



## **ILMSA Short Course State Championships 2023**

**Friday, March 31 – Sunday, April, 2023**

**LOCATION:** FMC Natatorium is located at 275 Plaza Dr, Westmont, IL 60559  
<https://www.fmcnatatorium.org>

**Meet Director:** Andreas Seibt - [swimilmsa@gmail.com](mailto:swimilmsa@gmail.com)

**Meet Referee:** Ed Stranc - [stranc.e@rcn.com](mailto:stranc.e@rcn.com)

**FACILITY:** The pool is a 50-meter Myrtha Olympic-sized competition pool with two moveable bulkheads, two head walls, and will be divided into two 25-yard courses. Each course will have 9 FINA approved Olympic size, 8 feet, 2-inch-wide lanes with water depth of at least 8 feet. An additional 4 out of 8 warm-up and cool-down lanes will be available in a separate pool throughout the meet. The pool is equipped with a state-of-the-art Omega electronic timing system, same as used during the United States Olympic Trials. Spectator seating for 1,200 on three sides, ADA seating, and a standing corner on the north side with Wi-Fi and cell phone charging stations. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet. (USMS articles 105.1.7 and 107.2.1). Pools will be measured and certified in accordance with USMS articles 105.1.7 and 107.2.1. There are locker rooms and on deck showers for your use.

**RACING COURSE SET UP:** All Women's individual events will be conducted in the East Pool (scoreboard), All Men's individual events will be conducted in the West Pool (training pool side). Relays (course) TBD prior to the event.

**Covid Protocols:** All Illinois's and DuPage County's current protocols in place at the time of the meet will be followed. If protocols are in place, swimmers, spectators or meet officials that cannot or do not conform to the protocols will not be allowed in the venue.

**Eligibility:** Must be over 18 years of age and a current USMS member. In accordance with USMS rules, verification of membership registration must be provided with your entry, either a copy of membership card or verified through online registration. To register with USMS go to: <https://www.usms.org/reg/register.php>. Age as of the last day of the meet shall determine age for the entire meet.

**Entry Limit:** Swimmers may enter from **1 to 5** individual events, plus up to **2** relay events, per day. No swimmer may compete in more than **11** individual events for the entire meet.

**Entry Procedures:** Online entry is required. The individual online registration will OPEN on Friday, March 3<sup>rd</sup> at noon, the **Deadline for Individual Entries is Wednesday, March 22, 2023, at 11:59 pm CDT. No late entries will be accepted.**

**Entry fees:** \$45 swimmer surcharge, plus \$6 per individual event. Fee for Relay-Only swimmers is \$55. Relay team fees will be \$16 each submitted by the March 23, 2022 deadline. Your credit card statement will reflect a charge from "ILMSA STATE SWIM MEET". There are no refunds for entry fees.



**Events:** All events are timed-final events. Events are offered in age categories as per rule: 102.3.1 and swum slowest to fastest except for **the 1,650 Freestyle events which will be swum fastest to slowest.** The 1,650 Freestyle will be limited to the first 162 entries (81 women and 81 men) The 500 Freestyle, and the 400 Individual Medley will be limited to the first 180 entries (90 women and 90 men).

**Order of Events:** Pools will be separated Women (East Pool), Men (West Pool) with exception of Relays which may be separated at discretion of Meet Host. Men will compete against Men & Women will compete against Women.

**Relay Events:** Swimmers SHOULD indicate their relay availability during the individual swimmer online entry process, prior to Wednesday, March 22, 2023.

**Online Relay Team Entry:** Same system used at Nationals to enter relays. Coaches may register relays here on Club Assistant beginning at noon on Monday, March 20th, and closing at 11:59 pm Saturday, March 25th. See rule 102.9.8 regarding relay limits. Club rosters with swimmer age, gender, and best 50-yard free times are displayed for building relays. Relays are paid by credit card to "ILMSA STATE SWIM MEET." Modifications can be made the day of each relay, but overall RELAY AGE ENTRY cannot change.

**Seeding:** All events except the 400 IM, 500 and 1650 Freestyle 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. Pools are separated by gender for all individual events. Men will swim in one pool and women in the other. Relays may be swum in either pool and separated at the discretion of the Meet Host.

**Timing Regulations:** Official times set at this meet will be eligible for ILMSA Records, USMS Top Ten, and USMS National Records. Anyone who is attempting a national record needs to be informed of the new timing regulations by the Meet Director so that person can be put in a pad-timed pool regardless of their seed time.

**NEW!!! Check-In: Positive check-in for the 1,650 & 500 Freestyle and the 400 IM is REQUIRED online via SWIMPHONE. *Check-ins close according to the schedule below starting at noon on Thursday, March 30, 2023. Last-minute scratches can be submitted to the meet referee the morning of the event. IMPORTANT: THIS IS A NEW CHANGE FROM PREVIOUS YEARS!!!!***

**PLEASE READ:** Check-in deadlines are a day prior to the event.

Event	Check In DEADLINE
Thursday, March 30 <sup>th</sup> , 1,650 Free EARLY heats	12:00 pm (noon)
Thursday, March 30 <sup>th</sup> , 1,650 Free LATE heats	12:00 pm (noon)
FRIDAY, March 31 <sup>st</sup> , 400 IM	12:00 pm (noon)
Saturday, April 1 <sup>st</sup> , 500 Free	12:00 pm (noon)



**FMC will be open to participants & spectators 20 minutes prior to warm ups.**  
**Competition Pool Warm-up Hours: (all times are central time)**

	Warmup	Meet Starts
Friday, March 31, 2023 Session 1	12:00 pm– 12:55 pm	01:00 pm
Friday, March 31, 2023 Session 2	4 Lane Training Pool	03:00 pm
Saturday, April 1, 2023	07:00 am – 07:55 am	08:00 am
Sunday, April 2, 2023	07:00 am – 07:55 am	08:00 am

(4) Lanes 5-8 are available for warm-up/cool down in the Training Pool, throughout the meet. **The facility will be open 20 minutes prior to each warm up, no earlier please.**

**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 those older swimmers or swimmers with disabilities.

**Scoring:** Individual Events: 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 / Relays: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2





**T-Shirts:** Cotton State Meet T-Shirts are available for \$15 each, in both Men's and Women's cuts. Men's sizes are M-XXL and Women's sizes are S-XL.

**Awards:**

Individual: Medals Places 1-6, Ribbons 7-10

Relays: Ribbons 1-3

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

**Team Trophy:** Trophies (approximately 7 to 12 inches in height) 1st through 3rd will be awarded in each of three Team size categories.

**Hospitality information:** There will be Volunteer and Official Hospitality ALL weekend. A concession stand and a swim shop will be available for swimmers and spectators and will be onsite for the duration of the meet.

**Concessions:** There'll be no concessions offered on Friday. Now here's the good news, the concession area will be open both Saturday and Sunday from 8:00 AM-1:30 PM.

**2023 ILMSA State Meet Social**

Join fellow swimmers to celebrate your love of swimming onsite at the ILMSA State Meet Social on Sunday, April 2nd immediately 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!

Where: FMC Natatorium, 2nd Floor spectator balcony

When: Sunday April 2, 2023; immediately following the last swim event

Cost: \$6

Social event guarantees entry to the 2nd floor spectator balcony for individual and team awards, ILMSA annual awards, a short members meeting including floor nominations for leadership positions, food & drinks, and a live band for entertainment. <https://www.thedavenportprojectband.com/>

**You MUST purchase your tickets during the online registration process.**

**NOTES for the below Order of Events:**

**Friday, March 31, 2023: Events 1-4**

1. Men's 1,650 Freestyle early heats, maximum 45 entries
2. Women's 1,650 Freestyle early heats, maximum 45 entries
3. \*\*400 Medley Relay – all genders or mixed (does not count toward team point totals)
4. \*\* 400 Free Relay– all genders or mixed (does not count toward team point totals)

**Friday, March 31, 2023: Events 5-6**



- 5. Men's 1,650 Freestyle late heats, maximum 36 entries
- 6. Women's 1,650 Freestyle late heats, maximum 36 entries

**Saturday, April, 2023:**

- The ILMSA Hall of Fame inductees will be presented before Event 19
- After the swim meet, there will be a meet and greet with ILMSA Hall of Fame inductees

**Sunday, April 2, 2023:**

- After the meet, the State Meet Social:
- Brief Annual Meeting of Members
- Awards Presentations including Individual and Team awards.

Friday, March 31, 2023 - Session 1 – 1,650 Free (early heats)

Warm-ups start at 12:00 PM  
Meet Session starts at 1:00 PM

#	Sex		Event		Psych Sheets
1	Men	(early heats)	1,650 Y	Free	<a href="#">Psych</a>
2	Women	(early heats)	1,650 Y	Free	<a href="#">Psych</a>
3	Mixed	** (M-W-X)	400 Y	Medley Relay	
4	Mixed	** (M-W-X)	400 Y	Free Relay	

Friday, March 31, 2023- Session 2 – 1,650 Free (late heats)

Meet Session starts at 3:00 PM

#	Sex		Event		Psych Sheets
5	Men	(late heats)	1,650 Y	Free	<a href="#">Psych</a>
6	Women	(late heats)	1,650 Y	Free	<a href="#">Psych</a>

Saturday, April 1, 2023 - Session 3

Warm-ups start at 7:00 AM  
Meet Session starts at 8:00 AM

#	Sex	Event		Psych Sheets
7	Men	400 Y	IM	<a href="#">Psych</a>
8	Women	400 Y	IM	<a href="#">Psych</a>
9	Mixed	200 Y	Medley Relay	

**Commented [1]:**  
New Order of events from Event 9 thru 48. See revision



#	Sex	Event		Psych Sheets
<b>10-minute BREAK</b>				
11	Men	50 Y	Back	<a href="#">Psych</a>
12	Women	50 Y	Back	<a href="#">Psych</a>
13	Men	200 Y	IM	<a href="#">Psych</a>
14	Women	200 Y	IM	<a href="#">Psych</a>
15	Men	100 Y	Free	<a href="#">Psych</a>
16	Women	100 Y	Free	<a href="#">Psych</a>
17	Men	200 Y	Fly	<a href="#">Psych</a>
18	Women	200 Y	Fly	<a href="#">Psych</a>

#	Sex	Event		Psych Sheets
<b>10-minute BREAK</b>				
<b>Announce Hall of Fame</b>				
19	Men	50 Y	Fly	<a href="#">Psych</a>
20	Women	50 Y	Fly	<a href="#">Psych</a>
21	Men	200 Y	Back	<a href="#">Psych</a>
22	Women	200 Y	Back	<a href="#">Psych</a>
23	Men	100 Y	Breast	<a href="#">Psych</a>
24	Women	100 Y	Breast	<a href="#">Psych</a>
25	Men	200 Y	Medley Relay	
26	Women	200 Y	Medley Relay	



Sunday, April 2, 2023 - Session 6

Warm-ups start at 7:00 AM  
 Meet Session starts at 8:00 AM

#	Sex	Event		Psych Sheets
27	Men	500 Y	Free	<a href="#">Psych</a>
28	Women	500 Y	Free	<a href="#">Psych</a>
29	Mixed	200 Y	Medley Relay	

#	Sex	Event		Psych Sheets
<b>10-minute BREAK</b>				
31	Men	50 Y	Breast	<a href="#">Psych</a>
32	Women	50 Y	Breast	<a href="#">Psych</a>
33	Men	200 Y	Free	<a href="#">Psych</a>
34	Women	200 Y	Free	<a href="#">Psych</a>
35	Men	100 Y	IM	<a href="#">Psych</a>
36	Women	100 Y	IM	<a href="#">Psych</a>

#	Sex	Event		Psych Sheets
<b>10-minute BREAK</b>				
37	Men	50 Y	Free	
38	Women	50 Y	Free	
39	Men	200 Y	Breast	<a href="#">Psych</a>
40	Women	200 Y	Breast	<a href="#">Psych</a>
41	Men	100 Y	Fly	<a href="#">Psych</a>
42	Women	100 Y	Fly	<a href="#">Psych</a>
43	Men	100 Y	Back	<a href="#">Psych</a>
44	Women	100 Y	Back	<a href="#">Psych</a>
45	Men	200 Y	Free Relay	



#	Sex	Event		Psych Sheets
46	Women	200 Y	Free Relay	

After Meet Social – Food and Live Band				
47	State meet social – participant			
48	State meet social – guest(s)			
Individual and team awards presentations, brief annual meeting of members, food, drinks, and live band.				

**Note: If paying by credit card, your credit card statement will reflect a charge from "ILMSA STATE SWIM MEET."**

Online Registration closed on 3/22/2023.

