



Tri Right Masters  
Swim-A-Poolooza 2015  
Endurance Swim Challenge

**Date:** Sunday, January 25, 2015

**Time:** 7:30am start. Doors open at 7:00am.

**Location:** Lemont Park District's The CORE, 16028 127th Street, Lemont, IL

**Facility:** 25 yard, 6 lane pool. There are bleachers available for spectator seating.

**Fees:** \$35.00 Advanced Entry / \$45.00 at the door per swimmer.

**Make checks payable to:** Tri Right Coaching

**Online Entry:** <http://www.active.com/lemont-il/water-sports/swimming-races/swim-a-poolooza-2015>

**Deadline:** Monday, January 18, 2015 11:59PM

Lanes will be assigned by distance, depending on response. There will be a time clock signaling each starting interval.

3 different intensity levels to choose from, all at 100 second intervals (1 minute 40 seconds). On the entry form, please **choose one** of the following events:

- |  |                    |
|--|--------------------|
| 1. Highest Intensity 100 x 100s on the 100 | 10,000 yards total |
| 2. Medium Intensity 100 x 75s on the 100   | 7,500 yards total  |
| 3. Average Intensity 100 x 50s on the 100  | 5,000 yards total  |

**Questions:** [info@trirightcoaching.com](mailto:info@trirightcoaching.com) or call 708-466-2379

**Rules and Procedures:**

1. There will be a 15-minute break halfway thru the event for refueling and re-hydrating. You may swim through, but you will have to keep track of your own intervals. (15 minutes = 9 intervals)
2. A time clock will be setup by the bulkhead. Clock programming will be set to 1:40 intervals with a tone signaling each starting interval. Additional clocks will be at each end of pool.
3. All lanes with more than two swimmers will follow circle-swim rules. Swimmers in each lane should regulate their order amongst themselves (fastest first, slowest last)
4. Each lane will only support one distance (100, 75 or 50), there will be no mixing of distance in the same lane.
5. Swimmers should start at 3 second intervals when doing circle swim.
6. For safety reasons, no long fins (short fins like Zoomers OK), and no hand paddles (gloves OK).
7. All USMS rules and regulations will apply.