



**2010 Speedo® Illinois Swimming
Summer Regional Championship Meets
Hosted by Lake Forest Swim Club
July 23 –July 25, 2010**



The 2010 Speedo® Illinois Swimming Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Lake Forest Swim Club at University of Illinois/Chicago: ILS10-0802; Lincoln-Way Swim Association at Lincoln-Way West High School: ILS10-0803; Scout Aquatics at Lake Forest High School: ILS10-0804;). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

There are three (3) Summer Regional Championship Meets. Please check the Team Listings for the location of the meet that your team has been assigned to. Each team may only attend the meet to which they are assigned. Please Note:

LOCATIONS AND FACILITIES:

LFSC	LWSA	SCT
UNIVERSITY OF ILLINOIS/CHICAGO 901 W. ROOSEVELT ROAD CHICAGO, IL 60608	LINCOLN-WAY WEST HIGH SCHOOL 21701 S. GOUGAR ROAD NEW LENNOX, IL 60451	LAKE FOREST HIGH SCHOOL 1285 N. MCKINLEY ROAD LAKE FOREST, IL 60045
8 Lane, 25-yard competition pool. The start end and the turn end of the pool are 16' deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads are Colorado Aquagrip non-slip. The timing system is a Daktronics OmniSport 2000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 1,200 spectators.	2-6 lane, 25-yard pools separated by a 4' wide bulkhead. Water depth of competition is 12'8" at start end, 7' in middle and 6' at turn end. Spectator seating for approximately 800	8 lane, 25- yard competition pool with starting blocks at deep end.. IST timing system with Colorado touch pads and an eight lane read out board. Water depth at start end is 14 feet, middle depth is 7.5 feet and turn end depth is 7 feet. There is a separate 6 lane 25-yard warm-up/cool-down pool. Spectator seating for approximately 500

DEADLINE AND MEETING SUMMARY:

Monday	July 19	6:00 PM	Entry Deadline
Thursday	July 22	1:00 PM	Email Scratch Deadline
Friday	July 23	3:25 PM	Positive Check-In Closes
Friday	July 23	3:45 PM	Coaches Meeting
Friday	July 23	4:00 PM	Session 1 Start
Saturday	July 24	7:25 AM	Positive Check-In Closes
Saturday	July 24	7:45 AM	Coaches Meeting (If Necessary)
Saturday	July 24	8:00 AM	Session 2 Start
Saturday	July 24	12:25 PM	Positive Check-In Closes
Saturday	July 24	1:00 PM	Session 3 Start
Sunday	July 25	7:25 AM	Positive Check-In Closes
Sunday	July 25	7:45 AM	Coaches Meeting (If Necessary)
Sunday	July 25	8:00 AM	Session 4 Start
Sunday	July 25	12:25 PM	Positive Check-In Closes
Sunday	July 25	1:00 PM	Session 5 Start



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TEAM ASSIGNMENTS:

You must attend the meet to which you are assigned. All unattached athletes must contact the ISI Office (847-824-1596) to determine which meet they should attend.

LFSC @ UIC		LWSA		SCT	
ACAD	LYON	BBSC	LU	AA	LEAN
BEST	MBLM	BNSC	LWSA	BDSC	MAC
BLFN	MDWY	BNY	LYNX	BLUE	MCY
BRRY	NAPY	BSA	MARL	BSC	MMAC
BTS	RBSC	CIA	MAVS	CATS	MMSC
CHMP	SCST	DDST	MSSC	COHO	MYST
CLSC	SSSC	DLTA	NAC	DPRC	NASA
CPD	TOPS	DOCS	OCS	DUND	NTSC
CSSC	UICA	DSC	OFSA	ECST	NU
CWAC	ULT	FOX	OLSA	EGSC	OLPH
DCST	WCS	GILS	PASS	ELY	PAC
EMSC	WEST	HEAT	PAWW	ERSC	PALA
EST	WHTN	HFSC	POSA	FAST	PPD
EXPR	WSCS	HOSC	RASC	GA	RMSC
HTSW	WVA	HSC	RED	GTAC	SCT
LFSC	Y2K	HWSA	RIOS	HPAC	SPD
		JAMS	SBD	IGSC	WDST
		JAXY	SPY	KNAC	WILD
		JETS	SST	LACS	WSO
		KAST	SUSA	LATT	YWFF
		LHSA			

MEET ADMINISTRATION:

	LFSC	LWSA	SCT
Meet Director	Iain Campbell (847) 295-8343 – prior to July 1 st (847) 735-5372 – after July 1 st lfsc@sbcglobal.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Tricia Davitt (224) 612-1993 trishadavitt@gmail.com
Entry Chair (Post Entry Deadline and Scratches)	Michael Lawrence (847) 295-8343 lfscentries@sbcglobal.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com
Meet Referee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee
Web Site	www.swimlfsc.org	www.lwsagators.org	www.swimsct.org
Entry Address	ISI Regional C/O Michael Lawrence Lake Forest Swim Club 555 N. Sheridan Road Lake Forest, IL 60045	ISI Regional C/O Mark Hoffer 8651 W. 96 th Street Palos Hills, IL 60465	ISI Regional C/O Carolyn Grevers Scout Aquatics 1285 N. McKinley Road Lake Forest, IL 60045



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MEET SCHEDULE:

Friday Evening Session (1) Ages All	Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under	Saturday and Sunday Afternoon Sessions (3 & 5) Ages Open, 14 & Under
Warm-up: 3:00 PM Positive Check-In Closes: 3:25 PM Start: 4:00 PM	Warm-up: 7:00 AM Positive Check-In Closes: 7:25 AM Start: 8:00 AM	Warm-up: 12:00 PM Positive Check-In Closes: 12:25 PM Start: 1:00 PM

ENTRY DETAILS AND DEADLINE: This meet will be utilizing a Centralized Electronic Entry using Hy-Tek Meet Manager files submitted to the Illinois Swimming Office. **All entry files must be E-mailed to the ISI Office no later than Monday, July 19, 2010 at 6:00 PM.** All required forms must be received on or before close of business, Wednesday, July 21, 2010. Please send forms and any entry fees with an overnight service that has tracking capabilities and include the following:

1. Team Summary & Release Form
2. Any Entry fees and swimmer surcharge payments

A fine of \$50.00 per day for late or modified materials due to club error shall be imposed after the 48-hour grace period if the meet host does not receive the items.

Checks payable to: Illinois Swimming Inc

MAIL FORMS TO:	Illinois Swimming, Inc 1400 East Touhy Avenue Suite 245 Des Plaines, IL 60018 Attn: Regional Entries	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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QUALIFYING TIMES: 2009-10 Regional Championship Time Standards are included. Only swimmers having achieved qualifying times by 6:00 PM, Monday, July 19, 2010 are eligible for this meet. Entry times may be submitted in long course meters, short course meters or short course yards. Please highlight and note ("SCM" or "SCY") next to all non-conforming entry times.

Minimum Qualifying Time:	2009-10 Illinois Regional Championship time standards
Maximum Qualifying Time:	2009-10 Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.
Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event, for that age group, in the Regional Championships.	

ENTRY FEES: \$5.00 per individual event and a swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.

ELIGIBILITY: All swimmers must be current (2010) members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office, 847-824-1596, 1400 East Touhy Avenue, Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org.

EVENT LIMITATIONS: A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. For the Friday evening Session 1, the host club reserves the right to limit each event (combined women and men) to the fastest six (6) heats. Those entries not accepted will be returned to the club.

POSITIVE CHECK-IN: All events will be **Positive Check-In**, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 35 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in ISI Article 206.5.9.



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INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 1650 Free will be swum fastest to slowest, alternating between Women’s and Men’s heats.
3. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Long Course 1500-meter qualifying time for the Open age group.
4. A swimmer who has qualified in the 1500 meters or 1650 yards may swim the 1000 Free, but must enter using the Long Course 800-meter qualifying time for the Open age group.

RELAY EVENTS: THERE ARE NO RELAYS AT THE REGIONAL CHAMPIONSHIP MEETS.

SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming long course state championship meets (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), and Short Course Yards (SCY).***

SCRATCH PROCEDURES: ***The following information is for coaches and club representatives only.*** The 2010 Summer Regional Championship meet is positive check- in, thus pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to your Host Club entry chair. The following information must be included for your scratches:

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.

The deadline for E-mail scratches is 1:00 PM, Thursday, July 22, 2010.

It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.

	LFSC	LWSA	SCOUT
Entry Chair (Post Entry Deadline and Scratches)	Michael Lawrence (847) 295-8343 lfscentries@sbcglobal.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com

INDIVIDUAL AWARDS: Medals for 1ST-8TH places will be awarded in each event.

TEAM AWARDS: There are no team awards for this meet.

AWARDS CEREMONY: Awards for top eight women and men will be presented according to the awards breaks shown in the event list.

COACHES MEETING: There will be a coaches meeting 15 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

MEET RESULTS: Meet results will be available on the host web site and the Illinois Swimming website.

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. The Program Operations Vice-Chair and the Meet Referee will appoint an Eligibility Jury.

WARM-UP: ISI warm-up and safety procedures will be in effect.

DECK ACCESS: Current (2010) USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be current with all safety certifications. Coaches and officials must display USA Swimming credentials at all times while on deck. Credentials will be checked at the Clerk of Course Table for all coaches, prior to receiving coach’s packet.

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. A club timer coordinator with phone number and e-mail address must be listed on your Team Summary and Release Form that is submitted with your entry. Swimmers in the 1650 Free must provide their own timers.



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MISSED QUALIFYING TIMES & FINES: Entry times will be 'Pre-Proven' from the SWIMS database. Custom times may be entered; however, printed 'proof of time' will be required upon request. The \$150.00 'proof of time' fine will be in effect for this competition.

OFFICIALS: Officials interested in working this meet should submit the application found on the ISI website under Officials tab. They can also direct questions regarding officiating to Bonnie Quinn (dquinn1575@wowway.com) or Eric Peterson (eric.peterson@gerberonline.com). A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

ADMISSIONS: Admissions will be charged for entrance to each session. Heat sheets will also be available for sale. The Host Clubs will set these prices.

VENDORS: The Swim Team Store will be on site at each location to sell swimming-related items and Northwest Designs be on site at each location to sell event-specific apparel.



2010 Speedo[®] Illinois Swimming Summer Regional Championship Meets



Friday, July 23, 2010															
GIRLS							SESSION 1							BOYS	
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #	
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max		
1	3:33.09		3:25.89		3:06.29		12&Under 200 Fly	3:04.69		3:24.09		3:30.99		2	
3	7:42.09		7:26.79		8:30.49		10&Under 500 Free	8:25.49		7:22.69		7:38.49		4	
							AWARDS								
5	3:57.59		3:49.09		3:27.29		12&Under 200 Breast	3:21.79		3:42.99		3:54.69		6	
7	11:08.89	10:08.09	10:49.29	9:50.29	12:22.09	11:14.59	Open 1000 Free	11:56.09	10:39.99	10:26.59	9:10.59	10:23.49	9:26.79	8	
9	3:30.79		3:22.49		3:03.29		12&Under 200 Back	2:59.39		3:18.29		3:30.29		10	
							AWARDS								
11	7:32.09		7:15.79		6:34.39		12&Under 400 IM	6:27.29		7:07.99		7:28.29		12	
							AWARDS								



2010 Speedo[®] Illinois Swimming Summer Regional Championship Meets



Saturday, July 24, 2010																
GIRLS							SESSION 2							BOYS		
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #		
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max			
13	5:51.39	5:19.49	5:37.09	5:06.49	6:25.29	5:50.29	12&Under 500 Free	6:24.79	5:49.79	5:36.79	5:06.19	5:56.59	5:24.19	14		
15	1:46.59	1:36.89	1:38.59	1:29.59	1:28.79	1:20.69	10&Under 100 Fly	1:30.59	1:22.39	1:40.59	1:31.49	1:51.39	1:41.29	16		
17	1:28.19	1:20.19	1:23.39	1:15.79	1:15.09	1:08.29	12&Under 100 Fly	1:15.79	1:08.89	1:24.09	1:16.49	1:29.99	1:21.79	18		
AWARDS																
19	38.69	35.19	37.39	33.99	33.69	30.59	10&Under 50 Free	33.49	30.49	37.29	33.89	39.19	35.59	20		
21	34.59	31.49	33.29	30.29	29.99	27.29	12&Under 50 Free	29.59	26.89	32.89	29.89	34.59	31.49	22		
AWARDS																
23	1:54.39	1:43.99	1:48.59	1:38.69	1:37.79	1:28.89	10&Under 100 Breast	1:40.29	1:31.19	1:51.29	1:41.19	1:59.49	1:48.59	24		
25	1:40.09	1:30.99	1:33.99	1:25.49	1:24.69	1:16.99	12&Under 100 Breast	1:25.99	1:18.19	1:35.49	1:26.79	1:43.49	1:34.09	26		
AWARDS																
27	46.29	42.09	43.89	39.89	39.49	35.89	10&Under 50 Back	39.59	35.99	43.99	39.99	47.09	42.79	28		
29	40.79	37.09	38.69	35.19	34.89	31.69	12&Under 50 Back	34.99	31.79	39.79	35.29	41.19	37.49	30		
AWARDS																
31	3:33.89	3:14.49	3:24.29	3:05.69	3:03.99	2:47.29	10&Under 200 IM	3:07.79	2:50.69	3:28.39	3:09.49	3:42.79	3:22.49	32		
33	3:08.49	2:51.39	3:00.09	2:43.69	2:42.29	2:27.49	12&Under 200 IM	2:42.89	2:28.09	3:00.79	2:44.39	3:10.09	2:52.79	34		
AWARDS																
Saturday, July 24, 2010																
GIRLS							SESSION 3							BOYS		
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #		
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max			
35	5:19.79	4:50.69	5:09.09	4:40.99	5:53.29	5:21.19	Open 500 Free	5:28.99	4:59.09	4:47.89	4:21.69	5:01.29	4:33.89	36		
37	5:29.99	4:59.99	5:15.59	4:47.19	6:00.79	5:28.29	14&Under 500 Free	5:48.59	5:16.89	5:04.99	4:37.29	5:20.29	4:51.19	38		
AWARDS																
39	1:18.59	1:11.49	1:15.49	1:08.59	1:07.99	1:01.79	Open 100 Fly	1:01.99	56.39	1:08.89	1:02.59	1:11.39	1:04.89	40		
41	1:21.29	1:13.89	1:17.49	1:10.49	1:09.79	1:03.49	14&Under 100 Fly	1:06.39	1:00.39	1:13.69	1:06.99	1:17.79	1:10.69	42		
AWARDS																
43	32.19	29.29	31.09	28.29	27.99	25.49	Open 50 Free	25.19	22.89	27.89	25.39	29.39	26.69	44		
45	32.99	29.99	31.79	28.89	28.59	25.99	14&Under 50 Free	26.69	24.29	29.69	26.99	31.09	28.29	46		
AWARDS																
47	1:31.79	1:23.49	1:27.09	1:19.19	1:18.39	1:11.29	Open 100 Breast	1:11.99	1:05.49	1:19.99	1:12.69	1:24.29	1:16.59	48		
49	1:34.29	1:25.69	1:29.09	1:20.99	1:20.29	1:12.99	14&Under 100 Breast	1:16.89	1:09.89	1:25.39	1:17.59	1:31.99	1:23.59	50		
AWARDS																
51	2:55.69	2:39.69	2:46.99	2:31.79	2:30.49	2:16.79	Open 200 Back	2:19.49	2:06.79	2:34.79	2:20.69	2:46.19	2:31.09	52		
53	2:58.99	2:42.69	2:49.79	2:34.39	2:32.99	2:19.09	14&Under 200 Back	2:27.39	2:13.99	2:43.59	2:28.69	2:52.99	2:37.29	54		
AWARDS																
55	6:12.69	5:38.79	5:55.49	5:23.19	5:20.29	4:51.19	Open 400 IM	5:03.39	4:35.79	5:36.69	5:06.09	5:47.79	5:16.19	56		
57	6:18.69	5:44.29	6:01.09	5:28.39	5:25.49	4:55.89	14&Under 400 IM	5:15.89	4:47.19	5:50.69	5:18.79	6:07.19	5:33.79	58		
AWARDS																



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Sunday, July 24, 2010																	
GIRLS							SESSION 4								BOYS		
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #			
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max				
59	3:09.89	2:52.49	3:00.99	2:44.49	2:42.09	2:28.19	10&Under 200 Free	2:45.69	2:30.59	3:03.89	2:47.19	3:13.69	2:56.09	60			
61	2:45.49	2:30.49	2:38.89	2:24.49	2:23.19	2:10.19	12&Under 200 Free	2:22.19	2:09.29	2:37.79	2:23.49	2:46.29	2:31.19	62			
63	44.29	40.29	42.09	38.29	37.89	34.49	10&Under 50 Fly	38.29	34.79	42.49	38.59	45.79	41.59	64			
65	38.19	34.69	36.99	33.59	33.29	30.29	12&Under 50 Fly	33.29	30.29	36.99	33.59	38.49	34.99	66			
67	1:40.49	1:31.39	1:34.69	1:26.09	1:25.39	1:17.59	10&Under 100 Back	1:26.29	1:18.49	1:35.79	1:27.09	1:42.39	1:33.09	68			
69	1:27.99	1:19.99	1:23.49	1:15.89	1:15.19	1:08.39	12&Under 100 Back	1:15.09	1:08.29	1:23.39	1:15.79	1:29.39	1:21.29	70			
71	52.09	47.39	49.39	44.89	44.59	40.49	10&Under 50 Breast	45.29	41.19	50.29	45.69	54.39	49.49	72			
73	45.59	41.49	43.09	39.19	38.79	35.29	12&Under 50 Breast	39.29	35.69	43.59	39.59	46.89	42.59	74			
75	1:26.69	1:18.79	1:22.29	1:14.79	1:14.09	1:07.39	10&Under 100 Free	1:14.49	1:07.79	1:22.69	1:15.19	1:27.39	1:19.49	76			
77	1:15.59	1:08.69	1:12.49	1:05.89	1:05.29	59.39	12&Under 100 Free	1:04.69	58.79	1:11.79	1:05.29	1:15.99	1:09.09	78			
79			1:34.39	1:25.79	1:24.99	1:17.29	10&Under 100 IM	1:26.19	1:18.39	1:35.69	1:26.99			80			
81			1:23.59	1:15.99	1:15.29	1:08.49	12&Under 100 IM	1:15.49	1:08.59	1:23.69	1:16.09			82			
							AWARDS										
Sunday, July 24, 2010																	
GIRLS							SESSION 5								BOYS		
Event #	LCM		SCM		SCY		Event Name	SCY		SCM		LCM		Event #			
	Min	Max	Min	Max	Min	Max		Min	Max	Min	Max	Min	Max				
83	2:31.19	2:17.49	2:26.59	2:13.29	2:12.09	2:00.09	Open 200 Free	2:01.59	1:50.59	2:15.09	2:02.79	2:20.99	2:08.19	84			
85	2:35.79	2:21.59	2:29.19	2:15.59	2:14.39	2:02.19	14&Under 200 Free	2:07.59	1:55.99	2:21.69	2:08.79	2:29.79	2:16.19	86			
87	2:55.99	2:39.99	2:50.49	2:34.99	2:34.29	2:20.29	Open 200 Fly	2:24.29	2:11.19	2:40.19	2:25.59	2:49.29	2:33.89	88			
89	3:06.09	2:49.19	2:57.09	2:40.99	2:39.49	2:24.99	14&Under 200 Fly	2:33.79	2:19.79	2:50.69	2:35.19	3:02.29	2:45.69	90			
91	1:20.49	1:13.19	1:16.79	1:09.79	1:09.19	1:02.89	Open 100 Back	1:03.19	57.49	1:10.19	1:03.79	1:15.49	1:08.59	92			
93	1:23.19	1:15.59	1:18.39	1:11.29	1:10.59	1:04.19	14&Under 100 Back	1:07.39	1:01.29	1:14.79	1:07.99	1:19.89	1:12.59	94			
95	3:19.09	3:00.99	3:10.39	2:53.09	2:51.49	2:35.89	Open 200 Breast	2:39.89	2:25.39	2:57.49	2:41.39	3:07.09	2:50.09	96			
97	3:22.59	3:04.19	3:13.59	2:55.99	2:54.59	2:38.59	14&Under 200 Breast	2:48.49	2:33.19	3:07.09	2:50.09	3:20.99	3:02.69	98			
99	1:10.29	1:03.89	1:07.29	1:01.19	1:00.59	55.09	Open 100 Free	55.19	50.19	1:00.89	55.39	1:03.39	57.59	100			
101	1:11.59	1:05.09	1:08.89	1:02.59	1:01.99	56.39	14&Under 100 Free	58.29	52.99	1:04.69	58.79	1:07.99	1:01.79	102			
103	2:53.89	2:38.09	2:46.39	2:31.29	2:29.89	2:16.29	Open 200 IM	2:17.69	2:05.19	2:32.89	2:18.99	2:42.49	2:27.69	104			
105	2:57.39	2:41.29	2:49.89	2:34.49	2:33.09	2:19.19	14&Under 200 IM	2:26.29	2:12.99	2:42.39	2:27.59	2:50.49	2:34.99	106			
107	21:29.19	19:16.99	20:52.69	18:43.79	20:45.19	18:51.99	Open 1650 Free	19:58.79	17:51.99	20:05.09	17:43.99	20:09.99	18:15.99	108			
							AWARDS										



**2010 Speedo® Illinois Swimming Summer
Regional Championship Meets
Hosted by Lake Forest Swim Club
July 23-July 25, 2010**



TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Club Timer Coordinator: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

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 =	\$ _____
Total Men's Events	_____	X	\$5.00 per event =	\$ _____
Number of Women Entered in Individual Events	_____	X	\$2.00 Surcharge =	\$ _____
Number of Men Entered in Individual Events	_____	X	\$2.00 Surcharge =	\$ _____
<i>Make checks payable to "Illinois Swimming Inc"</i>			Total Amount Enclosed =	\$ _____

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., Illinois Swimming, Inc, Lake Forest Swim Club, 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) _____ E-mail: _____



**2010 Speedo[®] Illinois Swimming Summer
Regional Championship Meets
Hosted by Lake Forest Swim Club
July 23-July 25, 2010**



E-MAIL SCRATCH FORM

Name of Club: _____ Club Code: _____

Coach of Record for this Meet: _____ Mobile Number: _____

Entry Contact Person: _____

Phone (Day)

Phone (Eve)

E-mail

**The deadline for E-mail scratches is 1:00 PM, Thursday, July 22, 2010.
It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.**

	LFSC	LWSA	SCOUT
Entry Chair (Post Entry Deadline and Scratches)	Michael Lawrence (847) 295-8343 lfscentries@sbcglobal.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com

The 2010 Summer Regional Championship meet is positive check- in thus pre-meet scratching is not necessary; however, if you would like to scratch swimmers in advance, please use this form.

NAME Last, First, MI	USA Swimming ID	EVENT #	EVENT NAME	SEED TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Signature: _____
(Club Representative)