



**Discover Student Loans Illinois Swimming  
Long Course Age Group Championships  
Hosted by CATS Aquatics and Scout Aquatics  
July 28-31, 2016**



The 2016 Discover Student Loans Illinois Swimming Long Course Age Group Championship Meet is sanctioned by USA Swimming and Wisconsin Swimming, Sanction No. WI2016-264S. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

**LOCATION:** Village of Pleasant Prairie RecPlex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

**FACILITY:** 10 Lane, 50 meter indoor competition pool. Permanent starting blocks (within the USA Swimming regulations). Water depth is 7 feet 6 inches at starting end. Non-turbulent lane lines. Colorado timing system. Full color 10 lane electronic timing display. Seating capacity for 650 spectators. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

CO-MEET DIRECTORS		ENTRY / SCRATCH	MEET REFEREE/ADMIN REF	
Andrew Kamai (224) 545-9655 <a href="mailto:Andrew.kamai@yahoo.com">Andrew.kamai@yahoo.com</a>	Dale Lomax DaleLomax@comcast.net	Jeff Arce 847-372-1541 <a href="mailto:jeff@cats-aquatics.com">jeff@cats-aquatics.com</a>	Jack Yetter 630-661-0350 <a href="mailto:yetter96@gmail.com">yetter96@gmail.com</a>	Tony Cook
<b>Host Clubs Web Sites:</b> <a href="http://www.cats-aquatics.com">www.cats-aquatics.com</a> or <a href="http://www.swimsct.org">www.swimsct.org</a>				

**MEET SCHEDULE:**

	PRELIMS (11-12, 13-14)		TIMED FINALS (10 & U)		FINALS (11-12, 13-14)	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
<b>Thursday</b>	6:45 am	8:30 am	12:45 pm	1:45 pm	4:00 pm	5:00 pm
<b>Friday</b>	6:45 am	8:30 am	12:45 pm	1:45 pm	4:00 pm	5:00 pm
<b>Saturday</b>	6:45 am	8:30 am	12:45 pm	1:45 pm	4:00 pm	5:00 pm
<b>Sunday</b>	6:45 am	8:30 am	n/a	n/a	4:00 pm	5:00 pm

13-14 800 Free	
Warm-Up	Start
At conclusion of Sunday's Preliminary Session 10	30 Minutes after the conclusion of Sundays Preliminary Session 10

**DEADLINE AND MEETING SUMMARY:**

Monday	June 1	12:01 AM	Entries Open
Monday	July 25	1:00 PM	**Entry Deadline (OME)**
Wednesday	July 27	1:00 PM	Electronic Scratch Deadline
Wednesday	July 27	6:00 PM	Scratch Meeting @ Venue
Wednesday	July 27	6:30 PM	Scratch Deadline for Next Days Event
Thursday	July 28	8:10 AM	Coaches Meeting
Thursday	July 28	8:30 AM	<b>Session 1 Start</b>
Thursday	July 28	1:45 PM	<b>Session 2 Start</b>
Thursday	July 28	5:00 PM	<b>Session 3 Start</b>
Thursday	July 28	5:30 PM	Scratch Deadline for Next Days Events
Friday	July 29	8:10 AM	Coaches Meeting
Friday	July 29	8:30 AM	<b>Session 4 Start</b>
Friday	July 29	1:45 PM	<b>Session 5 Start</b>
Friday	July 29	5:00 PM	<b>Session 6 Start</b>
Friday	July 29	5:30 PM	Scratch Deadline for Next Days Events
Saturday	July 30	8:10 AM	Coaches Meeting
Saturday	July 30	8:30 AM	<b>Session 7 Start</b>
Saturday	July 30	1:45 PM	<b>Session 8 Start</b>
Saturday	July 30	5:00 PM	<b>Session 9 Start</b>
Saturday	July 30	5:30 PM	Scratch Deadline for Next Days Events
Sunday	July 31	8:10 AM	Coaches Meeting
Sunday	July 31	8:30 AM	<b>Session 10 Start</b>
Sunday	July 31	Conclusion of Session 10	<b>Session 11 Start</b>
Sunday	July 31	5:00 PM	<b>Session 12 Start</b>

**\*\*Entry Information & Details For Disability Athletes Can Be Found on Page 2\*\***



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**ENTRY CHECKLIST:**

This meet will be using USA Swimming On-Line Meet Entry [www.usaswimming.org/ome](http://www.usaswimming.org/ome). All forms must be received on or before close of business (5:00 PM CDT), Wednesday, July 27, 2016.

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using a credit card OR if paying by check Payable to **Illinois Swimming, Inc.**
3. If paying by check submit the following to Illinois Swimming Office (due by July 27, 2016):
  - a. Team Summary and Release Form
  - b. Entry fees and swimmer surcharge payments not paid by credit card.
4. Deck Passes For Coaches: Before checking out of OME, be sure to fill in your coaches deck passes. **Please see Deck Passes For Coaches (Page 4) for more details.**

**Checks payable to: Illinois Swimming Inc**

<b>MAIL PAYMENT TO:</b>	Illinois Swimming Inc 1400 E Touhy Ave., Suite 410 Des Plaines, IL 60018	<b>EMAIL ENTRY QUESTIONS TO:</b>	<a href="mailto:pam.lowenthal@ilswim.org">pam.lowenthal@ilswim.org</a>
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**QUALIFYING TIMES:** 2016 Long Course ISI Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between July 18, 2014 and July 25, 2016 at 1:00 pm (CDT) are eligible for this meet.

**ENTRY FEES:** \$5.00 per individual event, \$15.00 per relay entry. A swimmer surcharge of \$5.00 per swimmer entered in at least one individual event must be included with entry (\$3.00 Wisconsin fee + \$2.00 Illinois fee).

**ENTRY DETAILS AND DEADLINE:** This meet will be using USA Swimming On-Line Meet Entry at: [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Entries may be submitted online beginning on Monday, June 1, 2016 (12:01AM CDT) and must be completed by Monday, July 25, 2016 at 1:00 PM CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact the Illinois Swimming office for instructions.

Once you complete your online entry, you will be sent a confirmation email. You have the ability to update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete or change out events after you have paid for them. Bring all communications with you to the meet in case of problems with your entries.

**ELIGIBILITY:** All swimmers must be current members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office or downloaded from the Illinois Swimming website at [www.ilswim.org](http://www.ilswim.org). Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**EVENT LIMITATIONS:** Swimmers may swim a maximum of seven (7) individual events. Swimmers may enter as many events as they have met the qualifying time standard; however, swimmers competing in the 11-12 and 13-14 age groups may compete in no more than three (3) individual events per day. Swimmers competing in the 10 & under age group may compete in no more than four (4) individual events per day.

**SEEDING:** Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (LCM) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: long course meters (LCM), short course meters (SCM), short course yards (SCY).

**DISABLED ATHLETES:** This meet will be open to all 10&U, 11/12, and 13/14 disabled athletes, including those who have not met the entry time qualifying standards. Disability swimmers may enter 1 event in prelims (11/12, 13/14) or timed finals (10&U) each day that is not longer than 200 meters. There will be one heat swum at the beginning of each night's finals session open to 11/12 & 13/14 athletes (with certain restrictions) in the following events: Thursday – 100 Freestyle, Friday – 100 Backstroke, Saturday – 100 Butterfly, Sunday – 50 Freestyle. This entry will be done manually through the Illinois Swimming Disability Chair. **The entry deadline for these entries is July 25, 2016 at 1:00pm.** Coaches should contact the Illinois Swimming Disability Chair at [disability@ilswim.org](mailto:disability@ilswim.org) for more information and entry procedures.

**SCRATCH MEETING:** Wednesday, July 27, 2016 at 6:00pm at the Pleasant Prairie RecPlex.



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**SCRATCH PROCEDURES:** *The following information is for coaches and club representatives only.* ISI Championship scratch rules and procedures will be in effect at this meet. Electronic scratches made prior to the electronic scratch deadline must be emailed to the host club entry chair and must include the following information:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information – Full Name (Last, First, MI), USS ID number, Event Number, Event Name, & Entry Time
3. Name, information, and club position of person submitting scratches

**The deadline for E-mail scratches is 1:00 PM, Wednesday, July 27, 2016.  
Email scratches to Jeff Arce at [Jeff@cats-aquatics.com](mailto:Jeff@cats-aquatics.com).  
It is the responsibility of the sender to ensure that this E-mail is received by the host club.**

Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events and timed final events shall be made using the scratch box at the Clerk of Course. The scratch deadline for preliminary and timed final events is as follows:

- Wednesday: 6:30pm for Thursday events
- Thursday: 5:30pm For Friday events
- Friday: 5:30pm For Saturday events
- Saturday: 5:30pm For Sunday events

**Scratch Questions to:**  
Jeff Arce  
(847) 372-1541 [Jeff@cats-aquatics.com](mailto:Jeff@cats-aquatics.com)

**COACHES MEETING:** There will be a coaches meeting 20 minutes prior to the start of each prelim session if needed. Each team or unattached swimmer must be represented at this meeting and is responsible for all information and/or procedures.

**READY ROOM & AWARDS CEREMONY:** Swimmers in the championship finals must report to the ready room area prior to the consolation heat of that event. Consolation heat must report behind the starting blocks prior to their heat. Awards for girls and boys will be presented as published in the order of events.

**SCORING:**

SCORING BY PLACE																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INDIVIDUAL EVENT SCORING																			
24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
RELAY EVENT SCORING																			
48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

**AWARDS:** The Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Other awards will be given to the top 10 finishers in individual events, and the top three finishers in relay events.

**MISSED QUALIFYING TIMES AND FINES:** Entry times will be taken from the SWIMS database. Custom times may be entered, however all times not from SWIMS are subject to 'proof of time' at the clerk of course table. Coaches will be notified of the need to prove times.



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July 28-31, 2016



**INDIVIDUAL EVENTS:**

1. All 10 & under individual events will be conducted as timed final events.
2. All 11-12 individual events except the 200 Fly, 200 Back, 200 Breast, and 400 Free are preliminary/final events with consolation and championship final heats. The 200 Fly, 200 Back, 200 Breast, and 400 Free are timed final events with the fastest seeded heat swum in the finals session. All remaining heats of the 200 Fly, 200 Back, 200 Breast and 400 Free will be swum slowest to fastest in the morning preliminary session.
3. All 13-14 individual events except the 400 Free, 800 Free and 400 IM are preliminary/final events with consolation and championship final heats. The 400 Free, 1500 Free, and 400 IM are timed final events. The fastest seeded heat of the 400 Free and 400 IM will swim in the finals session. All remaining heats of the 400 Free and 400 IM will be swum slowest to fastest in the morning preliminary session.
4. The fastest heat of the Girls & Boys 13/14 800 free will be swum in finals on the same day as all other heats for the event. All remaining heats of the 800 will swim at the conclusion of Sunday's preliminary session: the second fastest seeded girl's heat will swim first and second fastest seeded men's heat will swim second. The third fastest seeded girl's heat will swim third; the third fastest seeded boy's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.
5. Swimmers with either an 1500 or 1650 freestyle qualifying time may enter the 800 Freestyle event. Swimmers must be entered at the slowest non-conforming 800/1000 Freestyle time standard. Boys will enter with a time of 10:32.59 SCY and Girls will enter with a time of 10:57.79 SCY.

**RELAY EVENTS**

1. Relay entry times for the Age Group Championships shall be achieved from the first day of the previous year's corresponding Age Group Championships and the entry deadline. All swimmers listed for relay proof-of-time at the Age Group Championships must be eligible to compete in that relay event.
2. The time for each relay may be submitted as a composite or aggregate time. Aggregate times must be equivalent (i.e., all SCY, all SCM, or all LCM). All relay entries must be accompanied by acceptable proof-of-time. Relay teams with properly proven times will be declared entered in the meet. All teams desiring to swim in the morning session should enter at the lowest non-conforming qualifying time (SCY).
3. Relay events shall be swum during the preliminary session and as the last event of the finals session on the day in which a relay event is conducted. After the scratch deadline each evening, a relay standing shall be posted. The top ten (10) seeded relays shall swim during the finals session. **EXCEPTION:** When there is less than one heat plus three entries all teams will swim in the finals session.
4. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.
5. Only two relays per team will score. Teams may enter as many relays as they qualify for.

**MEET RESULTS/UPDATES:** Results and updates will be posted on the host web site and at the Illinois Swimming web site ([www.ils swim.org](http://www.ils swim.org)).

**TECHNICAL JURY / ELIGIBILITY JURY:** The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but not more than three other persons and an Eligibility Jury (composed of the Registration/Membership Coordinator, a coach and one other person in attendance) will be appointed by the Program Operations Vice-Chair and the Meet Referee.

**WARM-UP:** All Illinois & Wisconsin Swimming warm-up and safety procedures will be in effect. The host club will post additional warm-up information on their website.

**CONDUCT:** The use of audio or visual recording devices, including all cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.



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**DECK ACCESS AND RESTRICTIONS:** Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and Officials must provide proof of USA Swimming credentials to be on deck at all times.

**DECK PASSES FOR COACHES:** Clubs will be issued Deck Passes for members of their coaching staff via their OME entry. All coaches receiving a deck pass must be registered with ISI and have all certifications up to date. Deck passes will be available to clubs based on the number of individual qualifiers. Additional deck passes for registered coaches may be purchased for \$10 at the meet. Please contact Pam Lowenthal at [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org) if you have any questions.

Individual Qualifiers	Deck Passes
0-1	1
2-7	2
8-15	3
16-23	4
24-31	5
32-39	6
40+	7

**TIMERS:** The Meet Host shall have full responsibility for all timers for all sessions of the meet. Meet hosts may request timers. Timer request shall be posted no later than 48 hours prior to the start of the meet. Swimmers competing in the 800 Freestyle must provide their own timers.

**OFFICIALS:** Officials interested in working should submit the application, found on the Illinois Swimming website under the officials tab. They can also direct questions regarding officiating to Ann Widdowson ([widsona@gmail.com](mailto:widsona@gmail.com)). A mandatory brief for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet. As such, this meet is open to all Officials who wish to, and are eligible, to be evaluated for advancement and re- certification. Those desiring initial certification or re-certification should submit an Application to Officiate Form from the "Officials" section of the ISI website ([www.ilswim.org](http://www.ilswim.org)). There will be opportunities at the meet to be evaluated for N-2 & N-3 level positions. However, there may not be enough resources to accommodate all such requests.

**ADMISSIONS:** \$8.00 entry per day; Heat Sheets for morning and afternoon sessions: \$5.00; Heat Sheets for Evening Finals: \$2.00. Deck chairs are not allowed in the pool stands. Only coaches will be allowed to bring chairs on deck, as there is plenty of bleacher space.

**PARKING:** Parking in the outer lots away from the facility is free.

**CONCESSIONS AND VENDORS:** Oceans Apparel will be selling event specific apparel. Concessions will be available for purchase at the venue.

**HOTEL INFORMATION:** Marriott Hotels the "Official Hotel of Illinois Swimming" has a discounted rate for Illinois Swimming members.

**Courtyard Chicago – Waukegan/Gurnee**  
3800 Northpoint Blvd  
Waukegan, IL  
(847) 689-8000 (Reservations)  
or (800) 321-2211  
\$110.00 plus taxes (King or Queen/Queen)  
**Block expires July 3, 2016**

**Request the ILLINOIS SWIMMING Room Block for Discounted Rates**

Additional hotel information can be found on the: Kenosha Area Visitors Bureau: <http://www.kenoshacvb.com/index.asp>



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**Thursday, July 28, 2016  
Session 1**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
***	13/14 800 Free Relay	26
	<b>**10 Minute Break**</b>	
9	13/14 100 Free	10
11	11/12 100 Free	12
13	13/14 200 Fly	14
15	11/12 50 Back	16
17	13/14 100 Back	18
19	11/12 100 Breast	20
21	13/14 200 Breast	22
23	11/12 400 Free	24

**Thursday, July 28, 2016  
Session 2**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	10&U 200 Free Relay	2
	<i>Awards</i>	
3	10&U 200 IM	4
	<i>Awards</i>	
5	10&U 100 Free	6
	<i>Awards</i>	
7	10&U 50 Breast	8
	<i>Awards</i>	

**Thursday, July 28, 2016  
Session 3**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
9	13/14 100 Free	10
11	11/12 100 Free	12
	<i>Awards</i>	
13	13/14 200 Fly	14
15	11/12 50 Back	16
	<i>Awards</i>	
17	13/14 100 Back	18
19	11/12 100 Breast	20
	<i>Awards</i>	
21	13/14 200 Breast	22
23	11/12 400 Free	24
	<i>Awards</i>	
***	13/14 800 Free Relay	26
	<i>Awards</i>	





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 July 28-31, 2016



Friday, July 29, 2016  
 Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
49	13/14 800 Free Relay	***
	<b>**10 Minute Break**</b>	
35	11/12 50 Breast	36
37	13/14 100 Breast	38
39	11/12 200 Free	40
41	13/14 400 Free	42
43	11/12 100 Back	44
45	13/14 200 Back	46
47	11/12 200 Fly	48

Friday, July 29, 2016  
 Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
27	10&U 200 Medley Relay	28
	<i>Awards</i>	
29	10&U 200 Free	30
	<i>Awards</i>	
31	10&U 100 Back	32
	<i>Awards</i>	
33	10&U 50 Fly	34
	<i>Awards</i>	

Friday, July 29, 2016  
 Session 6

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
35	11/12 50 Breast	36
37	13/14 100 Breast	38
	<i>Awards</i>	
39	11/12 200 Free	40
41	13/14 400 Free	42
	<i>Awards</i>	
43	11/12 100 Back	44
45	13/14 200 Back	46
	<i>Awards</i>	
47	11/12 200 Fly	48
49	13/14 800 Free Relay	***
	<i>Awards</i>	



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July 28-31, 2016**



**Saturday, July 30, 2016  
Session 7**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
61	11/12 200 Breast	62
63	13/14 200 Free	64
65	11/12 50 Fly	66
67	13/14 100 Fly	68
69	11/12 200 IM	70
71	13/14 400 IM	72
	<b>**30 Minute Break**</b>	
73	11/12 400 Free Relay	74
75	13/14 400 Free Relay	76

**Saturday, July 30, 2016  
Session 8**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
51	10&U 100 Fly	52
	<i>Awards</i>	
53	10&U 50 Free	54
	<i>Awards</i>	
55	10&U 50 Back	56
	<i>Awards</i>	
57	10&U 100 Breast	58
	<i>Awards</i>	
59	10&U 400 Free	60
	<i>Awards</i>	

**Saturday, July 30, 2016  
Session 9**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
61	11/12 200 Breast	62
63	13/14 200 Free	64
	<i>Awards</i>	
65	11/12 50 Fly	66
67	13/14 100 Fly	68
	<i>Awards</i>	
69	11/12 200 IM	70
71	13/14 400 IM	72
	<i>Awards</i>	
73	11/12 400 Free Relay	74
75	13/14 400 Free Relay	76
	<i>Awards</i>	





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July 28-31, 2016**



**Sunday, July 31, 2016  
Session 10**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
77	11/12 200 Back	78
79	13/14 200 IM	80
81	11/12 100 Fly	82
83	13/14 50 Free	84
85	11/12 50 Free	86
	<b>**30 Minute Break**</b>	
89	11/12 400 Medley Relay	90
91	13/14 400 Medley Relay	92

**Sunday, July 31, 2016  
Session 11**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
87	13/14 800 Free	88

**Sunday, July 31, 2016  
Session 12**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
77	11/12 200 Back	78
79	13/14 200 IM	80
	<b>Awards</b>	
81	11/12 100 Fly	82
83	13/14 50 Free	84
	<b>Awards</b>	
85	11/12 50 Free	86
87	13/14 1500 Free	88
	<b>Awards</b>	
89	11/12 400 Medley Relay	90
91	13/14 400 Medley Relay	92
	<b>Awards</b>	



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**TEAM SUMMARY & RELEASE FORM**

Name of Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Club Timer Coordinator: \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_ Email: \_\_\_\_\_

Names of Coaches at Meet: \_\_\_\_\_

CLUB CONTACT PERSON: \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_ Email: \_\_\_\_\_

Club Officials for meet (Name, certification type, and Phone #)

NAME: \_\_\_\_\_ Certification: \_\_\_\_\_ Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

NAME: \_\_\_\_\_ Certification: \_\_\_\_\_ Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

Total Women's Events	_____	X	\$5.00 per event	= \$ _____
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Total Men's Events	_____	X	\$5.00 per event	= \$ _____
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Total Relay Entries	_____	X	\$15.00 per relay	= \$ _____
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Number of Women Entered in Individual Events	_____	X	\$5.00 Surcharge	= \$ _____
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Number of Men Entered in Individual Events	_____	X	\$5.00 Surcharge	= \$ _____
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<i>Make Checks Payable to "Illinois Swimming Inc."</i>			Total Amount Enclosed	= \$ _____
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In consideration of the acceptance of this entry, intending to be legally bound, I hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Wisconsin Swimming Inc., Illinois Swimming, Inc., CATS Aquatics, Scout Aquatics, Pleasant Prairie RecPlex Aquatic Center, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

The undersigned coach or team representative of all swimmers listed on this entry hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that, in accordance with ISI and USA Swimming rules, a substantial fine will be paid to Illinois Swimming, Inc., for each time that is false, incorrect, or unacceptable.

\_\_\_\_\_  
(Signature of Coach, Parent, or Club Representative & contact information for entry questions)

Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_ Email: \_\_\_\_\_



# Illinois Swimming 2015-2016 Long Course Time Standards



GIRLS						BOYS						
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
34.79	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	34.89	38.39
1:17.59	1:25.39	1:14.79	1:22.29	1:07.39	1:14.09	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
41.69	45.89	39.89	43.89	35.89	39.49	50 Back	35.99	39.59	39.99	43.99	42.09	46.29
1:30.19	1:39.19	1:25.59	1:34.19	1:17.09	1:24.79	100 Back	1:17.79	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
46.89	51.59	44.49	48.89	40.09	44.09	50 Breast	41.09	45.19	45.59	50.19	48.59	53.49
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:30.59	1:39.69	1:40.59	1:50.69	1:46.79	1:57.49
39.39	43.29	37.79	41.59	34.09	37.49	50 Fly	34.29	37.69	38.09	41.89	40.49	44.49
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:21.49	1:29.59	1:30.49	1:39.49	1:38.09	1:47.89
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.99	1:25.79	1:26.59	1:35.29		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:49.69	3:06.69	3:08.39	3:27.19	3:17.69	3:37.49
2:30.29		2:22.59		2:08.49		200 Free Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med. Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11/12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.69	34.29	:29.59	33.29	:26.99	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:07.39	1:14.79	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
:36.09	40.39	:34.79	38.59	:31.19	34.79	50 Back	:31.09	34.49	:34.59	38.39	:35.89	40.79
1:17.39	1:26.39	1:14.49	1:22.09	1:06.29	1:13.89	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:46.69	2:56.09	2:40.29	2:51.59	2:24.39	2:34.39	200 Back	2:27.59	2:53.19	2:43.79	3:12.49	2:49.09	3:19.39
:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.79	39.29	:38.49	43.59	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:10.09	3:22.39	3:03.79	3:19.89	2:45.59	2:59.69	200 Breast	2:53.19	3:09.29	3:12.19	3:30.19	3:18.69	3:38.09
:33.39	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.69	32.89	:32.59	36.49	:33.89	38.29
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.49	1:14.59	1:14.09	1:22.89	1:16.99	1:28.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:45.89	3:04.69	3:04.19	3:24.09	3:06.29	3:30.99
		1:15.19	1:22.89	1:07.59	1:14.59	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:59.49	2:46.99	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
	NT		NT		NT	200 Med Relay		NT		NT		NT
5:19.69		5:07.39		4:34.79		400 Med. Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.29	:32.19	:28.19	:31.09	:25.49	:28.09	50 Free	:23.99	:26.39	:26.79	:29.59	:27.79	:30.59
1:03.79	1:10.19	1:01.39	1:07.59	:55.49	1:01.09	100 Free	:51.89	:57.09	:57.99	1:03.79	1:00.29	1:06.39
2:18.49	2:32.39	2:13.19	2:26.59	1:59.69	2:11.69	200 Free	1:53.99	2:05.39	2:07.69	2:20.49	2:12.79	2:26.09
4:52.49	5:21.79	4:41.29	5:09.49	5:23.69	5:56.09	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:08.59	21:03.39	18:48.59	20:41.49	18:51.29	20:44.49	1500/1650 Free	18:20.89	20:10.99	18:29.19	20:20.09	18:49.19	20:42.09
1:12.69	1:19.99	1:09.59	1:16.59	1:02.09	1:08.29	100 Back	:59.69	1:05.69	1:06.89	1:13.59	1:11.09	1:18.19
2:36.69	2:52.39	2:29.89	2:45.39	2:14.39	2:27.89	200 Back	2:08.99	2:21.89	2:26.09	2:40.79	2:32.29	2:47.59
1:23.19	1:31.59	1:19.59	1:27.59	1:11.09	1:18.19	100 Breast	1:07.69	1:14.49	1:16.39	1:24.09	1:19.59	1:27.59
3:00.39	3:18.49	2:53.39	3:10.89	2:35.69	2:51.29	200 Breast	2:27.89	2:42.69	2:47.19	3:03.99	2:54.39	3:11.89
1:10.89	1:17.99	1:08.19	1:15.09	1:01.69	1:07.89	100 Fly	:57.99	1:03.79	1:04.69	1:11.19	1:07.19	1:13.99
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:35.29	2:50.59
2:37.49	2:53.29	2:31.49	2:46.69	2:16.79	2:30.49	200 IM	2:09.79	2:22.79	2:25.39	2:39.99	2:31.19	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:27.49	6:00.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free Relay	8:01.59		9:01.49		9:23.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:56.39		4:44.89		4:14.89		400 Med. Relay	4:02.69		4:32.89		4:48.29	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.19	32.19	27.89	30.89	24.99	27.79	50 Free	22.49	24.99	25.09	27.69	26.49	29.39
1:03.09	1:09.99	1:00.19	1:06.89	53.99	1:00.29	100 Free	48.89	54.19	54.49	1:00.19	57.29	1:03.39
2:16.69	2:30.79	2:11.09	2:25.09	1:57.49	2:10.69	200 Free	1:47.29	1:59.49	1:59.69	2:12.49	2:05.49	2:19.29
4:49.89	5:19.79	4:34.29	5:05.59	5:13.59	5:49.19	400/500 Free	4:54.29	5:26.79	4:17.39	4:45.99	4:29.99	5:01.29
10:08.09	11:08.89	9:45.29	10:49.29	11:08.99	12:22.09	800/1000 Free	10:35.79	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49
19:16.99	21:12.69	18:46.39	20:50.49	18:47.89	20:42.99	1500/1650 Free	17:51.69	19:39.19	17:49.09	19:46.19	18:14.29	20:05.59
1:11.99	1:20.29	1:07.79	1:15.99	1:00.79	1:08.49	100 Back	56.19	1:02.89	1:02.69	1:09.79	1:07.09	1:15.49
2:36.99	2:54.59	2:25.99	2:44.19	2:10.89	2:27.89	200 Back	2:03.19	2:18.49	2:17.49	2:33.69	2:25.99	2:44.09
1:22.89	1:31.79	1:18.19	1:27.09	1:10.09	1:18.39	100 Breast	1:02.99	1:11.19	1:10.29	1:18.99	1:16.09	1:24.29
2:59.69	3:18.79	2:49.79	3:09.89	2:32.19	2:50.99	200 Breast	2:18.29	2:38.69	2:34.29	2:56.19	2:47.89	3:07.09
1:10.49	1:18.29	1:07.59	1:15.19	1:00.59	1:07.79	100 Fly	54.79	1:00.79	1:01.09	1:07.49	1:03.59	1:11.09
2:39.49	2:55.99	2:31.69	2:50.49	2:15.99	2:34.29	200 Fly	2:05.99	2:22.59	2:20.59	2:38.19	2:28.99	2:49.29
2:36.49	2:52.89	2:27.39	2:43.89	2:12.09	2:27.59	200 IM	2:02.19	2:16.09	2:16.29	2:30.99	2:23.29	2:41.49
5:38.29	6:12.69	5:21.19	5:54.29	4:47.79	5:19.19	400 IM	4:26.89	4:59.49	4:57.79	5:32.39	5:13.49	5:47.79
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:23.09		4:07.89		3:42.19		400 Free Relay	3:21.69		3:45.09		3:57.89	
9:29.99		9:00.89		8:07.29		800 Free Relay	7:28.39		8:17.69		8:52.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:54.69		4:32.89		4:04.59		400 Med. Relay	3:42.69		4:08.49		4:26.99	

\*Approved\*