



2010 Lattof YMCA Masters Swim Meet

ILMSA Sanction Number: 210-006S (sanction pending meet official names)

Date & Time: January 10, 2010

Warm-up 7:00 AM, Competition 8:00 AM

Location:

Nicholas M. Lattof International YMCA
300 East Northwest Highway
Des Plaines, IL 60016

6 Lane, 25 Yard Pool, Warm-up Pool (until 10am), Automatic Timing, IST touchpads
Our facility has been measured in all competition lanes as required by 2003 USMS rules for top ten and records recognition.

Officials:

Two Officials

Meet Dir:

Mark Hineman 847/392-4439, registrar: sdueball@wideopenwest.com

Seeding:

Fastest to Slowest by sex. 200 free pre-seeded, no deck entries for this event.

Awards:

Ribbons 1st-3rd, Team Trophies 1st-3rd

Scoring:

Individual 7-5-4-3-2-1, Relays 14-10-8-6-4-2

Eligibility:

2010 USMS Registration Number Required-NO EXCEPTIONS. **In accordance with USMS rules, a photocopy of the registration card must be provided.** Individuals without valid 2010 USMS card will be expected to register for USMS on-deck before being allowed to participate.

Deadline:

Individual Event Entries MUST BE RECEIVED by Jan 3, 2010

Entry Limit:

Five events, Plus Relays

Entry Fees:

Preregistration - **\$5.00 per individual event. Please use Consolidated Entry Forms found at www.ilmsa.org and include an e-mail address, if you can.**

Deck Entries - **\$5.00 per individual event plus a \$5.00 administration fee per swimmer.**

\$7.00 per relay (deck enter; fees paid on deck). Individuals that did not register for the meet but wish to participate in the relays will also be assessed administration fee and will be expected to show USMS Card at registration.

Deck Entries:

NO DECK ENTRIES for 200 Free

Deck entries will be allowed from 6:30 to 7:00 am only. Relay entries will close at 7:30 am.

Mail Entry To:

Steve Dueball,
1430 S. Oxford,
Des Plaines, IL 60018-1312

MAKE CHECK PAYABLE TO Lattof YMCA

Order of Events

1	Women's 200 Freestyle (no deck entries)	14	Women's 100 Individual Medley
2	Men's 200 Free (no deck entries)	15	Men's 100 Individual Medley
3	Women's 100 Butterfly	16	Women's 50 Butterfly
4	Men's 100 Butterfly	17	Men's 50 Butterfly
5	200 Mixed Medley Relay.....at meet	18	Women's 200 Free Relay.....at meet
6	Women's 50 Backstroke	19	Men's 200 Free Relay.....at meet
7	Men's 50 Backstroke	20	Women's 100 Backstroke
8	Women's 100 Freestyle	21	Men's 100 Backstroke
9	Men's 100 Freestyle	22	Women's 50 Freestyle
10	Women's 200 Medley Relay.....at meet	23	Men's 50 Freestyle
11	Men's 200 Medley Relay.....at meet	24	Women's 100 Breaststroke
12	Women's 50 Breaststroke	25	Men's 100 Breaststroke
13	Men's 50 Breaststroke	26	Mixed Free Relay.....at meet