



ILLINOIS MASTERS SWIMMING ASSOCIATION (ILMSA)
2020 SHORT COURSE STATE CHAMPIONSHIP
Friday April 3 – Sunday April 5, 2020
Sanction by Illinois LMSC for USMS Inc. Sanction #210-S009

Location: Munster H.S. Aquatic Center, 8808 Columbia Ave., Munster, IN 46321

Host Website: www.munstermasters.org

Meet Director: Matt Lee – matthewalee@comcast.net

Meet Referee: Ed Stranc – stranc.e@rcn.com

Facility: 2 x 10 Lane, 25 yd. by 25 yd. competition pool. Deck seating for competitors; elevated spectator seating for up to 800. Colorado Timing system (6) / Meet Manager 7.0. Men's and Women's locker rooms are adjacent to the pool deck. Vending provided by Swim-Ville USA. Parking located around Munster HS in (3) different lots including Middle School parking and Community Park lots.

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.

Eligibility: Proof of 2020 USMS registration which is offered at the time of online entry. Age as of the last day of the meet shall determine age for the entire meet. Swimmers entering the 400 IM, 500 Free and 1000 Free must have an ILMSA-provable time achieved within the previous 2 years. Use page 4 to submit a certified practice within the required time that must be signed by a coach. Entered times must be accurate.

Entry Limit: Swimmers may enter and swim no more than 4 individual and 3 relay events a day. No swimmer may compete in more than 9 individual events (nor more than 5 relays) for the entire meet. Races NOT counted for team points, notably 400-yard relays, will NOT be counted against the entry limits. Registration for the 1,000-yard freestyle will be capped at 180 total entries (90 per flight). The 400IM and 500 Free races will be limited to 110 swimmers per gender. Positive check-in required for 1,000 Free, 400 IM and 500 Free.

Entry Procedures: Online entry is required. Illinois Masters will have an exclusive period from 1/31/20 (5pm) to 2/10/20 (5pm) for entering the meet. All other swimmers may enter the ILMSA State meet starting at 5pm on 2/10/20. The online deadline is March 27, 2020, 10:00 PM CDT. No late entries will be accepted.

Entry fees: \$25 swimmer surcharge, plus \$5 per individual event. Relay-only swimmers \$35 meet charge. Relay fees will be \$12 each payable on deck at time of entry.

Meet Conduct: 2020 USMS rules govern the conduct of the meet.

Hospitality: There will be coach and official hospitality all weekend. Multiple vendors will be available outside pool area for all swimmers/attendees. Oceans Apparel will be on-site printing t-shirts while you swim!

Relay Events: Swimmers should indicate their relay availability during online registration. Each day's relay entries are due the **day prior** to the start of each relay. **Modifications can be made the day of each relay up to 30 minutes BEFORE the relay swims for proper seeding.**

There are several options for Coaches to submit relays:

- Online Relay Team Entry – same system used at Nationals to enter relays. After individual

swimmer registration closes, a new Club Assistant link will be provided to coaches to register relays. Swimmer info, including times, may be pulled in and payment made by credit card. Modifications can be made at the meet 30 minutes prior to the start of the relay.

- Relay entries may be submitted via email to Matt Lee (matthewalee@comcast.net) in lieu of paper entries though payment will need to be dropped off at the scorer's table the day prior to the relay.
- Completed forms and \$12 per relay payment must be turned into the scorers' table to be entered into a relay. Relay forms will be available at the scorer's table all weekend for handwritten entries.

See [USMS rule 102.9.8](#) regarding relay limits.

Seeding: All events are timed-final events. All events except the 400 IM, 500 and 1000 Free will be pre-seeded. Swimmers entered in these events must check in to declare their intent to swim. Swimmers who do not check in for those events by the published deadlines will be scratched from those events. **Check-in sheets will be on the deck at the Information Table EACH DAY as well as online via SWIMPHONE.** Swimmers experiencing issues checking in on Swim Phone are strongly encouraged to check in at the Information Table. Pools are separated by gender for all individual events and men/women relays will be swum in the north competition pool ONLY. Men will swim in one pool and women in the other, which will be alternated each day.

1,000 Yard Free: For swimmer convenience and to assist in planning travel on Friday, April 3rd, the 1000-yard swim will be swum in two different seedings/flights: an early bird and later flight with fixed start times. The first flight will be seeded slowest to fastest, and the second flight will be seeded fastest to slowest. The first flight will be designated as events 1 and 2 (men and women respectively), and the second flight will be designated events 3 and 4 (men and women respectively). Please select your event number accordingly. There will NOT be a break between 1000 free events. The second flight will begin immediately following the first.

Times: Official times set at this meet will be eligible for ILSMA Records, USMS Top Ten, USMS National Records, and FINA World Records, except times recorded only using manual backup timing are ineligible for FINA World Records.

Check-In: Swimmers may check in for distance events on SwimPhone or at the meet information table.
Positive check-in for the 1000 closes by 3:00 p.m., Friday April 3, 2020
Positive check-in for the 500 Free closes at 7:30 a.m. Saturday, April 4, 2020
Positive check-in for the 400 IM closes at 7:30 a.m. Sunday, April 5, 2020

Competition Pool Warm-up Hours (all times are CDT):

Friday, April 3, 2020	3:20pm – 3:55pm	Meet begins at 4:00pm
Saturday, April 4, 2020	7:15am– 8:20am	Meet begins at 8:30am
Sunday, April 5, 2020	7:15am– 8:20am	Meet begins at 8:30am

Warm-up Procedures: Swimmers must enter the pool FEET FIRST in a cautious and controlled matter. No diving or backstroke starts will be allowed, except in designated sprint lanes starting at specific times each morning. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool 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 102.13.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools. Outside lanes will be available for older swimmers or swimmers with disabilities.

Four (4) Lanes are available for warm-up/cool down continuously through the meet ON FRIDAY ONLY. There will be two (2) middle lanes open for warm-up/cool down on SAT and SUN (middle lanes). The pool will not be open to participants before 3:10 pm Friday.

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 Places 1st – 6th / Ribbons 7th- 10th / Relays: Ribbons 1st - 3rd

High Point Award: One male and female for each age group

Team Trophy: Trophies 1st through 3rd will be awarded to Large, Medium, and Small teams

2020 ILSA State Meet Annual Social:

Join fellow swimmers at the ILSA State Meet Social on Saturday, April 4th following the meet! The social will be a chance to mingle with new and old swimming friends and fortify yourself after a day of hard swimming.

All swimmers and supporters regardless of affiliation are welcome!

Light bites including vegetarian options as well as non-alcoholic drinks are included. A cash bar will be available.

Where: Byway Brewing, 2825 Carlson Drive, Hammond, IN 46323.
The brewery is less than 10 minutes from the pool.

When: Saturday April 4, 2019; 4 pm – 6 pm

Cost: \$5; Purchase your tickets during the online registration process.



Order of Events

Friday, April 3

MEN'S EVENT		WOMEN'S EVENT	
1	1000 Free (1 st wave)	2	1000 Free (1 st wave)
3	1000 Free (2 nd wave)	4	1000 Free (2 nd wave)

Saturday, April 4

MEN'S EVENT		WOMEN'S EVENT	
5	400 IM	6	400 IM
7	200 Mixed Medley Relay		
9	50 Breaststroke	10	50 Breaststroke
11	200 Freestyle	12	200 Freestyle
13	100 IM	14	100 IM
15	400 Mixed Free Relay (not scored for points)		
17	50 Freestyle	18	50 Freestyle
19	200 Breaststroke	20	200 Breaststroke
21	100 Butterfly	22	100 Butterfly
23	100 Backstroke	24	100 Backstroke
25	200 Freestyle Relay	26	200 Freestyle Relay

Sunday, April 5

MEN'S EVENT		WOMEN'S EVENT	
27	500 Freestyle	28	500 Freestyle
29	200 Mixed Free Relay		
31	50 Backstroke	32	50 Backstroke
33	200 IM	34	200 IM
35	100 Freestyle	36	100 Freestyle
37	200 Butterfly	38	200 Butterfly
39	400 Free Relay (not scored for points)	40	400 Free Relay (not scored for points)
41	50 Butterfly	42	50 Butterfly
43	200 Backstroke	44	200 Backstroke
45	100 Breaststroke	46	100 Breaststroke
47	200 Medley Relay	48	200 Medley Relay

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 _____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed