



## ILMSA Short Course State Championships 2026

Friday, April 10 – Sunday, April 12, 2026

Sanctioned by ILMSA for USMS, Inc. [sanction number]

Location: FMC Natatorium is located at 275 Plaza Dr, Westmont, IL 60559

<https://www.fmcnatatorium.org>

**Meet Director:** Jim Bey - [tribey@msn.com](mailto:tribey@msn.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 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 in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.

Facility usage is as follows:

- All shoes must be placed in cubes located in lobby. No shoes allowed on pool deck or in locker rooms.
- Locker rooms with showers are available. On-deck showers are not for use.
- Lockers are for day use only, any locks left on lockers will be removed and items left in lockers placed in “lost and found”.
- Personal items (i.e. towels, backpacks, and chairs) left on deck overnight will be removed and placed in “lost and found”.
- No food on deck. No glass bottles in the facility.
- Deck changing is not permitted.
- Photography is not allowed behind the blocks.

**Racing Course Set Up:** Pools will be separated by gender for all individual events. Relay events may be swum in either pool and may be separated at the discretion of the meet host. All Women’s and Men’s individual events will be conducted in both the **East Pool** (scoreboard side) and the **West Pool** (near the training pool) throughout the weekend; pool assignments by gender will rotate daily and will be determined by the meet host in coordination with ILMSA.

Relay course assignments will be determined prior to the event. Relay heats may be separated at the discretion of the meet host. Men will compete against men, and women will compete against women according to USMS policy.

**Eligibility:** All participants must be age 18 or older prior to April 10, 2026 and be currently registered members of U.S. Masters Swimming or another World Aquatics federation. 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. Foreign-registered swimmers must provide proof of current membership in their country's Masters Swimming governing body.

**Entry Limit:** Swimmers may enter a maximum of **four** individual events, plus up to **two** relay events, per day. Over the course of the three-day meet, no swimmer may compete in more than **nine** individual events or more than five relay events, including the exhibition relay. Swimmers entering nine events must indicate which event is to be dropped in case the timeline is too long. No refunds will be given if the ninth event is dropped. A decision on the ninth event will be announced by April 9<sup>th</sup>.

Teams/Clubs shall be limited to a maximum number of 12 relays per relay event.

### **Entry Procedures:**

- Entries must be submitted online.
- Registration opens at 12:00 noon CDT to ILMSA swimmers on February 6, 2026.
- Registration opens at 12:01am CDT to all swimmers on March 1, 2026.
- Individual entry deadline: Thursday, April 2, 2026, 11:59 pm CDT.
- Relay entries must be submitted through Club Assistant by a designated Relay Captain between noon on Friday, April 3<sup>rd</sup> and 11:59 p.m. on Tuesday, April 7, 2026.
- No late entries will be accepted.
- No deck entries are permitted.

**Entry fees:** \$45 swimmer surcharge, plus \$6 per individual event. Fee for Relay-Only swimmers is \$50. Relay team fees will be \$20 each submitted by Tuesday, April 7<sup>th</sup>, 11:59 pm deadline. Your credit card statement will reflect a charge from "Fossil Fish".

**Events:** All events are timed-final events. The 1,000 Freestyle will be limited to a maximum of the first 144 entries (72 women and 72 men) The 500 Freestyle and the 400 Individual Medley will each be limited to a maximum of the first 162 entries (81 women and 81 men).

Events are organized by age group (see Rule 102.3.1) and swum from slowest to fastest, except for the **1,000 Freestyle, which will be swum from fastest to slowest within each event**. A total of four 1,000 Freestyle events are scheduled. In Session 1, Event 7 and Event 8 will each have 4 heats, with a maximum of 36 entries allowed per event. In Session 2, there will also be 4 heats in both Event 9 and Event 10, again with a maximum of 36 entries per event. To maintain the meet schedule, the meet host may place the slowest 1,000 Freestyle entries into outside lanes of earlier heats within each event, as necessary.

Swimmers will need to supply their own counter (teammate, coach, etc.) for all distance events.

If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous three years, the Championship Committee may, after a discussion with the swimmer, change the seeded time to a realistic time.

**Relay Events:** Swimmers should indicate relay availability during individual online entry before the registration deadline on Thursday, April 2, 2026.



Relay entries must list names and ages of all swimmers on the relay card. The lead-off swimmer must be specified.

For short course (25-yard) relays, the age groups are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+, and so on, in 10-year increments as needed. The relay age group is determined by the age of the youngest team member, and relay teams must compete in the oldest age group for which they are eligible (USMS Article 102.3.2).

**Online Relay Team Entry:** Coaches may register relays through Club Assistant starting at noon on Friday, April 3<sup>rd</sup> and ending at 11:59 p.m. on Tuesday, April 7th. Club rosters displaying each swimmer’s age, gender, and best 50-yard freestyle time will be available to assist with relay construction. Each club should designate **one** coach or relay representative to serve as the Relay Captain, who will be responsible for entering and paying for all the club’s relays.

Relay entries are paid by credit card to “**Fossil Fish.**” Relay lineups may be modified up to the day before each relay event; however, the **relay age category may not be changed.**

Relays cost \$20 each. A credit card is required for online entry or updates but will not be charged until after the meet. Only relays entered by the final deadline will be billed. Payment will be processed using the card on file, and no refunds will be issued for relays entered incorrectly or not swum.

**Timing Regulations:** Official times recorded at this ILMSA meet are eligible for USMS Top Ten, ILMSA Records, and USMS National Records. Swimmers attempting a USMS National Record must notify the Meet Director and the Meet Referee in advance of the event.

**Seeding:** All events except the 400 IM, 500 and 1000 Freestyle will be pre-seeded. Swimmers must **Check-In** for all events of 400 yards or longer 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 Requirements and Deadlines:** Online check-in via [SWIMPHONE](#) is **required**. Swimmers must check in for all events of 400 yards or longer. Check-in will open and close according to the schedule below, beginning at noon on Thursday, April 9, 2026. Any last-minute scratches may be submitted to the meet referee on the morning of the event.

**Please Read:** Check-in deadlines are a day prior to the event.

Event	Check In DEADLINE
Friday – 1000 Freestyle	12:00 pm (noon) on Thursday, April 9
Saturday – 500 Free	12:00 pm (noon) on Friday, April 10
Sunday – 400 IM	12:00 pm (noon) on Saturday, April 11

**FMC will be open to participants & spectators 20 minutes prior to warm-ups.**

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

Sessions	Warm-up	Meet Starts
Friday, April 10, 2026 – Session 1	02:00 pm– 02:55 pm	03:00 pm



Friday, April 10, 2026 – Session 2	8 Lane Training Pool	05:00 pm
Saturday, April 11, 2026 – Session 3	07:00 am – 07:55 am	08:00 am
Sunday, April 12, 2026 – Session 4	07:00 am – 07:55 am	08:00 am

Lanes 8 are available for warm-up/cool down in the Training Pool, throughout the meet.

**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. Backstroke ledges will be available for use but are not mandatory. 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: 11,9,8,7,6,5,4,3,2,1  
 Relays: 22,18,16,14,12,10,8,6,4,2

Events 1–6 (4x100 relays) are not scored.

**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 1st through 3rd will be awarded in each of three Team Size Categories.

**Team Size Categories:** Team size categories will be **Large, Medium, and Small**. Final classifications will be determined after state meet entries close. A committee will review team size data with team names excluded and establish the size-category breakpoints for this meet. Team size categories will be announced to all teams and coaches by 5:00 p.m. on Thursday, April 9.

**Team Growth Incentive Program:** ILMSA will continue its Team Growth Incentive Program at this year’s State Meet. All ILMSA teams that had **15 or more members** participate in the 2025 Illinois State Meet are eligible. Each team’s total number of entries for this year’s meet will be compared to its total entries from the 2025 State Meet.

- **Greatest increase in total participation:**
  - 1st place: \$250
  - 2nd place: \$100
  - 3rd place: \$50

- **Greatest increase in percentage participation:**
  - 1st place: \$250
  - 2nd place: \$100
  - 3rd place: \$50

Awards will be issued directly to the teams by ILMSA, and each team may decide how to use its cash award. Teams may receive only **one** award; if a team qualifies in both categories, it will receive the award for the category in which it placed highest.

**New swimmer Drawing:** All ILMSA-registered swimmers competing in their first State Meet will be entered into a drawing to receive a free USMS membership registration for next year. One female and one male winner will be selected at random.

**Hospitality:** Volunteer and Official Hospitality will be available throughout the entire weekend.

**Concessions:** No concessions will be available on Friday. Concessions will be open on Saturday and Sunday from 8:00 a.m. to 1:30 p.m.

**T-Shirts:** Cotton State Meet T-shirts are available for \$15 each in unisex sizes XS–3XL. To guarantee pickup at the State Meet, all shirt orders must be placed by **Sunday, March 29<sup>th</sup>**. Shirts ordered after this date will incur a \$10 fee to cover additional costs.

### **2026 ILMSA State Meet Social and Awards- Saturday April 11, 2026**

Celebrate your love of swimming onsite at the ILMSA State Meet Social on Saturday, April 11th immediately following the meet!

Join your fellow swimmers as we pass out and recognize our **2026 Hall of Fame Inductees, the Coach of the Year, and the ILMSA Volunteer of the year!**

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 dryland area.

When: Saturday, April 11th; immediately following the last swim event to 5:00pm.

Cost: \$5 (paid during online registration) or \$10 day of.

Social event guarantees entry to the 2nd floor event for two hours of food, drinks and socializing.

**Please purchase your tickets during the online registration process.**

### **NOTES for the weekend:**

#### **Saturday, April 11, 2026:**

-- After the meet, the State Meet Social and awards at FMC Natatorium, 2<sup>nd</sup> floor spectator balcony.



**Sunday, April 12, 2026:**

---Awards Presentations including Individual and Team awards on deck after the conclusion of the meet

**Psych Sheets & Heat Sheets:** “Psych Sheets” will be available at least 48 hours prior to first day of competition. “Heat Sheets” for each session will be posted online and emailed to registered swimmers no later than 48 hours prior to the first day of competition. Events requiring positive check-in will be seeded after check-in closes.

Friday, April 10, 2026  
 Session 1: 1,000 Free (early heats)  
 Warm-ups start at 02:00 PM  
 Meet Session starts at 03:00 PM

Event #	Sex		Event		Psych Sheets
1,2,3,4,5,6	Mixed	(M-W-X)	400 SCY	Free Relay (1,2,3) Medley Relay (4,5,6) 1 exhibition heat only*	
7	Men	(early heats)	1,000 SCY	Free	<a href="#">Psych</a>
8	Women	(early heats)	1,000 SCY	Free	<a href="#">Psych</a>

\*Events 1–6 (4x100 relays) are not scored; however, USMS Top 10 times and records will be contingent on verification of bulkhead placement.

Friday, April 10, 2026  
 Session 2: 1,000 Free (late heats)  
 Meet Session starts at 5:00 PM

Event #	Sex		Event		Psych Sheets
9	Men	(late heats)	1,000 SCY	Free	<a href="#">Psych</a>
10	Women	(late heats)	1,000 SCY	Free	<a href="#">Psych</a>



Saturday, April 11, 2026  
 Session 3  
 Warm-ups start at 7:00 AM  
 Meet Session starts at 8:00 AM

Event #	Sex	Event		Psych Sheets
11	Men	500 SCY	Freestyle	<a href="#">Psych</a>
12	Women	500 SCY	Freestyle	<a href="#">Psych</a>
<b>10 Minute Break</b>				
13	Mixed	200 SCY	Free Relay	
15	Men	200 SCY	Individual Medley	<a href="#">Psych</a>
16	Women	200 SCY	Individual Medley	<a href="#">Psych</a>
17	Men	50 SCY	Butterfly	<a href="#">Psych</a>
18	Women	50 SCY	Butterfly	<a href="#">Psych</a>
19	Men	200 SCY	Backstroke	<a href="#">Psych</a>
20	Women	200 SCY	Backstroke	<a href="#">Psych</a>
<b>10 Minute Break</b>				
21	Men	100 SCY	Breaststroke	<a href="#">Psych</a>
22	Women	100 SCY	Breaststroke	<a href="#">Psych</a>
23	Men	50 SCY	Backstroke	<a href="#">Psych</a>
24	Women	50 SCY	Backstroke	<a href="#">Psych</a>
25	Men	200 SCY	Butterfly	<a href="#">Psych</a>
26	Women	200 SCY	Butterfly	<a href="#">Psych</a>
27	Men	100 SCY	Freestyle	<a href="#">Psych</a>
28	Women	100 SCY	Freestyle	<a href="#">Psych</a>
<b>5 Minute Break</b>				
29	Men	200 SCY	Medley Relay	
30	Women	200 SCY	Medley Relay	



Sunday, April 12, 2026  
 Session 4  
 Warm-ups start at 7:00 AM  
 Meet Session starts at 8:00 AM

Event #	Sex	Event		Psych Sheets
31	Men	400 SCY	Individual Medley	<a href="#">Psych</a>
32	Women	400 SCY	Individual Medley	<a href="#">Psych</a>
<b>10 Minute Break</b>				
33	Mixed	200 SCY	Medley Relay	
35	Men	50 SCY	Freestyle	<a href="#">Psych</a>
36	Women	50 SCY	Freestyle	<a href="#">Psych</a>
37	Men	200 SCY	Breaststroke	<a href="#">Psych</a>
38	Women	200 SCY	Breaststroke	<a href="#">Psych</a>
39	Men	100 SCY	Butterfly	<a href="#">Psych</a>
40	Women	100 SCY	Butterfly	<a href="#">Psych</a>
<b>10 Minute Break</b>				
41	Men	100 SCY	Backstroke	<a href="#">Psych</a>
42	Women	100 SCY	Backstroke	<a href="#">Psych</a>
43	Men	50 SCY	Breaststroke	<a href="#">Psych</a>
44	Women	50 SCY	Breaststroke	<a href="#">Psych</a>
45	Men	200 SCY	Freestyle	<a href="#">Psych</a>
46	Women	200 SCY	Freestyle	<a href="#">Psych</a>
47	Men	100 SCY	Individual Medley	<a href="#">Psych</a>
48	Women	100 SCY	Individual Medley	<a href="#">Psych</a>
<b>5 Minute Break</b>				
49	Men	200 SCY	Free Relay	
50	Women	200 SCY	Free Relay	

**Note: If paying by credit card, your credit card statement will reflect a charge from "Fossil Fish."**

Online Registration closes on 4/2/2026.

