

The Sink or Swim Classic
Hosted by Libertyville Masters
Sunday, October 26, 2008
Sanctioned by ILMSA for USMS, Inc. #218-019

TIME: Doors open at 7:15 am. Warm up will be from 7:30 am- 8:25 am, meet starts at 8:30 am. Continuous warm up and warm down will be available in the diving well throughout the meet.

LOCATION: Vernon Hills High School, 145 Lakeview Parkway, Vernon Hills IL 60061.

FACILITY: 25 meter indoor pool, 8 lanes for competition with a continuous warm up/warm down area in the diving well, non turbulent lane lines and electronic timing and display. This pool is quite fast, and has been used to host numerous high school conference and IHSA sectional meets. Last year's inaugural event saw several Illinois short course meters records broken, and we look forward to more records falling this year. OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY THE 2008 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION. There is ample parking on the west side of the building closest to the natatorium; there is also ample locker room space.

ELIGIBILITY: USMS designated age groups 18+ apply. Current registration with a USMS card is required. A photocopy of your USMS card must accompany your entry and wavier. Per USMS/FINA rules in short course meters meets your age as of **December 31, 2008** determines your age group for the meet. The ILMSA "Consolidated Entry Card" is to be used for designated events. To download the entry go to <http://ilmsa.com/competiton/upcoming> . "No Time" entries will be accepted; the 400IM and 400 Free will be limited to the first 24 swimmers who sign up. Deck entries will be accepted until 8:00 am.

MEET CONDUCT: 2008 USMS rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to 5 events plus relays. Competitors attempting records must notify the starter to assure that 3 timers are available in addition to the electronic timing equipment.

CHECK IN, WARM-UP, AND AWARDS: Entry to the facility will be available at 7:15 am, and warm up starts at 7:30 am. All competitors must check in before 8:00am. During the warm up period, there will be designated sprint lanes for use of the starting blocks. Ribbons will be awarded for all events for 1st through 3rd place.

Order of Events

1	400 IM
2	200 Free
3	50 Free
4	100 Breast
5	100 Back
6	200 Mixed MR
7	50 Breast
8	200 Fly
9	100 Free
10	50 Fly
11	100 IM
12	200 Mixed FR
13	200 Breast
14	200 Back
15	100 Fly
16	50 Back
17	200 IM
18	400 Free

Checks Payable to: Jim Rowland
Mail signed entry card, check and copy of 2008 USMS card to :
Laurel Liberty
312 Dawes
Libertyville IL 60048
Entries must be received by October 22nd, 2008
Entry Questions? Laurel Liberty 847-274-3627
Email:Coachlaurel@sbcglobal.net

ENTRY FEE AMOUNTS TO BE ENCLOSED:		
	#of individual entries X \$ 5.00 =	
	# of Relay entries X\$10.00 =	
	Swimmer surcharge X \$5.00 =	
	Total Due with Entry =	