**Location:** RecPlex Aqua Arena, 9900 Terwall Terrace, Pleasant Prairie WI 52158

**Meet Director:** Laurel Liberty ([coachlaurel@sbcglobal.net](mailto:coachlaurel@sbcglobal.net)) 1-847-735-5372

**Facility Director:** Kevin Milak

**Meet Officials:** Ed Stranc

**Host Clubs:** Libertyville Masters and Lake Forest Swim Club

**Meet Host Website:** www.libertyvillemasters.com

**Entry Website:**

**Facility:** The Recplex is a 17,000 square foot aquatic complex. The competition course is a state-of-the-art 50m pool will be configured into 2 x 10 lane competition pools with 2 movable bulkheads separating the courses. *Rule 202.1.1 A (3) (d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.*

Minimum depth at the start end is 7.5 feet in both competition pools with permanently affixed modern starting blocks for each lane. The 2 lanes between the competition courses will be available for warm up/down along with a 4 lane pool in the adjacent water park. A full color Colorado scoreboard displays race info for all 20 lanes. Men’s and Women’s locker rooms are adjacent to the pool deck with ample bathrooms, showers and lockers. Concessions and a swim shop are available in the stands during competition. Parking in outer parking lot and ring around the building is free (about a one block walk to the pool).

**Eligibility:** Swimmers will be required to show proof of 2015 USMS registration to participate. Go to the USMS on-line registration link or contact Erik VanEtten at [registrar@ilmsa.com](mailto:registrar@ilmsa.com) or 309-824-0393 if you need to register for the current year. USMS designated age groups for short course yards apply per USMS rules. Age as of the last day of the meet shall determine age for the entire meet. Swimmers entering the 400IM, 500 Free and 1000 Free must have an ILMSA provable time achieved within the previous 2 years.  (It can be done in practice & signed off by a coach, please used the attached split sheet if swimming in practice) Entered times must be accurate and will be checked.

**Entry Limit:** Swimmers may enter and swim no more than 4 events a day, plus relays. No swimmer may compete in more than 9 individual events for the meet.

**Entry Procedures:** Online entry hosted by ClubAssistant.com is the preferred method of entry. The deadline for submitting online entries is Tuesday, March 31, 2015, 5:00 PM Central Time. All paper entries must use the ILMSA consolidated multi-day entry form, and be post marked no sooner than the March 1, 2015 or no later than March 31, 2015. No exceptions! Distance events will sell out online, paper entries might not make it in time! Please mail paper entries to: Laurel Liberty, ILMSA State Meet, 312 Dawes St, Libertyville Il 60048. Checks should be made out to: “Lake Forest Swim Club”. No late entries will be accepted.

**Entry Fees:** $25 swimmer surcharge, plus $4 per individual event. Swimmers may choose to get a meet shirt for $10 during registration. No shirts will be sold at the meet. Relay fees are $10 per relay.

**Events:** All events will be timed final events. Events will be offered in the following age categories: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+. **The 1650 Freestyle will be limited to the first 160 entries received. The 500 Free and 400 IM will be limited to the first 200 entries received.**

**Relay Events:** Relay forms will be available at the scorer’s table. *Note: Clubs / Teams are limited to entering a total of 12 relays per event*. A completed form along with $10 payment must be turned into the scorer’s table in order to be entered in the relay. *Each days relays are due prior to the published start of competition each day (Sat 9a/Sun 8:30a).*

**Seeding:** All events except the 400IM, 500Fr and 1650Fr will be pre-seeded. Swimmers entered in these events must check in and positively declare their intent to swim. Swimmers who do not check in for those events by the published deadlines will be scratched from the event. The 1000fr, 500fr and 400IM will be seeded slowest to fastest. The 1650fr will be swum mixed, the 400IM and 500Fr will be swum by gender. For all other events seeding is from slowest to fastest by entry time for each gender.  **Pools will be separated by gender for all events except the 1650fr and mixed relays.**

**Check In:** Swimmers must check in for distance events online at [www.libertyvillemasters.com](http://www.libertyvillemasters.com) or at the meet. Online Check-in will open at 8:00 AM Friday April 10th and close at 2PM Friday April 10th. Check-in at the pool will open at 3:30PM Friday April 4th and close according to the schedule below:

1. Positive check in for the 1650 closes by 4:00 PM, Friday, April 10.
2. Positive check in for the 400 IM closes at 10:00 AM Saturday April 11.
3. Positive check in for the 500 Free closes 8AM Sunday, April 12

**Competition Pool Warm up Hours:**

1. Friday April 10th 3:45pm - 4:25pm Meet begins at 4:30pm.
2. Saturday April 11th 8:00am - 8:50am Meet begins at 9:00am.
3. Sunday April 12th 7:45am - 8:25am Meet begins at 8:30 am.

Four lanes are available for warm up/down continuously through the meet.

**Warm Up Procedures:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

**Scoring Individual events:** 11-9-8-7-6-5-4-3-2-1

**Relays:** 22-18-16-14-12-10-8-6-4-2

**Awards Individual:** Medals 1-3, Ribbons 4-10

**Relay:** Ribbons: 1-3

**High Point Award:** One male and female, each age group

**Team Trophy:** Trophies 1-10

**ORDER OF EVENTS**

(Pools will be separated Men/Women with the exception of mixed relays and the 1650Fr)

**Friday April 10**

1-2 Mixed 1650 Free (only 1 competition pool/event is mixed)

**Saturday April 11**

3-4 100 Freestyle

5-6 50 Butterfly

7-8 200 Breaststroke

9 200 Mixed Medley Relay (Swum in 1 pool/ other pool open for warm up/down)

11-12 200 Individual Medley

13-14 100 Backstroke

15-16 50 Breaststroke

17-18 200 Butterfly

19-20 200 Free Relay M&W

21-22 500 Freestyle (Swum Men/Women)

**Sunday April 12**

23-24 400 Individual Medley (Swum Men/Women)

25-26 100 Breaststroke

27-28 50 Backstroke

29-30 200 Freestyle

31 200 Mixed Free Relay (Swum in 1 pool/ other pool open for warm up/down)

33-34 100 Butterfly

35-36 50 Freestyle

37-38 200 Backstroke

39-40 100 Individual Medley

41-42 200 Medley Relay M&W

Please use this form as proof of performance if submitting a seed time that is achieved in an organized practice.

**Split Sheet**

**Organized Practice Swim**

Swimmer Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USMS #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club\_\_\_\_\_\_\_\_\_\_\_\_\_ Workout Group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Event (please circle) 1650Fr 1000Fr 500Fr 400IM Course (please circle) 25y 25m 50m

Please record the 50 splits for the event.

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | Split | Distance | Split |
| 50 |  | 900 |  |
| 100 |  | 950 |  |
| 150 |  | 1000 |  |
| 200 |  | 1050 |  |
| 250 |  | 1100 |  |
| 300 |  | 1150 |  |
| 350 |  | 1200 |  |
| 400 |  | 1250 |  |
| 450 |  | 1300 |  |
| 500 |  | 1350 |  |
| 550 |  | 1400 |  |
| 600 |  | 1450 |  |
| 650 |  | 1500 |  |
| 700 |  | 1550 |  |
| 750 |  | 1600 |  |
| 800 |  | 1650 |  |
| 850 |  | Final Time |  |

Coach Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_