolation and Bonus Finals (B and C) must check in with the Deck Referee behind the starting blocks and swimmers in Championship Finals (A) must report to the Ready Room and check-in with the Ready Room official prior to the start of the Championship Final **of the previous event.**

DISTANCE EVENTS: The 800 and 1500 Free will be conducted as timed final events. The 800 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men's heats. Each swimmer must provide his/her own timer. The fastest seeded heat of the woman's and men's 1500 free are swum as the first event of finals on the same day as all other heats for the event. All remaining heats of the 1500 will swim at the conclusion of Sunday's Preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. Swimmers who choose to swim in the prelim session of the 1500 Free should enter at the lowest non-conforming qualifying time (SCY). Each swimmer must provide his/her own timer.

RELAY EVENTS: All relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim at the conclusion of that day's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum.

FINALS READY ROOM: Swimmers in the Consolation and Bonus Finals (B and C) must check in with the Deck Referee behind the starting blocks and swimmers in the Championship Finals (A) must report to the Ready Room area and check-in with the Ready Room official prior to the start of the Championship Final **of the previous event.**

AWARDS CEREMONY: Awards for women and men will be presented after each Men's championship final heat. Awards for day one and Relay awards for day two and day three events will be presented at the first Awards Break of the following evening's finals.

AWARDS: The Carolyn Lambert Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Other awards will be given to the top 8 finishers in individual events, the top three finishers in relay events and best individual performance women and men, based on IMX points at the meet. First Place winners receive Gold Medal, Second Place receive Silver Medal, Third Place receive Bronze Medal, 4th Place medal w/ ribbon color-yellow, 5th Place medal w/ ribbon color-green, 6th Place medal w/ ribbon color-maroon, 7th Place medal w/ ribbon color-orange, 8th Place medal w/ ribbon color-purple.

TIMERS: Each team with swimmers in the meet must provide timers. A list of lane assignments for each team will be posted after the entry deadline.

PUBLICITY: Any swimmer competing in the championship final of an event for the first time at this meet should be sure that his/her biographical information is on file. Forms will be located at the Clerk of Course and Admin Tables.

ADMISSIONS: Thursday Admission: \$5.00 (includes Heat Sheet)
Friday – Sunday All-Day Admission: \$10.00 (includes Heat Sheet)
Friday – Sunday Finals Admission: \$5.00 (includes Heat Sheet)

PARKING: Parking is free and available at the adjoining parking lot assigned to the facility on Saturday and Sunday and after 4:00 PM on Thursday and Friday. Parking will be available in the Ryan Field North/West parking lots located on Ashland Avenue during the day on Friday. A complimentary shuttle bus service will run between the parking lot and the pool. There is limited parking available on the streets surrounding the University. Friday parking passes for officials will be provided complimentary, Coaches passes will be available at a cost of \$7 per pass in advance (number available will be limited by the number of swimmers the club has competing in the session) and \$10 on Friday. The passes will be available on Thursday evening at the pool. Detailed parking instructions will be available on the Host Club website (www.nasawild.org) including arrangements for Coaches and Officials.

CONCESSIONS AND VENDORS: The Swim Team Store will be on site, selling swimming related items and Northwest Designs Inc will be on site to sell event specific merchandise. Concessions will be available.

LOCKER ROOMS: Locker room facilities are available on the deck level of the pool for changing purposes only. No lockers will be available for storage. The locker rooms are shared with patrons of the facility and appropriate behavior is expected at all times.



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WOMEN			THURSDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
1	10:08.09	9:50.29	11:14.59	800 Freestyle	10:39.99	9:10.59	9:26.79	2

WOMEN			FRIDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
3	1:23.49	1:19.19	1:11.29	100 Breaststroke	1:05.49	1:12.69	1:16.59	4
5	2:17.49	2:13.29	2:00.09	200 Freestyle	1:50.59	2:02.79	2:08.19	6
				10 Minute Break*				
7	1:11.49	1:08.59	1:01.79	100 Butterfly	56.39	1:02.59	1:04.89	8
9	5:38.79	5:23.19	4:51.19	400 Individual Medley	4:35.79	5:06.09	5:16.19	10
				10 Minute Break*				
11	9:29.99	9:07.19	8:12.99	800 Freestyle Relay	7:38.59	8:28.99	8:54.79	12

WOMEN			SATURDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
13	2:38.09	2:31.29	2:16.29	200 Individual Medley	2:05.19	2:18.99	2:27.69	14
15	29.29	28.29	25.49	50 Freestyle	22.89	25.39	26.69	16
				10 Minute Break*				
17	3:00.99	2:53.09	2:35.89	200 Breaststroke	2:25.39	2:41.39	2:50.09	18
19	1:13.19	1:09.79	1:02.89	100 Backstroke	57.49	1:03.79	1:08.59	20
				10 Minute Break*				
21	4:50.69	4:40.99	5:21.19	400 Freestyle	4:59.09	4:21.69	4:33.89	22
				10 Minute Break*				
23	4:55.99	4:37.49	4:09.99	400 Medley Relay	3:49.89	4:15.19	4:33.89	24

WOMEN			SUNDAY				MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
25	2:39.69	2:31.79	2:16.79	200 Backstroke	2:06.79	2:20.69	2:31.09	26
27	1:03.89	1:01.19	55.09	100 Freestyle	50.19	55.39	57.59	28
				10 Minute Break*				
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:11.19	2:25.59	2:33.89	30
				10 Minute Break*				
31	4:23.99	4:11.29	3:46.39	400 Freestyle Relay	3:27.49	3:50.29	3:58.59	32
				10 Minute Break*				
33	19:16.99	18:43.79	18:51.99	1500 Freestyle	17:51.99	17:43.99	18:15.99	34

***10 Minute Break for Prelims Only-** the Pool will be open for warm-up/cool-down.

During Finals- the Pool will be open for warm-up/cool-down during Awards presentations.

Relay take-offs will be allowed in designated lanes per the Meet Referee **ONLY** during the breaks prior to relay events.