



## \$69 Flat Weekend Rate!!!

The Marriott SpringHill Suites and Courtyard in Lincolnshire would like to welcome anyone coming in from out of the area for a Patriot Aquatic Club Competition to our hotels. We are located **ONLY 1 MILE** away from Stevenson High School. We have a special weekday and weekend rate set up with Stevenson HS & PAC as shown below which includes a deluxe complimentary breakfast in the morning. In order to access your rate, you must request the specified "rate code" when making the reservation (as listed below).

At the SpringHill Suites you will enjoy a delicious deluxe continental breakfast including assorted fresh fruits, tasty pastries, fluffy Belgian waffles, cereal, yogurt & juices. If you are looking for an even heartier breakfast you may enjoy a hot served breakfast at the Lincolnshire Courtyard that includes some additional items such as your choice of fresh eggs prepared to your desire, crispy bacon, sizzling sausage, golden toast, and oven roasted breakfast potatoes.

<u>Rate Code</u>	<u>Room Type</u>	<u>Stevenson Rate</u>
VSHM	Weekday King Size Bed	\$89
VSHN	Weekday Double Size Bed	\$89
VSHK	Weekend King Size Bed	\$69
VSHL	Weekend Double Size Bed	\$69

**For reservations please call 1-800-321-2211 or contact the property directly.**

**Lincolnshire SpringHill Suites (847) 793-7500**

**Lincolnshire Courtyard (847) 634-9555**

### Lincolnshire SpringHill Suites

- 161 Deluxe Guest Suites
- Internet Access
- Complimentary Continental Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- In Room Microwave
- In Room Mini Refrigerator

### Lincolnshire Courtyard

- 134 Deluxe Guest Rooms & 12 Guest Suites
- High Speed Internet Access
- Complimentary Hot Served Breakfast
- Remote Controlled TV with Cable
- Heated Indoor Pool & Whirlpool
- Exercise Facility
- Large Work Desk
- Two Meeting Rooms For Up to 40 People Each

**If you have any specific questions, please contact Judy Hardy at (847) 821-6040.**

**Marriott has been providing guests with excellent service for over 75 years and looks forward to providing the same to you! Good Luck at the competition and welcome to Marriott!**



# Patriot Aquatic Club

## SPEEDO Prelim-Final Invitational

January 18-20, 2008

Sanctioned by USA Swimming & Illinois Swimming. Sanction No. ILS08-0113

**LOCATION** Adlai E. Stevenson High School (see attached map)  
1 Stevenson Dr.  
Lincolnshire, IL 60069

**FACILITY** Patriot Aquatic Center. 2 separate 8-lane 25-yard competition pools, each with its own Colorado 6000 timing system and an 8-lane scoreboard. Water depth at the start end of the south pool is 4 feet and 14 feet in the north pool. There is seating for approximately 900 spectators.

Meet Director	Entry Chair/Safety Coordinator	Meet Referee
Susan Whitehouse	Karl Milkereit	Naomi Chambers

### Entries

Patriot Aquatic Club  
Prelim-Final Meet Entry  
1 Stevenson Drive  
Lincolnshire, IL 60069  
(847) 634-4000 x1670  
kmlkere@gmail.com

**\*\*PLEASE ENTER EMAIL ADDRESS ACCURATELY! IF YOU USE THE FULL LAST NAME THE EMAIL WILL NOT BE DELIVERED!\*\***

<u>Session</u>	<u>Warmup Start</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Friday PM (Distance Events, 11 and over)	5:00 PM	5:30 PM	6:00 PM
Saturday & Sunday AM (Prelims, 11 and Over)	7:30 AM	8:30 AM	9:00 AM
Saturday & Sunday Afternoon (10 & Under Timed Finals)	12:00 PM	12:30 PM	1:00 PM
Saturday & Sunday Finals	4:30 PM*	N/A	5:30 PM*

\* denotes an approximation

**Be sure that your entry is filled out completely and that all forms accompany your entry (team summary, volunteer assistance, signed release form, etc).**

**Incomplete entries will be sufficient cause for refusal of entry.**

**ELIGIBILITY**

Swimmer's age as of January 18, 2008 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "Registration applied for" will not be accepted.

Patriot 7/14/04 5:49 PM

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**ENTRIES**

Swimmers may enter up to 3 prelim-final events per day (excluding relays). 10 & Unders may enter 4 events per day. Entry times should be in Short Course Yards. Teams must submit their entry in a Commlink file, zipped in an email. A printed report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as your official entry form, and the final judgment on any entry disputes. Relay entries, and a signed release with fee summary (and volunteer / officials forms) must accompany the entry.

**EMAIL ENTRIES**

The following guidelines must be followed for e-mail entries.

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours of receipt of entry.
2. E-mail entries must be in the form of a Commlink or SDIF file. You must "zip" the file so that it arrives to the entry chair intact.
3. Your club's entire entry must be sent in one email. Please do not flood us with several emails which compose one single team entry.

The host club accepts no responsibility for receipt or quality of transmission.

**ENTRY FEES**

\$4.50 per prelim-final entry  
\$3.00 per timed final entry (Friday night events & 10 & Under events)  
\$10.00 per relay entry  
\$2.00 surcharge per swimmer entered  
Make all checks out to *Patriot Aquatic Club*, with one check per club.

**ENTRY DEADLINE**

Entries must be sent to the Entry Chair. They will not be accepted before 8:00 am (CST) on December 19<sup>th</sup>, 2007 and will not be accepted after 11:59 pm (CST) December 29<sup>th</sup>. Entries MUST be sent initially by electronic mail. Teams not accepted into the meet will be notified within 48 hours of the entry deadline, preferably via email or fax. Some of the factors that may increase your chances of having your entry accepted include:

- Your entry is complete and is received prior to the deadline.
- Your entry is balanced across age groups and gender.
- Ability to assist with volunteer officials and timers.
- Geographic Diversity

<b>FORMAT</b>	The meet will be conducted in a Preliminary-Finals format except for all Friday night events and 10 & Under events. There will be consolation and championship finals, for ages 11-12, 13-14 both boys and girls, and 15-Over girls. 15-Over boys will have championship finals only. The host club reserves the right to modify the # of finals heats based on number of swimmers entered.
<b>SCRATCHES</b>	The 30-minute scratch rule will apply. This means a swimmer must announce his/her intentions within 30 minutes of the announcement and posting of preliminary results of his/her event. Scratches will be taken at a designated location on deck. Failure to scratch from finals will result in a disqualification for the remainder of the meet.
<b>SIGN-IN:</b>	<b>All swimmers MUST sign in at the check-in table, located in the D lot entrance lobby 30 minutes prior to the start of the session.</b> Failure to sign in will result in the swimmer being scratched for the day.  Any swimmer who signs in and subsequently fails to show for his or her event for prelims ("No Show") will be scratched from his or her next event.
<b>RULES &amp; SAFETY</b>	All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.
<b>USA SWIMMING MEMBERSHIP</b>	Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.
<b>SWIMMERS WITH DISABILITIES</b>	In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.
<b>AWARDS</b>	Ribbons will be awarded for 1st - 16th place in each individual event, and 1st - 3rd in relay events (for 12 & unders only). Additionally, the top two high-point finishers in each age group (8 & U, 9-10, 11-12, 13-14, 15 & Over) will receive trophies, and the top three high-point teams will receive team trophies (the host club is excluded from receiving a trophy). Note: 8 & Unders are eligible to compete in certain 10 & U events, but may only score points towards the high point trophy in the designated 8 & Under events.

**SCORING**

The 1650 will not be scored. Relays will receive double points, as all other events will be scored as follows

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
20	17	16	15	14	13	12	11

<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
9	7	6	5	4	3	2	1

**CLERK**

The host club reserves the right to assign 10 & Under events to a clerk of the course.

**SEEDING**

All events will be seeded slowest to fastest, with the exception of the 1650, which will be swum fastest to slowest, alternating girls and boys. Prelim-Final events will be circle-seeded in the preliminary session for the three final heats. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded.

**RELAYS**

Swimmers competing in relays must be entered in at least one individual event. Relay cards will be distributed within coaches' packets at the start of the meet. Please fill out and return relay cards within one hour after the start of the session. The fastest heat of designated relays will swim in the finals session. Teams WILL NOT have the option to declare "AM Swim" for relays that they do not wish to swim with finals.

**STARTS**

At the meet referee's discretion, fly-over starts may be implemented in order to ensure that each session is completed in a timely manner.

**LIMITATIONS**

The host club reserves the right to limit the number of heats swum for any distance greater than or equal to 200y in order to ensure completion of the session within a 4-hour time frame. Any entries which are cut by the host club will be not be refunded. The host club also reserves the right to run one heat comprised of its own swimmers in events that have been limited.

**CONCESSIONS**

Food and beverage will be available. Food may be eaten in the glass commons, the area behind the starting end of the pool with a glass wall that permits viewing of the meet. NO FOOD OR DRINK WILL BE ALLOWED IN THE POOL STANDS OR ON THE POOL DECK. No smoking is allowed anywhere on the high school campus by state law.

**PARKING & ADMISSIONS**

Participants and spectators are requested to park in the "D" Lot. There will be an admissions charge for all spectators 15 and older.

**RESULTS**

Final results will be mailed to all participating clubs and will be available from the PAC website [<http://www6.district125.k12.il.us/pac/> ]

Patriot Aquatic Club  
 Speedo Prelim-Final Invitational  
 Stevenson High School January 18-20, 2008  
 ORDER OF EVENTS

**Session 1 – Friday Night**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	15 & Over 400 IM	2
3	10 & U 200 IM	4
5	13-14 400 IM	6
7	11-12 200 IM	8
9	15 & Over 500 Free	10
11	10 & U 200 Free	12
13	13-14 500 Free	14
15	11-12 500 Free	16
<b><u>Session 2 – Friday 1650's</u></b>		
17	Open 1650 Free	18

**Session 3 – Saturday Morning Prelims**

**Session 6**

**– Sunday Morning Prelims**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
19	15-O 200 Fly	20		69	15-O 200 IM	70
21	13-14 200 Fly	22		71	13-14 200 IM	72
23	11-12 100 Fly	24		73	11-12 100 IM	74
25	15-O 50 Free	26		75	15-O 100 Fly	76
27	13-14 50 Free	28		77	13-14 100 Fly	78
29	11-12 50 Free	30		79	11-12 50 Fly	80
31	15-O 200 Breast	32		81	15-O 200 Back	82
33	13-14 200 Breast	34		83	13-14 200 Back	84
35	11-12 100 Breast	36		85	11-12 100 Back	86
37	15-O 100 Back	38		87	15-O 100 Breast	88
39	13-14 100 Back	40		89	13-14 100 Breast	90
41	11-12 50 Back	42		91	11-12 50 Breast	92
43	15-O 200 Free	44		93	15-O 100 Free	94
45	13-14 200 Free	46		95	13-14 100 Free	96
47	11-12 200 Free	48		97	11-12 100 Free	98
49	13 & O 400 Med Rel	50		99	13 & O 400 Fr Rel	100
51	11-12 400 Med Rel	52		101	11-12 400 Fr Rel	102

**Session 4 – Saturday Afternoon**

**Session 7 – Sunday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53	10-U 100 Free	54		103	10-U 100 IM	104
55	9-10 50 Fly	56		105	9-10 50 Breast	106
57	10 & U 100 Breast	58		107	9-10 50 Back	108
59	8 & U 50 Breast	60		109	8 & U 50 Fly	110
61	10 & U 100 Back	62		111	10-U 100 Fly	112
63	8 & U 50 Back	64		113	8 & U 50 Free	114
65	10 & U 200 Med Rel	66		115	9-10 50 Free	116
67	8 & U 100 Med Rel	68		117	8 & U 100 Fr Rel	118
				119	10 & U 200 Fr Rel	120

**Session 5 – Saturday Finals**

**Session 8 – Sunday Finals**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
19	15-Over 200 Fly	20	69	15-Over 200 IM	70
21	13-14 200 Fly	22	71	13-14 200 IM	72
23	11-12 100 Fly	24	73	11-12 100 IM	74
25	15-Over 50 Free	26	75	15-Over 100 Fly	76
27	13-14 50 Free	28	77	13-14 100 Fly	78
29	11-12 50 Free	30	79	11-12 50 Fly	80
31	15-Over 200 Breast	32	81	15-Over 200 Back	82
33	13-14 200 Breast	34	83	13-14 200 Back	84
35	11-12 100 Breast	36	85	11-12 100 Back	86
37	15-Over 100 Back	38	87	15-Over 100 Breast	88
39	13-14 100 Back	40	89	13-14 100 Breast	90
41	11-12 50 Back	42	91	11-12 50 Breast	92
43	15-Over 200 Free	44	93	15-Over 100 Free	94
45	13-14 200 Free	46	95	13-14 100 Free	96
47	11-12 200 Free	48	97	11-12 100 Free	98
49	13 & Over 400 Medley Relay	50	99	13 & Over 400 Free Rel.	100
51	11-12 400 Medley Relay	52	101	11-12 400 Free Relay	102

Boys ages 15-Over will have championship finals only.

Patriot Aquatic Club's Speedo Prelim-Final Invitational  
Stevenson High School  
January 18-20, 2008

Team summary & Release Form

Complete this form and mail along with your Entry Forms and check (payable to Patriot Aquatic Club) to the Meet Entry Chair, no later than December 29, 2007.

Patriot Aquatic Club  
Prelim-Final Meet Entry  
1 Stevenson Dr.  
Lincolnshire, IL 60069  
[swhiteho@district125.k12.il.us](mailto:swhiteho@district125.k12.il.us)

PLEASE ENTER THE EMAIL ADDRESS ACCURATELY

**Summary of Fees**

Timed Final Entries	No. of Entries	_____	@ \$3.00 ea. =	_____
Prelim-Final Entries	No. of Entries	_____	@ \$4.50 ea. =	_____
Relays	No. of Entries	_____	@ \$10.00 ea. =	_____
Total # of Swimmers		_____	@ \$2.00 ea. =	_____
			Total Meet Fees	_____

Name of Club: \_\_\_\_\_

Club Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Coaches Attending: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Contact for Entries: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

***This signed release must accompany entry or entry will not be accepted!***

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants in the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., Patriot Aquatic Club, Stevenson High School District No. 125, their representatives, directors, officers, employees, or successors for any and all injuries suffered by me or any contestant or representative in said meet, as a representative of my club. I attest that all athletes entered in this meet are currently registered with USA Swimming.

Club Rep. Signature \_\_\_\_\_ Date \_\_\_\_\_

Patriot Aquatic Club's Speedo Prelim-Final Invitational  
Stevenson High School  
January 18-20, 2008

Warm-Up Procedure

**A. WARM-UP PROCEDURES**

1. **General Warm-up** (first 30-45 minutes)
  - a. **NO DIVING** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
  - b. No sprinting or pace work allowed during this general warm-up session.
  - c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.
2. **Specific Warm-up** (last 30-45 minutes)
  - a. **Push/Pace Lanes** - Push off one or two lengths from starting end. Circle swim only. **NO DIVING.**
  - b. **Diving Lanes** - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
  - c. **General Warm-up Lanes - NO DIVING.** Circle swim only.
  - d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

POOL	LANE USE		
	PUSH/PACE	DIVING	GENERAL WARM-UP
6 LANE	1&6	2&5	3,4
8 LANE	1&8	2&7	3,4,5,6
10 LANE	1&10	2&9	3,4,5,6,7,8

**B. SAFETY GUIDELINES**

1. **Coaches Responsibilities**
  - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
2. **Host Team Responsibilities**
  - a. Marshaling
    - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
    - 2) Marshals shall be current members of USA Swimming.
    - 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
  - b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
  - c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
  - d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
  - e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
3. **Miscellaneous:**
  - a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
  - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
  - d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
  - e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

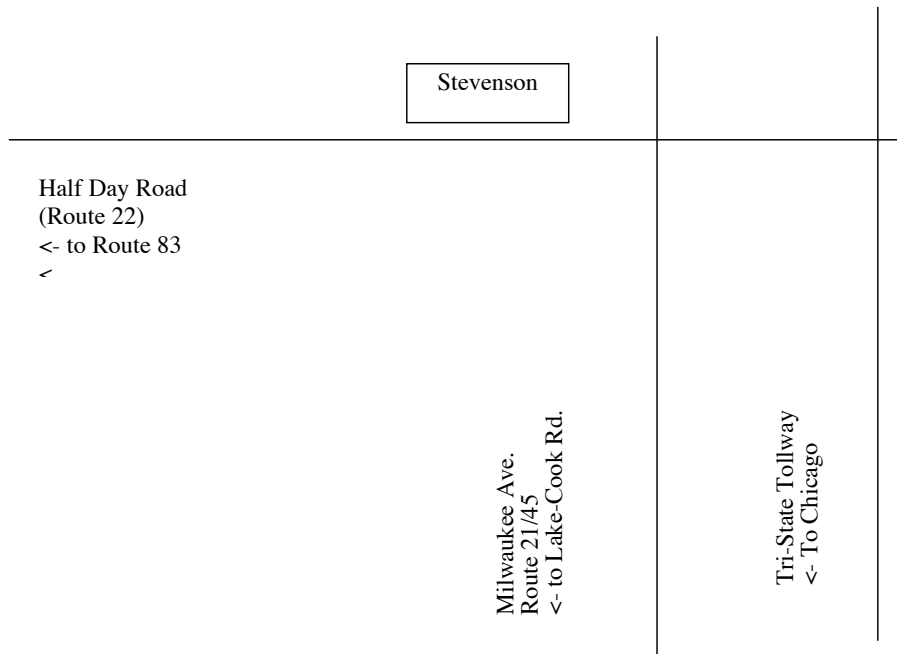
Patriot Aquatic Club's Speedo Prelim-Final Invitational  
Stevenson High School  
January 18-20, 2008

Map & Directions to the Pool

Stevenson High School  
Lincolnshire, IL 60069

Stevenson High School's Aquatic Center is located adjacent to Parking Lot "D".

Stevenson is located on Route 22 (Half-Day Road). It is between Route 83 and the Tri-State Tollway. This map is drawn exactly to scale. Seriously.





Patriot Aquatic Club  
 Speedo Prelim-Final Invitational  
 January 18-20, 2008

Team: \_\_\_\_\_  
 Code: \_\_\_\_\_  
 Contact #: \_\_\_\_\_

Age Group: \_\_\_\_\_

Boys / Girls

Name	Age	Event	Event	Event	Event	Event	Event	Event	Event
ID #									
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									

Relay Event #	Relay Event #	# Swimmers - ISI Srchrg.	_____	x	\$2.00 =	\$ _____
A	A	Total # P/F Events	_____	x	\$4.50 =	\$ _____
B	B	Total # Timed Final Events	_____	x	\$3.00 =	\$ _____
C	C	Total Relay Events	_____	x	\$10.00 =	\$ _____
		<b>Page Total</b>				\$ _____

Please make additional copies of this page as necessary.

Patriot Aquatic Club's Speedo Prelim-Final Invitational  
Stevenson High School  
January 18-20, 2008

**Hotel Information**

Be sure to contact either of the following hotels for a great Stevenson rate! See the introductory page of the meet packet for details



**LINCOLNSHIRE SPRINGHILL SUITES BY MARRIOTT**  
**300 MARRIOTT DRIVE**  
**LINCOLNSHIRE, IL 60069**

**FROM STEVENSON HIGH SCHOOL:** Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn right. Follow sign for SpringHill Suites (second driveway) turn left.

**Total Distance – Only 1 Mile!**



**LINCOLNSHIRE COURTYARD BY MARRIOTT**  
**505 MILWAUKEE AVENUE**  
**LINCOLNSHIRE, IL 60069**

**FROM STEVENSON HIGH SCHOOL:** Turn left (east) onto Half Day Road from Stevenson Drive. Continue approximately 0.5 miles to Milwaukee Avenue. Turn right (south) onto Milwaukee Avenue from Half Day Road. At first stoplight (Marriott Drive) turn left. Follow to sign for Courtyard, (second driveway) turn left.

**Total Distance – Only 1 Mile!**