



WINDY CITY INVITATIONAL
Presented by
The Lake Forest Swim Club
JANUARY 9-10, 2010



The *Windy City Invitational* is sanctioned by USA Swimming and Illinois Swimming, Sanction No. ILS10-0107. All USA Swimming and ISI rules apply including safety rules that will be strictly enforced.

LOCATION	University of Illinois Chicago, 901 W Roosevelt Rd., Chicago, Illinois 60608		
HOST CLUB	Lake Forest Swim Club 555 N. Sheridan Rd Lake Forest, IL 60045	847.295 8343 LFSC@sbcglobal.net www.swimlfsc.org	
MEET DIRECTOR	Maureen Sheehan		847 295 8343
ENTRIES	Michael Lawrence		847 295 8343
MEET REFEREE	Elaine Gilbert		
FACILITY	8-lane 25 yard course with permanently affixed starting blocks (12 foot minimum depth throughout the course), Daktronics 6000 timing system, separate warm-up and warm-down. area		
MEET SCHEDULE	Morning session Afternoon session	Warm-ups: 7:30am Warm-ups: TBA	Meet: 8:30am Meet: TBA
	Warm-up for the afternoon session will begin immediately following the conclusion of the morning session. Events will begin 60 minutes after the start of the warm-up period. Please visit the LFSC website (www.swimlfsc.org) after December 28, 2009, for the afternoon warm-up schedule and to check seeding for heat limited events.		
COACHES MEETING	There will be a coach's meeting 15 minutes prior to the start of each session if determined necessary by the Meet Referee.		
ELIGIBILITY	All swimmers must be current (2010) members of USA Swimming. "Applied For" registration will not be accepted; registration forms may be obtained from Illinois Swimming (847 824 1596). Age as of the first day of the meet shall determine age for the entire meet.		
EVENTS	All events will be timed final events. An event schedule for this meet is included with this meet announcement. Events will be offered in the following age categories: 8 & under, 10 & under, 9/10, 11 yr old, 12 yr old, and Senior. Events 5/6, 33, 65/66, 67/68, 69/70, 99/100, 102, 109/110, 135/136 and 137/138 may be limited to three heats based on submitted entry times. Please review the event list to verify heat limitations. The host club reserves the right to conduct additional heats of these events as time permits. Heats will be swum fastest to slowest seeded heats. To check seeding for heat-limited events visit the LFSC website (www.swimlfsc.org) after December 28, 2009.		
RELAY EVENTS	All relay events will be pre-seeded based on submitted entry times.		
EVENT LIMITATIONS	Swimmers may enter and swim five (5) individual events plus relays each day.		
ENTRY FEES	\$3.00 per individual event, \$7.00 for each relay; a swimmer surcharge of \$4.00 per swimmer entered in individual events must be included with entry (ISI Swimmer surcharge \$2.00, facility surcharge \$2.00).		

**Make checks payable to "Lake Forest Swim Club". Deliver all entries to:
Lake Forest Swim Club, Lake Forest College-Sports Center, 555 N. Sheridan Rd., Lake Forest, IL 60045
ENTRIES MUST BE RECEIVED BY TUESDAY, December 29, 2009, 5:00 PM.**



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ENTRIES

Entries will not be accepted prior to 8:00am Saturday, December 5, 2009, and must be received by Tuesday, December 29, 2009. All entries must be received at the swim club office. Entries may be submitted *via* E-mail to LFSCentries@sbcglobal.net.

Please submit short course yard entry times. All entry times must be achieved in accordance with USA Swimming rules prior to the entry deadline. All entries must be submitted on the entry forms attached or facsimiles thereof. The attached summary form, release and hold harmless statement, and all entry fees must accompany all entries. Failure to comply with any entry requirement will be sufficient cause to refuse entry.

Entries will be accepted in Hy Tek® format. A printed copy of the entry, all forms, waivers, and summaries, and a check for entry fees must be received within 96 hours of receipt of entry. The host club accepts no responsibility for receipt of e-mail entries. Confirmation of receipt is the sole responsibility of the sender.

SEEDING

All swimmers are required to check-in and positively declare their intent to swim for each event. Swimmer who do not check-in will be scratched from that event. Non-conforming entry times will be seeded following conforming times (SCY, SCM, LCM). **Special seeding procedures will be used for disability athletes (see USA Rule 202.2.13).**

Coaches are encouraged to notify the meet host of scratches in advance of the meet *via* FAX (847 735 6281) and e-mail LFSCentries@sbcglobal.net.

AWARDS

All swimmers will receive awards for 1st - 8th place in individual events for 8 & under, 9, 10, 11, 12, and 13/14 age categories.

*Special awards will be given to swimmers placing 1-8 in our Featured Event, **The Windy City 1000 Freestyle Challenge** and to all 8 & under swimmers improving their times from Saturday to Sunday.*

Heat winner prizes will also be awarded.

DECK ACCESS AND CREDENTIALS

Only contestants, coaches, and working meet officials will be granted access to the competitive area. Current USA Swimming membership card must be continuously displayed while on deck. Coach's information packets will be available at the meet.

SWIMMER SUPERVISION

Each team or coach is responsible for the supervision of his or her swimmers. Swimmers and their families are allowed access to the pool area, concession areas, and designated rest areas, subject to USA Swimming and Illinois Swimming rules. The locker rooms are for changing purposes only: no lockers will be available for swimmers participating in the meet. The meet and/or facility host reserves the right to remove from the meet any swimmer entering an unauthorized area.

OFFICIALS

Certified officials (stroke and turn judges, starters, or referees) are asked to volunteer by contacting Elaine Gilbert, ptgilbert1@comcast.net or LFSCentries@sbcglobal.net

ADMISSION

Adults	\$7.00/day
10 & under	\$2.00/day

CONCESSIONS/VENDORS

Food concessions and swimming product vendors will be available during the meet.

MEET RESULTS

Meet results will be posted online at www.swimlfsc.org

PARKING

Parking available directly across Roosevelt Rd in University lots; enter on Morgan St.

WINDY CITY SPEEDO® INVITATIONAL

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JANUARY 9-10, 2010

Saturday, January 9

Warm-up: 7:30 am			Meet: 8:30 am		
WOMEN	LIMIT	EVENT	LIMIT	MEN	
1		Sr 200 Fr Relay		2	
3		12 yr old 200 Fr Relay		4	
5	24	Sr 400 IM	24	6	
7		Sr 50 Free		8	
9		12 yr old 50 Free		10	
11		Sr 200 Breast		12	
13		12 yr old 50 Breast		14	
15		Sr 100 Back		16	
17		12 yr old 100 Back		18	
19		Sr 100 Fly		20	
21		12 yr old 100 Fly		22	
23		Sr 50 Breast		24	
25		Sr 200 Free		26	
27		12 yr old 200 Free		28	
29		Sr 100 IM		30	
31		12 yr old 100 IM		32	
33	24	<i>Featured Event, 1000 Free presented by Speedo®</i>			

Sunday, January 10

Warm-up: 7:30 am			Meet: 8:30 am		
WOMEN	LIMIT	EVENT	LIMIT	MEN	
71		Sr 200 Med Relay		72	
73		12 yr old 200 Med Rel		74	
75		Sr 200 Fly		76	
77		12 yr old 200 IM		78	
79		Sr 50 Back		80	
81		12 yr old 50 Back		82	
83		Sr 100 Breast		84	
85		12 yr old 100 Breast		86	
87		Sr 100 Free		88	
89		12 yr old 100 Free		90	
91		Sr 200 Back		92	
93		Sr 50 Fly		94	
95		12 yr old 50 Fly		96	
97		Sr 200 IM		98	
99	24	12 yr old 500 Free	24	100	
<i>Featured Event, 1000 Free presented by Speedo®</i>			24	102	

Warm-up: TBA			Meet: TBA		
GIRL'S	LIMIT	EVENT	LIMIT	BOYS	
35		11 & un 200 Fr Relay		36	
37		8&un 100 Fr Relay		38	
39		11 yr old 100 Free		40	
41		9/10 100 Free		42	
43		8&un 25 Free		44	
45		11 yr old 50 Breast		46	
47		10&un 50 Breast		48	
49		8&un 25 Breast		50	
51		11 yr old 100 Back		52	
53		9/10 100 Back		54	
55		8&un 25 Back		56	
57		11 yr old 50 Fly		58	
59		10&un 50 Fly		60	
61		8 & un 25 Fly		62	
63		11 yr old 100 IM		64	
65	24	9/10 100 IM	24	66	
67	24	8 & un 200 Free	24	68	
69	24	11 yr old 500 Free	24	70	

Warm-up: TBA			Meet: TBA		
GIRL'S	LIMIT	EVENT	LIMIT	BOYS	
103		11 & un 200 Med Rel		104	
105		8 & un 100 Med Rel		106	
107		11 yr old 200 Free		108	
109	24	9/10 200 Free	24	110	
111		8 & un 25 Free		112	
113		11 yr old 100 Breast		114	
115		9/10 100 Breast		116	
117		8&un 25 Breast		118	
119		11 yr old 50 Back		120	
121		10 & un 50 Back		122	
123		8&un 25 Back		124	
125		11 yr old 100 Fly		126	
127		9/10 100 Fly		128	
129		8 & un 25 Fly		130	
131		11 yr old 50 Free		132	
133		10&un 50 Free		134	
135	24	11 yr old 200 IM	24	136	
137	24	9/10 200 IM	24	138	



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SUMMARY OF ENTRIES

8 & under	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
10 & under	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
11 yr old	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
12 yr old	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
Senior	_____ Women	_____ events X \$3.00 =	\$ _____
	_____ Men	_____ events X \$3.00 =	\$ _____
TOTAL INDIVIDUAL EVENTS			\$ _____
RELAYS		_____ events X \$7.00=	\$ _____
SWIMMER SURCHARGE	_____ Women	x \$4.00 =	\$ _____
	_____ Men	x \$4.00 =	\$ _____
TOTAL MEET FEES			\$ _____

**Deliver all entries to: Lake Forest Swim Club, Lake Forest College-Sports Center
555 N. Sheridan Rd., Lake Forest, IL 60045. Entries will not be accepted prior to 8:00am
Saturday, December 5, 2009, and must be received by Tuesday, December 29, 2009.**

Club _____ Code _____

Coaches attending _____

Mailing address _____

Contact for entries _____

Phone Day () _____
Eve () _____

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 listed on this entry and participating in this sanctioned/approved event are duly registered as current athlete members of USA Swimming.

SIGNATURE (Club Representative) _____ DATE _____

