

The 2016 Sink or Swim Classic (10th Year!!)

Hosted by Libertyville Masters

Sunday, November 6, 2016

Sanctioned by ILMSA for USMS, Inc. #216-S010

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

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. Equipped with non turbulent lane lines, electronic timing and display. This pool has been used to host numerous high school conference and IHSA sectional meets, as well as the 2012 ILSMA State Championships. *The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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.* 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. Per USMS/FINA rules in short course meters meets, your age as of **December 31, 2016** determines your age group for the meet. A signed waiver, and current registration with a USMS card is required, and will be verified via online entry system or mailed entries. The ILMSA "Consolidated Meet Entry Form and Consolidated Waiver" is to be used for mailed entries. To download the entry go to <http://ilmsa.com/files/ConsolidatedEntryAndWaiver.pdf>. "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: 2016 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 Free
2	200 IM
3	50 Free
4	100 Breast
5	100 Back
6	200 Mixed MR
	<i>10 Minute Break</i>
7	50 Breast
8	200 Fly
9	100 Free
10	50 Fly
11	100 IM
12	200 Mixed FR
	<i>10 Minute Break</i>
13	200 Breast
14	200 Back
15	100 Fly
16	50 Back
17	200 Free
18	400 IM

Online entries available here:

https://www.clubassistant.com/club/meet_information.cfm?c=1668&smid=8139

For mailed entries: Checks Payable to **Libertyville Masters**

Signed entry card, waiver, check and copy of 2016 USMS card to the Meet Director :

Laurel Liberty

312 Dawes

Libertyville IL 60048

Mailed Entries must be received by October 31st, 2016

Entry Questions? Laurel Liberty 847-274-3627

Email:coachlaurel@sbcglobal.net

Meet Referee: Marilyn Wieland

Entry Fees

Individual Event \$5 each

Relay Event \$10 per relay

Surcharge \$10 (one time fee)