



2026 Illinois Swimming Senior Championships

**- Sponsored by Speedo -
March 5-8, 2026**

Host

Illinois Swimming

Location

**UIC Natatorium
Chicago, IL**

Entry Deadline

Monday, March 2, 2026 @ 1:00 PM (CST)



2026 Illinois Swimming Senior 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.
- Per MAAPP, all athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline (Monday, March 2, 2026).
- The qualification period for this meet is February 1, 2024 through the entry deadline (Monday, March 2, 2026).
- **2026 Winter Regional Championship event winners in an individual Open event are awarded entry into the 2026 Senior Championships in that event regardless of whether or not they achieved the qualifying standard.**
- Enter the 2026 Illinois Swimming Senior Championships via USA Swimming OME 3.0.
- All Individual Events with the exception of the 1000 Free & 1650 Free will be swum as prelims and finals.
- Finals for individual events will be the top 24 athletes competing in Bonus (8), Consolation (8), and Championship (8) Finals heats (C, B, A, Finals). The C bonus final will be filled with athletes age 16 and under. If the C Final cannot be filled with 16 and Under athletes, seeding priority will be the next-seeded 17-year-old, 18-year-old athletes etc., until all lanes in the heat are filled. .
- **The 50 Butterfly, 50 Breaststroke, and 50 Backstroke events must be entered with the athlete's 100 qualifying time in that stroke.**
- All relays will be conducted as timed finals.
- The 400 and 800 relay events will be swum with the fastest heat competing at the conclusion of the evening session. All other relays will compete at the conclusion of the preliminary session. The order of the relays shall be Women's 2nd fastest heat, Men's 2nd fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Etc.
- All 200 relays will be conducted in morning session only.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven with the Illinois Swimming office prior to the scratch deadline for Thursday's events.
- Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in the meet.
- There will be positive check-in for the 1000 Freestyle, 1650 Freestyle, and all relay events. Entries for these events that are not checked in prior to the appropriate deadline for that event or scratched will automatically be down-seeded.
- The scratch deadline for Thursday 1000 Freestyles shall be 15 minutes after the conclusion of the technical meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **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 Technical Meeting.
- **Sunday's start time is different due to daylight savings time change.**

Meet Director

Pam Lowenthal

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Meet Referee

Scott Penland

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Admin Referee

Lori Rybaski

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OME/Entry Questions

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Email Scratch Contact

Lori Rybaski

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2026 Illinois Swimming Senior Championships

Sanction: Senior Championships: ILS26-301 Time Trial: ILS26-302

Host: Illinois Swimming – www.ilswim.org

Location: UIC Natatorium – 901 W. Roosevelt Road, Chicago, IL 60608

Facility: 8 Lane, 25-yard competition pool. The start end and the turn end of the pool are 16' deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads are Colorado Aquagrip non-slip. The timing system is a Daktronics Omni Sport 2000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 1,200 spectators. The competition course has been certified in accordance with 104.2.C(4). The copy of such certification is on file with USA Swimming.

Meet Schedule:	Prelims		Finals	
	Warm-ups	Start	Warm-ups	Start
Thursday			4:00 PM	5:30 PM
Friday	6:30 AM	8:30 AM	4:00 PM	5:30 PM
Saturday	6:30 AM	8:30 AM	4:00 PM	5:30 PM
Sunday	7:00 AM	9:00 AM	4:00 PM	5:00 PM

Rules: This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI 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.

Eligibility: All swimmers must be current members in good standing of USA Swimming and Illinois Swimming

Qualifying Times: 2026 Senior Championship Time Standards are included. Only those swimmers who have achieved a qualifying standard between February 1, 2024, and March 2, 2026, @ 1:00 PM or finished in first place at the 2025 Winter Regional Championships in an Open event are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.

Entries: All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted online beginning February 4, 2026, (12:01AM CST) and must be completed by Monday, March 2, 2026, at 1:00 PM CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.9.12.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials.

All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

2026 Winter Regional Championship individual events winners in an Open event that did not achieve the qualifying standard will be awarded entry into the 2026 Senior Championships. For entry in OME, these athletes will enter at the slowest non-conforming qualifying standard (LCM) as an override time and should list "Regional Champion" as the meet name with the corresponding date of achievement.

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

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Entry Fees:

Individual Events: \$10.00 per entry

Relay Events: \$20.00 per entry – limited to A & B relays only per team

Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet

Individual Events:

All individual events except the 1000 Free and 1650 Free will be conducted on a preliminaries and finals basis. At the discretion of the Meet Referee, the Senior Committee, and the Program Operations Vice-Chair, individual events in the preliminary sessions may be conducted in flights with a minimum of the fastest seven (7) heats in all events 200 yards or less and a minimum of the fastest five (5) heats in all events over 200 yards in the “A” flight, and all remaining heats in the “B” flight. “A” flights will be concluded each morning prior to beginning the “B” flight. The “B” flight will be swum fastest to slowest.

The 50 Butterfly, 50 Breaststroke, and 50 Backstroke events must be entered with the athlete’s 100 qualifying time in that stroke.

Finals for individual events will be the top 24 athletes competing in Bonus (8), Consolation (8), and Championship (8) Finals heats (C, B, A, Finals). The C bonus final will be filled with athletes age 16 and under. If the C Final cannot be filled with 16 and Under athletes, seeding priority will be the next-seeded 17-year-old, 18-year-old athletes etc., until all lanes in the heat are filled. .

Swimmers participating in the Championship Final are required to check in at the ready room area before the Championship Final of the preceding event begins. The ready room will be available for check-in 30 minutes prior to the start of the final session. Swimmers or coaches may check in for all events entered by the athletes. Bonus and Consolation finalists should proceed directly to their assigned starting block.

Distance Events:

The 1000 and 1650 Free will be conducted as timed final events. The 1000 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats. Each swimmer must provide their own timer and counter.

The fastest seeded heat of the women’s and men’s 1650 free are swum as the first event of finals on the same day as all other heats for the event. All heats will be seeded and swum slowest to fastest, alternating women’s and men’s events. The events will be scheduled so that the second fastest heat of Men’s 1650 Freestyle will finish at the start of that evening’s final warm-up. Swimmers who choose to swim in the prelim session of the 1650 Free should enter at the lowest non-conforming qualifying time for that event (LCM). Each swimmer must provide their own timer and counter.

Distance Bonus Events:

Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

Swimmers with Disabilities:

This meet will be open to all disabled athletes age 15 or older as of March 5, 2026. A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet and no more than three (3) individual events per day including time trials. [CLICK HERE TO SUBMIT ENTRIES](#). All entries must be submitted by the initial entry deadline and swimmers must be included as “RELAY ONLY” in the OME entry to verify their membership in good standing. Questions should be sent to the Community Engagement Chair at dei@ilswim.org or Pam Lowenthal at pam.lowenthal@ilswim.org.

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Relay Events:

All relay events will be conducted as timed final events. 400 and 800 relays will be swum with the fastest seeded heat swum in the evening session. All remaining heats will swim at the conclusion of that day's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. The 200 relays will be swum at the beginning of the morning session going slowest to fastest, with all women's heats swimming and then all men's heats.

Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline. All teams desiring to swim in the AM must enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition.

200 Medley Relay and 200 Free Relay will be entered and seeded using the 400 relay qualifying times.

Each coach shall be responsible for submitting relay names for tabulation approximately one (1) hour prior to the start of the relays in a manner announced by the Meet Referee at the Technical Meeting. However, relays may be changed up to the time of the swim.

Seeding:

Events shall be seeded in order of SCY, equivalent LCM, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).

Check-In:

Positive check-in required for the 1000 Freestyle, 1650 Freestyle, and all relay events. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.

Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.

Scratches:

ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made via email to the Administrative Referee. Check-in and scratch deadlines are as follows:

- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
- All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.

Technical Meeting:

There will be a virtual (Zoom-based) technical meeting on Wednesday, March 4, 2026 at 8:30 PM. 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:

ISI warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or their designees).

Breaks:

The pool may be open at the discretion of the Meet Referee during breaks in competition.

Meet Jury:

The Meet Referee and the Program Operations Vice-Chair shall appoint a Meet Jury composed of at least one coach, one athlete, and at least one other USA Swimming member in attendance at the meet.

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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	10	8	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	20	16	14	12	10	8	6	4	2

Awards:

The Carolyn Lambert Award will be presented at the Illinois Swimming Awards Banquet to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Awards will be given to the top 8 finishers in individual events and the top three finishers in relay events. Individual performance awards (male and female) will be given to athletes for Outstanding Performance of the Meet, Meet High Point Award, and Top 8 Distance Awards.

Meet Results:

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

Deck Access:

Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Clubs will be issued deck passes to those coaches listed on the submitted team entry.

Timers:

Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. Swimmers in the 1000 and 1650 Free must provide their own timer and counter.

Officials:

Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to the Meet Referee. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.

Time Trials:

Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in at least one individual event or swimmers competing on at least one relay. Time Trials shall be counted in the daily maximum number of individual events swum but shall not count in the meet limit of events swum. Fee is \$15.00 per event and is payable to host club at time of entry. Each swimmer must provide their own timer and lap counter for time trial events.

Sign-Up (Entry) Deadline is 11:00 AM on Friday, Saturday, and Sunday.

Admissions:

Thursday PM: \$5.00
Friday-Sunday: \$10.00 per day
Heat Sheets: \$5.00 per session

Parking:

Parking is located across the street from the Natatorium. The price for parking is subject to UIC parking fees.

Concessions and Vendors:

Concessions will not be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for vending at the event.

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- 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. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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, the University of Illinois-Chicago, the Board of Trustees of the University of Illinois, 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 prior to the start of the first event of the meet.

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Event Order		
Event #		Event #
Day 1		
1	1000 Freestyle	2
Day 2		
3	100 Breaststroke	4
Awards Break – 1000 Free & 100 Breast		
5	50 Backstroke	6
7	200 Freestyle	8
Awards Break -		
9	100 Butterfly	10
11	400 Individual Medley	12
Awards Break		
13	800 Freestyle Relay**	14
Awards Break		
Day 3		
15	200 Free Relay	16
17	200 Individual Medley	18
19	50 Freestyle	20
Awards Break		
21	200 Breaststroke	22
23	50 Butterfly	24
Awards Break		
25	100 Backstroke	26
27	500 Freestyle	28
Awards Break		
29	400 Medley Relay**	30
Awards Break		
Day 4		
31	1650 Freestyle*	32
33	200 Medley Relay	34
Awards Break		
35	200 Backstroke	36
37	50 Breaststroke	38
Awards Break		
39	100 Freestyle	40
41	200 Butterfly	42
Awards Break		
43	400 Freestyle Relay**	44
Relay Awards, Individual Performance Awards, Team Awards		

*The 1650 Free will be swum so that the 2nd fastest heat of the Men's event concludes 60 minutes prior to the start of finals.

**These relays will be swum at the conclusion of prelims, with the fastest heat swum at the conclusion of finals.

In prelims, there will be a minimum of a ten (10) minute break prior to the start of the 400 & 800 relay events. There will also be a minimum of a ten (10) minute break at the conclusion of the 200 relay events in the AM session.