

Tri Smart Masters
Swim-A-Poolooza 2013
Endurance Swim Challenge
USMS Sanction No. 213-S002

Date: Sunday, January 27, 2013
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: \$40.00 Advanced Entry / \$50.00 at the door per swimmer
Make checks payable to: Tri Smart Coaching
Proof of USMS membership required.

Advanced Entry: Send your completed entry (use the consolidated ILMSA entry form at <http://www.ilmsa.com/files/meets/ConsolidatedEntryCard.pdf> , fees and a copy of USMS membership card **no later than** Monday, January 21st to:

Tri Smart Coaching
12431 Lakeview Drive
Orland Park, IL 60467

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

Entry Methods: Online entry no later than 12:00am Thursday January 24, 2013. Deck entries will be accepted.

Additional Information: Via web http://www.trismartcoaching.com/swim-a-poolooza_2013 or e-mail info@trismartcoaching.com

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.