

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

The Lake Forest Swim Club welcomes you to the 2006 USA Swimming Speedo Champions Series Meet. Enjoy your visit to the great City of Chicago! The 2006 USA Swimming Speedo Champions Series Meet is held under the sanction of Illinois Swimming and USA Swimming, Inc., Meet Sanction #ILS06-0307, Time Trial #ILS06-0308.

LOCATION University of Illinois, Chicago, 901 W. Roosevelt Rd., Chicago, Illinois (see attached map)

FACILITY 8 Lane, 25-yard competition pool with non-turbulent lane lines and Daktronics timing system. Water depth at the start and turn ends is at least 12 feet. An adjoining 20-yard warm-down area will be available for warm-up and warm-down under the supervision of a USA Swimming coach. There is seating for approximately 1000 spectators. Building doors will open 30 minutes prior to the scheduled start of each warm-up session.

MEET DIRECTORS

Mike Sparks and Lisa Hodges
 847-918-0993 call before 9:00 PM
speedochamps@sbcglobal.net

LAKE FOREST S.C. OFFICE

Coaches Maureen Sheehan, Michael
 Lawrence, Laurel Liberty
 847-735-5372 lpsc@sbcglobal.net

ENTRIES

Tammy Sparks 847-918-0993 (before 9:00 PM)
speedochamps@sbcglobal.net

MEET REFEREE

Sandy Drake 630-978-4142
swimdrake@comcast.net

TIME SCHEDULE	WARM-UP	PRELIMS		WARM-UP	FINALS
THURSDAY				3:30pm	5:00pm
FRIDAY	7:00-8:50am	9:00am		4:30-5:45pm	6:00pm
SATURDAY	7:00-8:50am	9:00am		4:30-5:45pm	6:00pm
SUNDAY	7:00-8:50am	9:00am		3:30-4:45pm	5:00pm

RULES USA Swimming Rules will govern this competition, except as otherwise specified in this information. Current National Championship procedures and interpretations will be in effect.

ELIGIBILITY This Central Zone Sectional Championship Meet is open to any swimmer with a 2006 U.S. Open standard and all swimmers from the LSC's of Wisconsin, Illinois, Minnesota, Iowa, North Dakota and South Dakota with Sectional Meet qualifying standards (included).

COACHES MEETING A coaches meeting will be held on Friday, March 10, 2006, at 7:45am. Additional coaches meetings will be held at the discretion of the meet referee. Each team or unattached swimmer must be represented. Coaches are responsible for all information from these meetings including changes in the meet format or conduct..

TIME STANDARDS See the enclosed order of events with the time standards.

ENTRY DEADLINE Entries must be received by Tuesday, February 28, 2006, 6:00pm. All forms (hard copy) and payment for entries submitted by e-mail must be received *via* overnight carrier by Wednesday, March 1, 2006, 6:00pm.

OVERNIGHT ENTRIES TO:	"Speedo Championships" Lake Forest Swim Club 555 N. Sheridan Road Lake Forest, IL 60045.	EMAIL ENTRIES TO:	speedochamps@sbcglobal.net
------------------------------	---------------------------------------------------------------------------------------------------	--------------------------	----------------------------------------------------------------------------

ENTRIES MUST BE RECEIVED AT THE ABOVE LOCATION BY Tuesday, February 28, 2006. 6:00 PM
No late entries will be accepted.

If using a Delivery Service or Overnight Mail, please sign the release allowing delivery without a signature.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

QUALIFYING TIMES ACHIEVED AFTER FEBRUARY 28, 2006 Email entries will be accepted for new qualifying times achieved between 11:59pm on Monday, February 27, 2006 and 1:00pm on Monday, March 6, 2006. Email entries to: speedochamps@sbcglobal.net. No entries will be accepted after the 1:00pm deadline. Confirmation of receipt of entry is the sole responsibility of the team or individual submitting the entry.

ENTRY FEES \$7.50 per individual event, \$15.00 per relay. *Make checks payable to: Lake Forest Swim Club.*

EVENT LIMITATIONS Swimmers may enter any number of events in which he/she has met the qualifying time standard; however, no swimmer may compete in more than five (5) individual events for the meet or more than three (3) individual events per day. *Each team is allowed to enter three relays in each event, but no more than two may score.*

SEEDING Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (SCY) 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: short course yards (SCY), short course meters (SCM), long course meters (LCM). Please mark clearly ("SCM" or "LCM") to the right of the entry time.

CONDUCT OF THE MEET All events except the 1000 and 1650 freestyle and relay events will be conducted with preliminary and C, B, A (bonus, consolation, and championship) final heats. The 1000 free, 1650 free, and all relays are timed final events requiring a positive check-in.

- 1000 Free** The 1000 free will be swum slowest to fastest alternating women and men. Athletes must provide their own timer and lap counter.
- 1650 Free** The fastest seeded heat of the women's and men's 1650 free will be swum at the beginning of finals. All other heats of the 1650 free are swum at the conclusion of the preliminary session alternating women and men from fastest to slowest. Athletes must provide their own timer and lap counter.
- Relays** All relay events will be conducted as timed final events. The fastest two seeded heats of the 400 medley relay (Saturday) and the 400 free relay (Sunday) and the will swim in the finals session. The single fastest seeded heat of the 800 free relay (Friday) will swim in the finals session. All remaining seeded heats will be swum at the end of the preliminary session, fastest to slowest alternating women and men. A swimmer need not be entered in an individual event to participate in relays.

SCRATCH PROCEDURES National Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. The scratch deadline for preliminary events is as follows:

- | | | |
|-----------------------------------|--------|---------------------|
| <input type="checkbox"/> Thursday | 4:00pm | For Thursday events |
| <input type="checkbox"/> Thursday | 5:30pm | For Friday events |
| <input type="checkbox"/> Friday | 6:30pm | For Saturday events |
| <input type="checkbox"/> Saturday | 6:30pm | For Sunday events |

CHECK-IN DEADLINES The 1000 and 1650 freestyle, and all relays require a positive check-in.

- | | |
|-------------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> 1000 Freestyle | Check-in by 4:00pm on Thursday, March 9, 2006. |
| <input type="checkbox"/> 400 and 800 Free Relay, 400 Medley Relay | Check-in by previous days scratch deadline. |
| <input type="checkbox"/> 1650 Freestyle | Check-in by 6:30pm on Saturday, March 11, 2006. |

Those who fail to either positive check-in or scratch from an event will remain in the event and will be down seeded to the slowest heat.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

BREAKS Ten minute loosen breaks are scheduled at the following times:

- Prior to the start of the Women's relay event in each session.
- After the men's 1650 free event in the finals session.
- During the awards presentations in finals.
- At the Referees discretion.

SCORING

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

TEAM AWARDS The top 10 teams in the combined scoring, and the top 5 teams in women's and men's scoring will receive awards.

INDIVIDUAL and RELAY AWARDS Medals for 1st - 8th places will be awarded for individual events; 1st - 3rd places will be awarded in relay events. High Point awards will be presented to the male and female swimmer scoring the most points in individual events.

AWARDS CEREMONY and READY ROOM Swimmers competing in C, B, or A final events are asked to report to the ready room area 15 minutes prior to their event. C & B finalist are required to check-in and then are released and should report to the blocks for their event. A finalist will remain in the ready room until they march out for their event. Awards will be presented following the schedule listed on the order of events page in this meet information.

TIME SCHEDULE Estimated event start times provided by the meet host are for information only and are not to be considered as an official time line.

FINES A \$25.00 fine will be assessed for each individual or relay event in which the qualifying time standard was not met unless the time standard can be proved with a USA Swimming sanctioned or approved meet result summary. The fine is payable to the host team, and must be paid or proof given before the swimmer's next event or the swimmer will not be allowed to swim in his or her next event. Proof of times can be submitted in SCY, LCM, or SCM.

WARM UP PROCEDURE Current ISI and USA Swimming rules will govern all aspects of the warm-up. No diving and slip-in entry only, except in designated lanes and times. Swimmer(s) without a coach present are to report to the meet referee prior to warm-up for lane assignment. General warm-up with circle swimming will take place in lanes 1-8 from the start of the warm-up period to 45 minutes prior to the start of the meet. At 45 minutes prior to the start of the meet, 2 lanes will be designated push pace and 2-4 lanes will be designated for one way sprints.

USA SWIMMING MEMBERSHIP All swimmers must be current (2006) members of USA Swimming. All coaches and officials must be USA Swimming members. Any team or individual entering a swimmer without a current USA Swimming membership shall be subject to a fine of \$100.00 per event per swimmer.

DECK ADMITTANCE All swimmers, coaches, and officials will be issued deck credentials. These must be shown for admission to the pool deck. Please use designated pool entry areas.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

REGISTRATION and CREDENTIALS Coaches packets and credentials will be available in the entrance area or at the Clerk of Course. Credentials must be visible at all times well on deck.

MEET COMMITTEE A meet committee consisting of at least one official, one coach, and one athlete will be appointed to decide protests arising from administrative matters. Written protests involving technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence.

TIME TRIALS Time permitting, time trials will be offered 15 minutes after the completion of the each preliminary session and after the 1000 freestyle. Swimmers must be entered and compete in at least one individual or relay event in order to participate in time trials. Swimmers may enter no more than 3 individual events each day including time trials. The entry fee is \$7.50 individual events and \$15.00 relays. ***Checks should be made payable to LFSC.*** The time trial schedule is as follows:

Time trials will follow each day's event order

- | | |
|-------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> Thursday (only day for 1000 time trials) | *1000 Freestyle time trial Thursday only |
| <input type="checkbox"/> Friday | Friday/Saturday/Sunday |
| <input type="checkbox"/> Saturday | Saturday/Sunday/Friday |
| <input type="checkbox"/> Sunday | Sunday/Friday/Saturday |
| | *1650 Freestyle time trial Sunday afternoon only
(time permitting) |

ADMISSION and PROGRAMS All session pass with meet programs \$36.00. (Includes Commemorative Meet Pass, Meet Program, all prelim and finals heat sheets, and admission to all sessions) Admission: Thursday \$3.00, Friday-Sunday \$6.00 (10 & under free), Meet Program: \$6.00, prelim heat sheet \$4.00, finals heat sheet \$3.00.

FOOD and SWIM SHOP CONCESSIONS Food and swim shop concessions will be available at the meet.

LOCKER ROOMS Please note posted signs and facility maps for locker room and restroom locations. Use of UIC lockers for storage is restricted.

PARKING Parking will be available in various UIC lots. Cost of this parking will range from \$5.00-\$10.00 per day. Please enter the lot across from the pool via the Morgan Street entrance. Parking on the street is discouraged.

MEET RESULTS Printed copies of meet results may be purchased upon request for \$10.00.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

WOMEN				Thursday, March 9, 2006			MEN	
<u>Event #</u>	<u>SCM</u>	<u>LCM</u>	<u>SCY</u>	<u>Event Name</u>	<u>SCY</u>	<u>LCM</u>	<u>SCM</u>	<u>Event #</u>
1	9:33.49	9:49.39	10:58.59	1000 Freestyle	10:14.09	9:12.09	8:57.39	2

WOMEN				Friday, March 10, 2006			MEN	
<u>Event #</u>	<u>SCM</u>	<u>LCM</u>	<u>SCY</u>	<u>Event Name</u>	<u>SCY</u>	<u>LCM</u>	<u>SCM</u>	<u>Event #</u>
3	1:08.79	1:11.99	1:02.29	100 Backstroke	56.29	1:05.09	1:02.69	4
5	1:19.19	1:21.49	1:10.49	100 Breaststroke	1:03.09	1:12.39	1:10.09	6
				<i>Finals-Awards 1000, 100 Back, 100 Breast</i>				
7	2:11.99	2:14.99	1:59.49	200 Freestyle	1:48.69	2:03.99	2:00.49	8
9	1:07.59	1:09.29	1:01.59	100 Butterfly	55.09	1:01.99	1:00.19	10
				<i>Finals-Awards 200 Free, 100 Fly</i>				
11	2:30.29	2:34.49	2:15.49	200 Individual Medley	2:03.29	2:21.69	2:16.29	12
				<i>Prelims & Finals 10 min. Break</i>				
13	9:16.69	9:25.99	8:17.99	800 Free Relay	7:31.29	8:36.79	8:21.69	14
				<i>Finals-Awards 200 IM, 800 Free Relay</i>				

WOMEN				Saturday, March 11, 2006			MEN	
<u>Event #</u>	<u>SCM</u>	<u>LCM</u>	<u>SCY</u>	<u>Event Name</u>	<u>SCY</u>	<u>LCM</u>	<u>SCM</u>	<u>Event #</u>
15	5:19.29	5:29.29	4:48.49	400 Individual Medley	4:22.99	5:00.99	4:51.19	16
17	28.49	28.89	25.49	50 Freestyle	22.79	26.09	25.29	18
				<i>Finals-Awards 400 IM, 50 Free</i>				
19	2:51.09	2:54.89	2:32.99	200 Breaststroke	2:17.59	2:38.79	2:34.39	20
21	4:37.69	4:45.79	5:21.49	500 Freestyle	4:56.39	4:24.79	4:16.69	22
				<i>Prelims & Finals 10 min. Break</i>				
23	4:45.09	4:52.99	4:15.79	400 Medley Relay	3:49.09	4:23.89	4:15.99	24
				<i>Finals-Awards 200 Breast, 500 Free, 400 Free Relay</i>				

WOMEN				Sunday, March 12, 2006			MEN	
<u>Event #</u>	<u>SCM</u>	<u>LCM</u>	<u>SCY</u>	<u>Event Name</u>	<u>SCY</u>	<u>LCM</u>	<u>SCM</u>	<u>Event #</u>
25	18:15.09	18:50.69	18:26.99	1650 Freestyle	17:12.19	17:41.79	16:53.19	26
27	2:29.29	2:34.79	2:14.69	200 Backstroke	2:01.69	2:20.39	2:15.19	28
				<i>Finals-Awards 1650 Free, 200 Back</i>				
29	1:00.59	1:02.49	54.89	100 Freestyle	49.59	56.59	54.89	30
31	2:28.39	2:32.89	2:15.09	200 Butterfly	2:01.79	2:18.49	2:13.39	32
				<i>Prelims & Finals 10 min. Break</i>				
33	4:17.39	4:21.89	3:50.09	400 Free Relay	3:24.39	3:55.29	3:47.19	34
				<i>Finals-Awards 100 Free, 200 Fly, 400 FR Relay, Team Awards</i>				

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

SUMMARY OF ENTRIES

INDIVIDUAL EVENTS _____ Women _____ events X \$7.50 = \$ _____
 _____ Men _____ events X \$7.50 = \$ _____

TOTAL INDIVIDUAL EVENT FEES	\$ _____
------------------------------------	----------

RELAY EVENTS _____ Women _____ relays X \$15.00= \$ _____
 _____ Men _____ relays X \$15.00= \$ _____

TOTAL RELAY EVENT FEES	\$ _____
-------------------------------	----------

PRINTED MEET RESULTS X \$10.00	\$ _____
---------------------------------------	----------

COACH CREDENTIALS X \$10.00 <i>(See below)</i>	\$ _____
-------------------------------------------------------	----------

The following coach credentials are included at no charge with the meet entry. Additional coach credentials are \$10.00.

- | | |
|---------|--------------------------------------------------------|
| 1 Coach | 1-4 swimmers in individual events or 1 only relay team |
| 2 Coach | 5-9 swimmers in individual events |
| 3 Coach | 10-20 swimmers in individual events |
| 4 Coach | 20 or more swimmers in individual events |

TOTAL FEES	\$ _____
-------------------	----------

OVERNIGHT ENTRIES TO:	"Speedo Championships" Lake Forest Swim Club 555 N. Sheridan Road Lake Forest, IL 60045.	EMAIL ENTRIES TO:	speedochamps@sbcglobal.net
------------------------------	---------------------------------------------------------------------------------------------------	--------------------------	----------------------------------------------------------------------------

ENTRIES MUST BE RECEIVED AT THE ABOVE LOCATION BY Tuesday, February 28, 2006. 6:00 PM
No late entries will be accepted.

If using a Delivery Service or Overnight Mail, please sign the release allowing delivery without a signature.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

TEAM INFORMATION

Club _____ Code _____

Coaches attending

Mailing address

Contact for entries

Email address

Phone

Day () _____

Eve () _____

Mobile () _____

WAIVER FORM

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 included on this entry and participating in this sanctioned event are duly registered as current members of USA Swimming.

SIGNATURE (Club Representative) _____ **DATE** _____

Please make sure to include you entry disk, hard copy, check for fees, and this completed summary and waiver form.

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

HOTEL INFORMATION

Teams and individuals are encouraged to make room reservations ASAP due to a Chicago city wide convention. Room rates could be very high for last minute reservations.

<p>NEW-Crown Plaza Chicago Metro (4 Star) 733 W. Madison (& Halstead) Chicago, IL 60661 (Near Greektown)</p> <p>Rate: \$129 plus 15.5% tax (20 Rooms) Parking: \$35 or Park One across street. Pool Location: 7 Blocks Away Reservations 312-829-5000 or nbadal@thechicagometro.com</p> <p>26" Plasma TV's in Rooms, Free wireless</p> <p>Make reservations ASAP. Cut-off date: 11/1/05 (hotel may extend)</p> <p><i>SPEEDO SWIM MEET ROOM BLOCK</i></p>	<p>Holiday Inn & Suites 506 W. Harrison Chicago, IL</p> <p>Rate: \$118Db/Db, \$109 King plus 15.5% tax Parking: \$26 valet, or \$20 Priority Club members Pool Location: 5 minutes Reservations: 312-957-9100</p> <p>Make reservations ASAP. Cut-off date: 2/13/06.</p> <p><i>SPEEDO SWIM MEET ROOM BLOCK</i></p>
<p>Red Roof Inn 162 E. Ontario Chicago, IL</p> <p>Rate: \$79.99 + 15.5% tax Parking: \$26 self, \$28 valet Pool Location: 3 miles Reservations: 312-787-3580</p> <p>Make reservations ASAP. Cut-off date: 2/9/06</p> <p><i>SPEEDO SWIM MEET ROOM BLOCK</i></p>	<p>Marriott Medical District 625 S. Ashland Ave. Chicago, IL</p> <p>Rate: \$135 for 3/9-11 and \$166 for 3/12 plus 15.5% Parking: \$26.00 self park free in and out with swim meet ID. Pool Location: 5 minutes Reservations: 312-491-1234</p> <p>Make reservations with Andrea Ponio 312-491-1234 or aponio@marriottchicagomd.com</p> <p><i>SPEEDO SWIM MEET ROOM BLOCK</i></p>

Lake Forest Swim Club
847-735-5372 or speedochamps@sbcglobal.net

USA Swimming Speedo Champions Series Meet
Hosted by The Lake Forest Swim Club
University of Illinois at Chicago
March 9-12, 2006

TRAVEL INFORMATION

TRAFFIC

Chicago and suburban traffic is very busy from 6:30am to 9:00am, and from 3:00pm to 7:00pm on all days except Sunday. Please plan travel time accordingly.

DIRECTIONS to UIC POOL

The UIC Pool is located on the south side of Roosevelt Road between Halstead and Morgan.

From the North

94 East, Exit Roosevelt/Taylor, right on Taylor, left on Morgan, enter the UIC Pool Parking lot on ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

From the West

290 East, Exit Racine, right on Racine, to Roosevelt, left on Roosevelt, left on Morgan, enter the UIC Pool Parking lot ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

From the South

94 West, Exit Roosevelt/Taylor, left on Roosevelt, right on Morgan, enter the UIC Pool Parking lot ½ block down on Morgan (Morgan Street parking entrance is located between Taylor and Roosevelt Roads)

AIR TRAVEL INFORMATION

Chicago is served by both Midway and O'Hare Airports. Midway (773) 838-0700 is 15 miles from the UIC campus, and O'Hare (773) 686-2200 is 30 miles from the UIC campus.

AIRLINES SERVING CHICAGO AIRPORTS

United	800-241-6522 (O'Hare)	ATA	800-225-2995 (Midway)
American	800-433-7300 (O'Hare)	Northwest	800-225-2525 (O'Hare & Midway)
America West	800-235-9292 (O'Hare & Midway)	US Airways	800-428-4322 (O'Hare)
Delta	800-221-1212 (O'Hare & Midway)	Continental	800-523-3273 (O'Hare & Midway)
Southwest	800-435-9792 (Midway)	Frontier	800-432-1359 (Midway)

GROUND TRANSPORTATION

Limousine	Contacts available at terminals O'Hare \$50-\$70.00, Midway \$30-\$50.00/6-7 people
Taxi Cabs	Metered Cabs available at terminals O'Hare \$35-45.00, Midway \$30-35/4 people
Airport Express	\$25 Single person O'Hare to Down Town
CTA Train	(312) 836-7000 for CTA schedule, \$2.50

RENTAL CARS

Hertz	800-654-3131	Dollar	800-800-4000
Alamo	800-462-5266	Enterprise	800-325-8007
Avis	800-331-1212	National	800-328-4567
Budget	800-527-0700	Thrifty	800-367-2277

USA SWIMMING SPEEDO CHAMPIONS SERIES MEET

Hosted by The Lake Forest Swim Club March 9-12, 2006

TEAM: _____ CODE _____ COACH: _____ PHONE: _____

WOMEN MEN (CIRCLE ONE)

NAME ID #	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT	EVENT
1										
2										
3										
4										
5										
6										
7										
8										

RELAY EVENT #	RELAY EVENT #
A	A
B	B

TOTAL # SWIMMERS _____
TOTAL EVENTS _____ X \$7.50 = _____
TOTAL RELAY EVENTS _____ X \$15.00 = _____
TOTAL FEES _____