



Speedo® Illinois Swimming Senior Championship Meet
 Hosted by Westmont Swim Club
 March 4-March 7, 2010



WOMEN				THURSDAY			MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
1	10:08.09	9:50.29	11:14.59	1,000 Freestyle	10:39.99	9:10.59	9:26.79	2

WOMEN				FRIDAY			MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
				1,000 Awards				
3	1:23.49	1:19.19	1:11.29	100 Breaststroke	1:05.49	1:12.69	1:16.59	4
5	2:17.49	2:13.29	2:00.09	200 Freestyle	1:50.59	2:02.79	2:08.19	6
				Awards Break				
7	1:11.49	1:08.59	1:01.79	100 Butterfly	56.39	1:02.59	1:04.89	8
9	5:38.79	5:23.19	4:51.19	400 Individual Medley	4:35.79	5:06.09	5:16.19	10
				Awards Break				
11	9:29.99	9:07.19	8:12.99	800 Freestyle Relay**	7:38.59	8:28.99	8:54.79	12
				Awards Break				

WOMEN				SATURDAY			MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
13	2:38.09	2:31.29	2:16.29	200 Individual Medley	2:05.19	2:18.99	2:27.69	14
15	29.29	28.29	25.49	50 Freestyle	22.89	25.39	26.69	16
				Awards Break				
17	3:00.99	2:53.09	2:35.89	200 Breaststroke	2:25.39	2:41.39	2:50.09	18
19	1:13.19	1:09.79	1:02.89	100 Backstroke	57.49	1:03.79	1:08.59	20
				Awards Break				
21	4:50.69	4:40.99	5:21.19	500 Freestyle	4:59.09	4:21.69	4:33.89	22
				Awards Break				
23	4:55.99	4:37.49	4:09.99	400 Medley Relay**	3:49.89	4:15.19	4:33.89	24
				Awards Break				

WOMEN				SUNDAY			MEN	
<u>EVENT #</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT NAME</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT #</u>
33	19:16.99	18:43.79	18:51.99	1,650 Freestyle*	17:51.99	17:43.99	18:15.99	34
25	2:39.69	2:31.79	2:16.79	200 Backstroke	2:06.79	2:20.69	2:31.09	26
				Awards Break				
27	1:03.89	1:01.19	55.09	100 Freestyle	50.19	55.39	57.59	28
29	2:39.99	2:34.99	2:20.29	200 Butterfly	2:11.19	2:25.59	2:33.89	30
				Awards Break				
31	4:23.99	4:11.29	3:46.39	400 Freestyle Relay**	3:27.49	3:50.29	3:58.59	32

Relay Awards, Individual Performance Awards, Team Awards

*The 1,650 free will be swum at the conclusion of prelims, with the fastest heat swum at the start of finals.

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

In the prelims, there will be a 10 minute break prior to the 1,650 and the women's relays.