**NWAA Masters**

**Black Friday Endurance Swim 2013**

USMS Sanction #: 233-S003

**Date:** Friday, November 29, 2013

**Time:** 7:00 AM - until about 10:00 AM

 The Walton Life Fitness Center will open at 7:00 AM. Anticipate a 7:30 AM start.

**Location:** Walton Life Fitness Center, 1701 SE 14th St, Bentonville, AR 72716

**Directions:**  From S of Bentonville: From I-540, take Exit 86 and turn left. The WLFC is 0.8 miles, on your right.

 From N of Bentonville: From I-540, take Exit 86 and turn right. The WLFC is 0.8 miles on your right.

**Facility:** 25 yard, 10 lane indoor pool. There is no seating.

**Fees:** $5 for all USMS registered Masters Swimmers age 18 or over as of November 29, 2013. $15 for 1 Day Registration (forms available at the meet), or $44 for USMS registration for the remainder of 2013 and all of 2014 (via <http://www.usms.org>)

 **DECK ENTRIES ONLY! YOU MUST BRING PROOF OF USMS MEMBERSHIP!**

 Make checks payable to: **ARKANSAS MASTERS**

Lanes will be assigned by distance and times, depending on response.

3 different intensity levels to choose from. Intervals will be as follows:

10x1:40

10x1:30

5x1:25

10x1:30

10x1:40

10x1:30

5x1:25

10x1:30

Please choose one of the following events:

1. High Intensity 100x100’s 10,000 yards
2. Medium Intensity 100x75’s 7,500 yards
3. Average Intensity 100x50’s 5,000 yards

30x1:40