

FOURTH 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 215-S009

Date: Sunday July 12, 2015 6:00-10:30 AM.

Location: Woodland Park 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.lattopenguins.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 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 top 10 or records should arrange for an additional timer.

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. There is an additional half lane and the diving well for warmup-cooldown. *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 an additional timer.

Official: Richard Wildey

T-Shirt: Participants may receive one of our famous T-shirts in lieu of awards. Don't forget to request T-shirt size. Check with us closer to meet for availability.

Eligibility: Open to all masters swimmers with 2015 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:

https://www.clubassistant.com/club/meet_information.cfm?c=1503&smid=6457

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 6. 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 11, 2015.

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, and give T-shirt size S, M, L, XL, XXL.

Meet Director (further information)
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