

**USA Swimming Speedo Champions Series Meet**  
**Hosted by The Lake Forest Swim Club**  
**University of Illinois at Chicago**  
**March 7-10, 2002**

**The Lake Forest Swim Club welcomes you to the 2002 USA Swimming Speedo Champions Series Meet. Enjoy your visit to the great City of Chicago!**

The 2002 USA Swimming Speedo Champions Series Meet is held under the sanction of Illinois Swimming and USA Swimming, Inc., Meet Sanction #ILS020403, Time Trial #ILS020405.

**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 DIRECTOR**

Mike Sparks 847-918-0993  
*call before 9:00 PM*

**ENTRIES**

Tammy Sparks 847-918-0993  
*call before 9:00 PM*

**LAKE FOREST S.C. OFFICE**

Coaches Maureen Sheehan, Michael  
 Lawrence, Cindy Dell 847-735-5372

**MEET REFEREE**

Ron VanPool  
*National Championship  
 Certification Meet*

**MEET SCHEDULE**

**TIME FINALS: THURSDAY**

Warm-up: 3:30pm  
 Meet: 5:00pm

**PRELIMS: FRIDAY, SATURDAY, SUNDAY**

Warm-up: 7:30-8:50am  
 Start: 9:00am

**FINALS: FRIDAY, SATURDAY, SUNDAY**

Warm-up: 4:30-5:50pm  
 Start: 6:00pm

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

**COACHES MEETING** A coaches meeting will be held on Friday, March 8, 2002, 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 FEES** \$7.50 per individual event, \$15.00 per relay. *Make checks payable to: Lake Forest Swim Club.*

<b>OVERNIGHT ENTRIES TO:</b>	<b>MAIL</b>	“Speedo Championships” Lake Forest Swim Club Lake Forest College Sports Center 555 N. Sheridan Road Lake Forest, IL 60045.	<b>EMAIL ENTRIES TO:</b>	<a href="mailto:lfsc1@msn.com">lfsc1@msn.com</a>
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**ENTRIES MUST BE RECEIVED AT THE ABOVE LOCATION BY Tuesday, February 26, 2002 6:00 PM**

*No late entries will be accepted.*

*If using Express Mail service please sign the release allowing delivery without a signature.*

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**ENTRY DEADLINE** Entries must be received by Tuesday, February 26, 2002, 6:00pm. All forms (hard copy) and payment for entries submitted by e-mail must be received *via* overnight carrier by Wednesday February 27, 2002, 6:00pm.

**QUALIFYING TIMES ACHIEVED AFTER FEBRUARY 25, 2002** Fax or email entries will be accepted for new qualifying times achieved between 11:59pm on Monday, February 25, 2002, and 1:00pm on Monday, March 4, 2002. Email entries to: [lfsc1@msn.com](mailto:lfsc1@msn.com) ; fax entries to (847) 735-6281. 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. Please call the LFSC office, (847) 735-5372, to confirm receipt of entry.

**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 may enter no more than two relay entries per event.

**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.
- ⚡ **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.
- ⚡ **Relays** All relay events will be conducted as timed final events. The fastest two seeded heats of the 400 free relay (Friday) and the 400 medley relay (Sunday) will swim in the finals session. The single fastest seeded heat of the 800 free relay (Saturday) 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:

- ⚡ Thursday 4:00pm For Thursday events
- ⚡ Thursday 5:30pm For Friday events
- ⚡ Friday 6:30pm For Saturday events
- ⚡ Saturday 6:30pm For Sunday events

**CHECK-IN DEADLINES** The 1000 and 1650 freestyle, and all relays require a positive check-in according to the following schedule:

- ⚡ 1000 Freestyle Check-in by 4:00pm on Thursday, March 7, 2002.
- ⚡ 400 and 800 Free Relay, 400 Medley Relay Check-in by 8:00am on the day each relay is swum.
- ⚡ 1650 Freestyle Check-in by 6:30pm on Saturday, March 9, 2002.

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

- ✂ Prior to the start of the Women's relay event in each session.
- ✂ Prior to the start of the 1000 and 1650 free events in the preliminary 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. Awards for women and men will be presented after every 4<sup>th</sup> event. Relay awards for day one and day two events will be presented at the beginning of the following evening's finals.

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

**FINES** Any swimmer failing to achieve the qualifying time standard for any individual event must submit appropriate proof of having previously achieved the entry time standard. Any swimmer unable to provide such proof of performance shall pay a fine of \$25 to the host club. All such fines shall be paid prior to the swimmer participating in any further individual or relay events. Proof of performance must be in USA Swimming sanctioned or approved competition. Each club or individual is responsible for providing their own proof of performance.

**WARM UP PROCEDURE** 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 (2002) 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.

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**REGISTRATION and CREDENTIALS** Coaches packets and credentials will be available in the entrance area or at the Clerk of Course.

**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 trials will be offered 15 minutes after the completion of the each preliminary session and after the 1000 freestyle, time permitting. 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*

≈ Thursday (only day for 1000 time trials)	Thursday/Friday/Saturday/Sunday
≈ Friday	Friday/Saturday/Sunday
≈ Saturday	Saturday/Sunday/Friday
≈ Sunday	Sunday/Friday/Saturday

**ADMISSION** \$4.00 day (10 & under free) Meet program: \$6.00, Daily preliminary heat sheets \$3.00; Daily finals heat sheets \$2.00. Special 3.5-day Program and heat sheet package \$18.00

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

**LOCKER ROOMS** Please note facility maps for locker room and restroom location. Use of UIC lockers for storage is restricted.

**PARKING** Parking will be available in various UIC lots. Cost of this parking will range from \$4.00-\$8.00 per day. Additional parking information will be available closer to the meet. Parking on the street is discouraged.

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

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<b>WOMEN</b>				<b>Thursday, March 7, 2002</b>			<b>MEN</b>	
<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
<b>WOMEN</b>				<b>Friday, March 8, 2002</b>			<b>MEN</b>	
<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	1:19.19	1:21.49	1:10.99	100 Breaststroke	1:03.09	1:12.39	1:10.09	4
5	2:13.49	2:16.89	2:01.09	200 Freestyle	1:49.29	2:05.19	2:01.09	6
				<i>Finals-Awards Break</i>				
7	1:08.19	1:09.79	1:02.09	100 Butterfly	55.09	1:02.49	1:00.39	8
9	2:31.49	2:36.49	2:17.29	200 Individual Medley	2:03.29	2:21.69	2:16.29	10
				<i>Prelims-10 min. Break</i>				
				<i>Finals-Awards Break</i>				
11	9:16.69	9:25.99	8:17.99	800 Free Relay	7:31.29	8:36.79	8:21.69	12
<b>WOMEN</b>				<b>Saturday, March 9, 2002</b>			<b>MEN</b>	
<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>
13	5:19.29	5:28.29	4:49.49	400 Individual Medley	4:22.99	5:00.99	4:51.19	14
15	29.09	29.49	26.09	50 Freestyle	22.99	26.29	25.49	16
				<i>Final-Awards Break</i>				
17	2:51.09	2:54.89	2:32.99	200 Breaststroke	2:17.59	2:38.79	2:34.39	18
19	1:08.79	1:11.99	1:02.69	100 Backstroke	56.29	1:05.09	1:02.69	20
				<i>Finals-Awards Break</i>				
21	4:37.69	4:46.99	5:21.49	500 Freestyle	4:56.39	4:24.79	4:16.69	22
				<i>Prelims-10 min. Break</i>				
				<i>Finals-Awards 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
<b>WOMEN</b>				<b>Sunday, March 10, 2002</b>			<b>MEN</b>	
<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
				<i>Finals-Awards Break</i>				
27	2:29.29	2:34.79	2:14.69	200 Backstroke	2:01.69	2:20.39	2:15.19	28
29	1:01.79	1:03.89	56.09	100 Freestyle	49.99	57.29	55.29	30
				<i>Finals-Awards Break</i>				
31	2:28.39	2:32.89	2:15.09	200 Butterfly	2:01.79	2:18.49	2:13.39	32
				<i>Prelims-10 min. Break</i>				
				<i>Finals-Awards 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

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**SUMMARY OF ENTRIES**

**INDIVIDUAL EVENTS**

\_\_\_\_\_ Women \_\_\_\_\_ events X \$7.50 = \$ \_\_\_\_\_  
 \_\_\_\_\_ Men \_\_\_\_\_ events X \$7.50 = \$ \_\_\_\_\_

**TOTAL INDIVIDUAL EVENT FEES** \$ \_\_\_\_\_

**RELAYS**

\_\_\_\_\_ Women  
 \_\_\_\_\_ Men \_\_\_\_\_ relays X \$15.00=

**TOTAL RELAY EVENT FEES** \$ \_\_\_\_\_

**PRINTED MEET RESULTS X \$10.00** \$ \_\_\_\_\_

**COACH CREDENTIALS X \$10.00** *(See below)* \$ \_\_\_\_\_

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** \$ \_\_\_\_\_

**TEAM INFORMATION**

Club \_\_\_\_\_ Code \_\_\_\_\_

Coaches attending \_\_\_\_\_

Mailing address \_\_\_\_\_

Contact for entries \_\_\_\_\_

Email address \_\_\_\_\_

Phone Day ( ) \_\_\_\_\_

Eve ( ) \_\_\_\_\_

**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**

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**fees, and this completed summary and waiver form.**

**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)838-0600, is 15 mile from the UIC campus, and O'Hare (773)686-2200 is 30 miles from the UIC campus.

United Airlines gives a 5-10% discount with reservations made through the USOTC travel desk at 1-800-841-0460.

**AIRLINES SERVING CHICAGO AIRPORTS**

United	800-241-6522 (O'Hare)	Northwest	800-225-2525 (O'Hare & Midway)
American	800-433-7300 (O'Hare & Midway)	Vanguard	800-826-4827 (Midway)
America West	800-235-9292 (O'Hare & Midway)	US Airways	800-428-4322 (O'Hare)
Delta	800-221-1212 (O'Hare & Midway)	Continental	800-525-0280 (O'Hare & Midway)
Southwest	800-435-9792 (Midway)	ATA	800-225-2995 (Midway)
TWA	800-221-2000 (O'Hare)	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	Cabs available at terminals O'Hare \$30-35.00, Midway \$25-35/4 people
CTA Train	(312) 836-7000 for CTA schedule, \$1.80

**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

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**HOTELS (ALL HOTELS ARE UNDER SPEEDO CHAMPIONS ROOM BLOCK)**

**Hyatt at University Village**

625 S. Ashland Ave.  
Chicago, IL  
800-233-1234  
Rate: \$125.00 plus 15%  
Parking Rate: Valet \$19.00/day  
with in/out.  
Location: 5 minutes  
Cut-off Date: February 2, 2002

**Holiday Inn & Suites**

506 W. Harrison  
Chicago, IL  
312-957-9100  
Rate: \$90.00 plus 15% tax  
Parking Rate: Valet only \$20.00  
/day with in/out  
Location: 5 minutes  
Cut-off Date: February 15, 2002

**Hampton – Chicago**

33 West Illinois  
Chicago, IL  
312-832-0330  
Rate: \$129.00 plus 15% tax  
Parking Rate: Valet \$30.00/day  
with in/out  
Location: 10 minutes  
Cut-off Date: February 4, 2002

**Holiday Inn Chicago Mart Plaza**

350 N. Orleans Street  
Chicago, IL  
312-836-5000  
Rate: \$125.00 & 15% tax  
Parking Rate: \$15.00/day with  
in/out  
Location: 10 minutes  
Cut-off Date: February 7, 2002

**Clarion Executive Plaza Hotel**

71 East Wacker Drive  
Chicago, IL  
312-346-7100  
Rate: \$109.00 & 15% tax  
Parking Rate: \$28.00/day with  
in/out  
Location: 10 minutes  
Cut-off Date: February 5, 2002

**Congress Plaza Hotel**

520 S. Michigan Ave.  
Chicago, IL  
312-427-3800  
Rate: \$99.00 & 15% tax  
Parking Rate: \$20.00, \$23.00  
valet with in/out  
Location: 10 minutes  
Cut-off Date: February 3, 2002

**Hotel Allegro**

171 W. Randolph  
Chicago, IL  
\$1.80312-236-0123  
Rate: \$139.00 & 15% tax  
Parking Rate: \$20.00/day with  
in/out, valet \$28.00  
Location: 10 minutes  
Cut-off Date: February 6, 2002

**NORTH SUBURBAN HOTELS**

**Double Tree – North Shore**

9599 Skokie Blvd.  
Skokie, IL  
847-679-7000  
Rate: \$99.00 plus 12% tax  
Parking Rate: No charge  
Location: 15 miles (30-60 minutes)  
Cut-off Date: February 13, 2002

**Hampton Inn – North Shore**

5201 Old Orchard Road  
Skokie, IL  
847-583-1111  
Rate: \$89.00 plus 12% tax  
Parking Rate: No charge  
Location: (30-60 minutes)  
Cut-off Date: February 6, 2002



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