



WINDY CITY INVITATIONAL
Presented by
The Lake Forest Swim Club
JANUARY 9-10, 2010



The **Windy City Invitational** is sanctioned by USA Swimming and Illinois Swimming, Sanction No. ILS10-0107. All USA Swimming and ISI rules apply including safety rules that will be strictly enforced.

LOCATION	University of Illinois Chicago, 901 W Roosevelt Rd., Chicago, Illinois 60608		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045	847.295 8343 LFSC@sbcglobal.net www.swimlfsc.org	
MEET DIRECTOR	Maureen Sheehan		847 295 8343
ENTRIES	Michael Lawrence		847 295 8343
MEET REFEREE	Elaine Gilbert		
FACILITY	8-lane 25 yard course with permanently affixed starting blocks (12 foot minimum depth throughout the course), Daktronics 6000 timing system, separate warm-up and warm-down. area		
MEET SCHEDULE	Morning session Afternoon session	Warm-ups: 7:30am Warm-ups: TBA	Meet: 8:30am Meet: TBA
	Warm-up for the afternoon session will begin immediately following the conclusion of the morning session. Events will begin 60 minutes after the start of the warm-up period. Please visit the LFSC website (www.swimlfsc.org) after December 28, 2009, for the afternoon warm-up schedule and to check seeding for heat limited events.		
COACHES MEETING	There will be a coach's meeting 15 minutes prior to the start of each session if determined necessary by the Meet Referee.		
ELIGIBILITY	All swimmers must be current (2010) members of USA Swimming. "Applied For" registration will not be accepted; registration forms may be obtained from Illinois Swimming (847 824 1596). Age as of the first day of the meet shall determine age for the entire meet.		
EVENTS	All events will be timed final events. An event schedule for this meet is included with this meet announcement. Events will be offered in the following age categories: 8 & under, 10 & under, 9/10, 11 yr old, 12 yr old, and Senior. Events 5/6, 33, 65/66, 67/68, 69/70, 99/100, 102, 109/110, 135/136 and 137/138 may be limited to three heats based on submitted entry times. Please review the event list to verify heat limitations. The host club reserves the right to conduct additional heats of these events as time permits. Heats will be swum fastest to slowest seeded heats. To check seeding for heat-limited events visit the LFSC website (www.swimlfsc.org) after December 28, 2009.		
RELAY EVENTS	All relay events will be pre-seeded based on submitted entry times.		
EVENT LIMITATIONS	Swimmers may enter and swim five (5) individual events plus relays each day.		
ENTRY FEES	\$3.00 per individual event, \$7.00 for each relay; a swimmer surcharge of \$4.00 per swimmer entered in individual events must be included with entry (ISI Swimmer surcharge \$2.00, facility surcharge \$2.00).		

**Make checks payable to "Lake Forest Swim Club". Deliver all entries to:
Lake Forest Swim Club, Lake Forest College-Sports Center, 555 N. Sheridan Rd., Lake Forest, IL 60045
ENTRIES MUST BE RECEIVED BY TUESDAY, December 29, 2009, 5:00 PM.**



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ENTRIES

Entries will not be accepted prior to 8:00am Saturday, December 5, 2009, and must be received by Tuesday, December 29, 2009. All entries must be received at the swim club office. Entries may be submitted *via* E-mail to LFSCentries@sbcglobal.net.

Please submit short course yard entry times. All entry times must be achieved in accordance with USA Swimming rules prior to the entry deadline. All entries must be submitted on the entry forms attached or facsimiles thereof. The attached summary form, release and hold harmless statement, and all entry fees must accompany all entries. Failure to comply with any entry requirement will be sufficient cause to refuse entry.

Entries will be accepted in Hy Tek® format. A printed copy of the entry, all forms, waivers, and summaries, and a check for entry fees must be received within 96 hours of receipt of entry. The host club accepts no responsibility for receipt of e-mail entries. Confirmation of receipt is the sole responsibility of the sender.

SEEDING

All swimmers are required to check-in and positively declare their intent to swim for each event. Swimmer who do not check-in will be scratched from that event. Non-conforming entry times will be seeded following conforming times (SCY, SCM, LCM). **Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).**

Coaches are encouraged to notify the meet host of scratches in advance of the meet *via* FAX (847 735 6281) and e-mail LFSCentries@sbcglobal.net.

AWARDS

All swimmers will receive awards for 1st - 8th place in individual events for 8 & under, 9, 10, 11, 12, and 13/14 age categories.

*Special awards will be given to swimmers placing 1-8 in our Featured Event, **The Windy City 1000 Freestyle Challenge** and to all 8 & under swimmers improving their times from Saturday to Sunday.*

Heat winner prizes will also be awarded.

DECK ACCESS AND CREDENTIALS

Only contestants, coaches, and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck. Coach's information packets will be available at the meet.

SWIMMER SUPERVISION

Each team or coach is responsible for the supervision of his or her swimmers. Swimmers and their families are allowed access to the pool area, concession areas, and designated rest areas, subject to USA Swimming and Illinois Swimming rules. The locker rooms are for changing purposes only: no lockers will be available for swimmers participating in the meet. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area.

OFFICIALS

Certified officials (stroke and turn judges, starters, or referees) are asked to volunteer by contacting Elaine Gilbert, ptgilbert1@comcast.net or LFSCentries@sbcglobal.net

ADMISSION

Adults	\$7.00/day
10 & under	\$2.00/day

CONCESSIONS/VENDORS

Food concessions and swimming product vendors will be available during the meet.

MEET RESULTS

Meet results will be posted online at www.swimlfsc.org

PARKING

Parking available directly across Roosevelt Rd in University lots; enter on Morgan St.

WINDY CITY SPEEDO® INVITATIONAL

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Saturday, January 9

Warm-up: 7:30 am	Meet: 8:30 am		
WOMEN	LIMIT	EVENT	MEN
1		Sr 200 Fr Relay	2
3		12 yr old 200 Fr Relay	4
5	24	Sr 400 IM	6
7		Sr 50 Free	8
9		12 yr old 50 Free	10
11		Sr 200 Breast	12
13		12 yr old 50 Breast	14
15		Sr 100 Back	16
17		12 yr old 100 Back	18
19		Sr 100 Fly	20
21		12 yr old 100 Fly	22
23		Sr 50 Breast	24
25		Sr 200 Free	26
27		12 yr old 200 Free	28
29		Sr 100 IM	30
31		12 yr old 100 IM	32
33	24	<i>Featured Event, 1000 Free presented by Speedo®</i>	

Sunday, January 10

Warm-up: 7:30 am	Meet: 8:30 am		
WOMEN	LIMIT	EVENT	MEN
71		Sr 200 Med Relay	72
73		12 yr old 200 Med Rel	74
75		Sr 200 Fly	76
77		12 yr old 200 IM	78
79		Sr 50 Back	80
81		12 yr old 50 Back	82
83		Sr 100 Breast	84
85		12 yr old 100 Breast	86
87		Sr 100 Free	88
89		12 yr old 100 Free	90
91		Sr 200 Back	92
93		Sr 50 Fly	94
95		12 yr old 50 Fly	96
97		Sr 200 IM	98
99	24	12 yr old 500 Free	100
<i>Featured Event, 1000 Free presented by Speedo®</i>			102

Warm-up: TBA	Meet: TBA		
GIRL'S	LIMIT	EVENT	BOYS
35		11 & un 200 Fr Relay	36
37		8&un 100 Fr Relay	38
39		11 yr old 100 Free	40
41		9/10 100 Free	42
43		8&un 25 Free	44
45		11 yr old 50 Breast	46
47		10&un 50 Breast	48
49		8&un 25 Breast	50
51		11 yr old 100 Back	52
53		9/10 100 Back	54
55		8&un 25 Back	56
57		11 yr old 50 Fly	58
59		10&un 50 Fly	60
61		8 & un 25 Fly	62
63		11 yr old 100 IM	64
65	24	9/10 100 IM	66
67	24	8 & un 200 Free	68
69	24	11 yr old 500 Free	70

Warm-up: TBA	Meet: TBA		
GIRL'S	LIMIT	EVENT	BOYS
103		11 & un 200 Med Rel	104
105		8 & un 100 Med Rel	106
107		11 yr old 200 Free	108
109	24	9/10 200 Free	110
111		8 & un 25 Free	112
113		11 yr old 100 Breast	114
115		9/10 100 Breast	116
117		8&un 25 Breast	118
119		11 yr old 50 Back	120
121		10 & un 50 Back	122
123		8&un 25 Back	124
125		11 yr old 100 Fly	126
127		9/10 100 Fly	128
129		8 & un 25 Fly	130
131		11 yr old 50 Free	132
133		10&un 50 Free	134
135	24	11 yr old 200 IM	136
137	24	9/10 200 IM	138



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SUMMARY OF ENTRIES

8 & under	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
10 & under	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
11 yr old	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
12 yr old	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
Senior	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
TOTAL INDIVIDUAL EVENTS			\$ _____
RELAYS		_____ events X \$7.00=	\$ _____
SWIMMER SURCHARGE	_____ Women	x \$4.00 =	\$ _____
	_____ Men	x \$4.00 =	\$ _____
TOTAL MEET FEES			\$ _____

**Deliver all entries to: Lake Forest Swim Club, Lake Forest College-Sports Center
555 N. Sheridan Rd., Lake Forest, IL 60045. Entries will not be accepted prior to 8:00am
Saturday, December 5, 2009, and must be received by Tuesday, December 29, 2009.**

Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries _____

Phone Day () _____

Eve () _____

In consideration of the acceptance of this entry, I, intending to be legally bound, do hereby consign, waive, and release any and all rights and claims which may accrue against USA Swimming, Illinois Swimming, the Lake Forest Swim Club, the University of Illinois-Chicago, their representatives, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant or representative of my club. I attest that all athletes listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) _____ DATE _____

