



**2023 Illinois Swimming
Open Water State Championships
August 8, 2023**

Host

Illinois Swimming Inc.

Participating LSC's

**Illinois Swimming, Iowa Swimming,
Wisconsin Swimming, & Minnesota
Swimming**

Location

**Lake Manteno, Sportsman's Club
851 N. Main St. Manteno, IL, 60950**

Entry Deadline

Tuesday, August 1, 2023 @ 1:00 PM (CST)

2023 Illinois Swimming Open Water State Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.
- The qualification period for this meet is June 1, 2021 through the entry deadline (Tuesday, August 1, 2023).
- Enter the 2023 Illinois Swimming Open Water State Championships using entry file located on <https://www.teamunify.com/team/ilslsc/page/swimmers/open-water> beginning on Monday, July 3, 2023 and no later than 1:00pm (CST) Tuesday, August 1, 2023.
- All events will be swum as timed finals.
- Use events #1 thru #8 for entry purposes, events #100 thru #123 are to assist clubs in determining eligibility.
- All Custom Entry Times must be pre-proven prior to Monday, August 7, 2023.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.
- Officials Sign-Ups form: <https://forms.gle/pJWQ8fx2RXB6NX9z7>
- Athlete limit will be capped at 300 swimmers with Illinois Swimming clubs entries accepted first.

Meet Director

Tom Rieman
openwater@ilswim.org
(312) 301-1870

Meet Referee

Andrea Kelley
bandkell@aol.com
(319) 929-3985

Entry Chair

Tom Rieman
openwater@ilswim.org
(312) 301-1870

Independent Safety Officer

John Shenberger
johnshenberger@comcast.net
(708) 921-1157

Admin Referee

David Johnson
johnson_dmj@hotmail.com

Sanction: Illinois Swimming Open Water State Championships: ILL23-OW03

Host: Illinois Swimming Inc. - <https://www.teamunify.com/team/ilslsc/page/swimmers/open-water>

Location: Lake Manteno, Manteno Sportsman's Club, 851 N. Main St., Manteno, IL 60950

Facility: Lake Manteno

Course: Open Races: 1.25K loop, 13-14 3K, 11-12 2K, and 10 & Under 1K Races: 1K loop



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Meet Schedule:

- 6:15a Officials Meeting
- 7:00a Registration/Check-in for Open 5K & 13-14 3K
- 7:15a Course segment open for Warm-Ups till 8:00a
- 8:00a Pre-Race Mandatory meeting for Open and 13-14 athletes
- 8:30a Open Men's 5K
- 8:35s Open Women's 5K
- 9:00a Registration/Check-in for 11-12 2K & 10 & Under 1K
- 9:15a Warm-Ups for 11-12 & 10 & Under in roped swim area in front of beach till 10:45a
- 10:00a 13-14 Boys 3K
- 10:05a 13-14 Girls 3K
- 10:45a Pre-Race Mandatory meeting for 11-12 and 10 & Under athletes
- 11:15a 11-12 Boys 2K
- 11:35a 11-12 Girls 2K
- 12:15p 10 & Under Boys 1K
- 12:20p 10 & Under Girls 1K

***** all start times are subject to change, final start times will be released after all entries have been received**
***** some events may be combined based on number of entries**

Rules: This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Swimmers must swim in their actual Age Group as determined by their age on **August 8th, 2023**.

Eligibility: Athlete must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

Qualifying Times: The qualification period for this meet begins on June 1, 2021. 2023 Open Water State Championship Time Standards are included. Athletes must be eligible in short course yards or long course meters.

Entries: Clubs will submit/email team entry to Tom Rieman at openwater@ilswim.org beginning **Monday July 3, 2023 at 1:00pm CDT through Tuesday August 1, 2023 at 1:00pm CDT**. There will be no race-day registrations. Number of athletes entered will be capped at 300 swimmers. Illinois Swimming club entries will be accepted first, then filled in by all other LSC's club entries.

IMPORTANT: All custom entry times must be pre-proven prior to the Friday event scratch deadline.

Entry Fees: All individual entries are \$40.00 to compete.

Checks made payable to **Illinois Swimming, Inc.** All checks must be received by the Illinois Swimming office by Monday August 7, 2023 by 5:00pm CDT or bring check to the venue on Tuesday August 8th prior to 8:00a in order for entry to be accepted. Day of checks must be handed to Meet Director.

Mail to: Illinois Swimming Inc.
1600 Golf Rd.
Suite 1200
Rolling Meadows, IL 60008

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Coaches Meeting: There will be a virtual (Zoom-based) coaches meeting on Monday, July 31, 2023 at 7:00pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

Warm-up: Designated areas in the Lake will be available for warm up prior to races.

Timing: NK Stopwatches and Hy-Tek Meet Manager will be used.

Technical Jury: The Open Water Chair and the Meet Referee shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.

Scoring:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards: Illinois Swimming only: Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events. All other LSC's will determine awards for their own individual LSC's.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

Beach Access: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet. Officials must display their current card from OTS at all times of the meet.

Officials: Officials interested in working should submit the application, form found here: <https://forms.gle/pJWQ8fx2RXB6NX9z7> They can also direct questions regarding officiating to Meet Referee, Andrea Kelley at bandkell@aol.com. A mandatory briefing for all officials working the meet will begin at 6:15a on site.

RECORDING DEVICES & MEDIA NOTICE

The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. Recording devices are not permitted behind the starting blocks during the sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to the meet host and news outlets publishing the recorded media.

DRONES

Operation of a drone or any flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, open ceiling locker rooms, lake, race course, and other race related features) any time athletes, coaches, officials and/or spectators are present.

SWIMWEAR

No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USASwimming sanctioned or approved competition.

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- Admissions:** No charge for admissions.
- Concessions and Vendors:** Concessions will be available for purchase at the venue.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
- Liability:** In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Manteno Sportmans' Club, and their representatives, 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- MAAPP:** All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All athletes 18 years of age and older must have completed Athlete Protection Training.

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RACE DAY SCHEDULES

RACE START TIMES ARE SUBJECT TO CHANGE. Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

Race day check-in: Check-in will begin at 7:00a for Open and 13-14 races, 9:00a for 11-12 & 10 & Under races. Official check-in time and estimates will be announced the week of the race.

MANDATORY Pre-Race Briefing: Briefings will take place in designated meeting area, follow meet schedule for times.

QUALIFYING STANDARDS & AGE DIVISION BREAKDOWN

The following Time Standards will be used for this meet, BB Minimum.

The qualification period for this meet is June 1, 2021 through the entry deadline (Tuesday, August 1, 2023).

Girls			Boys	
LCM	SCY	10 & Unders	SCY	LCM
3:20.99	2:57.19	200 Free	2:47.99	3:12.09
6:51.09	7:34.89	400/500 Free	7:26.99	6:44.59
11-12				
2:49.19	2:28.99	200 Free	2:23.49	2:45.19
5:56.49	6:38.19	400/500 Free	6:27.49	5:48.69
12:26.69	13:44.69	800/1000 Free	13:30.19	12:15.19
23:55.39	23:07.29	1500/1650 Free	22:37.49	23:25.49
13-14				
5:40.59	6:18.69	400/500 Free	5:58.39	5:24.09
11:41.99	13:01.79	800/1000 Free	12:23.89	11:13.99
22:23.09	21:43.19	1500/1650 Free	20:43.19	21:27.39
Open				
5:32.89	6:11.99	400/500 Free	5:44.09	5:09.89
11:28.39	12:49.99	800/1000 Free	11:57.79	10:50.39
22:02.19	21:26.19	1500/1650 Free	20:02.89	20:33.99

COURSE INFO

Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Only black markers for numbering will be used for these races. Hy/Tek/Meet Manager will be used to calculate the order of finishes.

Anticipated conditions:

- Water temperature will range between 65-75°F
- Air temperature will range between 65-90°F
- Current: None (closed water way)
- Marine life: small fish

Athletes are limited to finishing their race within 30 minutes of the first finisher.

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RACE SAFETY AND EMERGENCY INFORMATION

Independent Safety Monitor: John Shenberger (johnshenberger@comcast.net)

Supervision

Races will be supervised by certified lifeguards, provided by Manteno Sportsmen's Club.. 3 motorized water safety crafts will be on the course during races, following the athletes. In addition to the motorized crafts, 8-10 lifeguards in kayaks will be spread-out along the course approximately every 150m.

Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race. All swimmers will be given a bag tag which will be turned in prior to the start of their race. Swimmers will retrieve their bag tag at the conclusion of the race. Any unclaimed bag tags will indicate a possible missing swimmer and will be communicated to meet staff.

Communication

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

Event Limitation

To ensure the safety of all participants, the event will have a limit of 300 swimmers.

Evacuation

In the case of an emergency, athletes will exit the course at the nearest beach. Swimmers on the east side will be able to exit along the beach and walk back to the race briefing area. Swimmers on the west end will be able to exit the lake and wait for transportation back to the race briefing area. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts. Athletes will be able to walk back to the race briefing area after exiting the water where a head count will be conducted. If an athlete is unable to evacuate on their own, kayakers will stabilize the athlete until a motorized water craft can assist the athlete to shore. The start/finish area will be the primary evacuation point.

EMTs & Hospital

A BLS Ambulance will be on site for the event. In the event that medical professionals are required, the Independent Safety Monitor will call 911. The person will be transported to:

AMITA Health St. Mary's Hospital Kankakee
500 W. Court St.
Kankakee, IL 60901

Medical Equipment

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

Air Quality Monitoring

Air quality will be measured using www.airnow.gov. The ISM will use the data and suggestions from that site to guide any decisions regarding air quality.

Thermal Safety

Tents for shade will be setup in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

[The event will be in compliance with USA Swimming Rules. See Section 7 \(Open Water Swimming\) of the USA Swimming Rulebook for more information or topics not addressed in this meet form.](#)

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DIRECTIONS to VENUE

Manteno Sportsmen's Club: 851 N. Main St., Manteno, IL 60950
<https://goo.gl/maps/EpAw6wZJEwDTSSrSA>

From downtown Chicago <https://goo.gl/maps/DJKi1vT4mGrFiWxf7>

Get on I-90 E/I-94 E. Take I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Naperville <https://goo.gl/maps/h5cWC2u7ktYMSru18>

Get on I-355 S. Follow I-355 S, I-80 E and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Springfield <https://goo.gl/maps/po35W4hMqR9ThCTt5>

Get on I-55 N/I-72 E, Follow I-72 E and I-57 N to E 9000N Rd/E Co Hwy 9/W Division St/Section Line Rd in Manteno. Take exit 322 from I-57 N. Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Peoria <https://goo.gl/maps/v2Tnt2oPFT7qV3Yy5>

Get on I-74, Follow I-74 and I-55 N to IL-129 S in Wilmington Township. Take exit 238 from I-55 N., Take IL-102 E, W Manteno Rd and E Co Hwy 9 to Lake Dr in Manteno Township

From downtown Rockford <https://goo.gl/maps/se4QPBUfLm9UYCSn9>

Get on US-20 E, Take I-90 E, I-290 E, I-294 S and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Crystal Lake <https://goo.gl/maps/hVKjNqZvV9vHHLdMA>

Get on I-90 E., Take I-290 E, I-294 S and I-57 S to E 9000N Rd/E Co Hwy 9/Section Line Rd in Manteno. Take exit 322 from I-57 S., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr

From downtown Downers Grove <https://goo.gl/maps/QCh3zFad6Fyu21Cg6>

Head south on Main St toward Ogden Ave., Follow I-355 S, I-80 E and US-45 S to 10000 N in Manteno Township., Continue on 10000 N. Take N 2000E Rd/N Maple St to Lake Dr

From downtown Quincy <https://goo.gl/maps/FtKhPLfSBeh2LEgZ6>

Get on I-172 S., Follow I-72 E and I-57 N to E 9000N Rd/E Co Hwy 9/W Division St/Section Line Rd in Manteno. Take exit 322 from I-57 N., Continue on E Co Hwy 9/Section Line Rd. Take N Main St to Lake Dr