

SIXTH PENGUINS RIVER TRAILS 1500

Sponsored by the Penguins Master Swim Team with the cooperation of River Trails Park District
Sanctioned by ILSMA for USMS Inc. Sanction No 217-S011

Date: Sunday July 9, 2017, first heat 6:00 or 6:30, last heat starts before 10:00AM.

Location: Woodland Trails Pool, 1500 E. Euclid Ave, Mt Prospect (1 block west of Wolf Road),
6 lane 50 meter beautifully maintained outdoor pool, see pictures on our website of previous meets at
www.lattofpenguins.org.

Event: 1500 Meter Freestyle starting in the water. This has been a fun meet for intermediate swimmers. Three watch times will be used. There will be 2 or 3 early bird heats 6-7:30 AM seeded slow to fast and 4 heats from 8-10 AM seeded fast to slow. Swimmers are requested to volunteer to help time and count other heats. Early bird swimmers should bring someone to help time and count. Swimmers wishing national top 10 or records should arrange for two additional timers.

Pool: This is a shallow 50M pool without starting blocks. The lane markings are blue and blend in with the pool bottom and sides. A hockey puck will help locate the T. *The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2* and therefore swims are eligible for Top 10 times. Swimmers wishing for top 10 or records should arrange for two additional timers.

Warmup: The pool will be open by 6:00AM with a heat at 6:30. Full pool warmup before the first heat and from 7:45-8:00AM. There is a half lane that will be open throughout the meet for warmup/cooldown. If there is a large demand for early heats we may open at 5:30 with first heat at 6:00, see heat sheet posted on website.

Official: Richard Wildey

Eligibility: Open to all masters swimmers with 2017 USMS registration. If you are not registered you may register in conjunction with the online entry process. One event registrations are not available.

Entry Fee: \$30.00

Entry Process: Online entries only through Club Assistant. When these entries are available links will be posted on USMS, ILSMA and lattofpenguins.org

You may be asked to share a lane, priority for single lanes will go to early entrants, swimmers with special needs, and swimmers likely to make a top USMS time or ILSMA record. A heatsheet will be posted on our website and emailed to current entrants around July 5. Entries will be closed when a session is full, THERE ARE NO DECK ENTRIES and ONLINE REGISTRATION WILL BE CLOSED NO LATER THAN 6:00 PM JULY 8, 2017.

Enter ONE of the following as your event:

Event 1: Early bird heats 6-7:30AM (limited to 30 swimmers)

Event 2: Heats 8:00 AM to 10:00AM, (limited to 40 swimmers)

You MUST give seed time, even if only a rough estimate. Please include email address.

Meet Director (further information)

Barry Dayton

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