



Burn off the Bird Endurance Challenge

*Hosted by the Northern Nevada
Aquatics November 25th, 2017*

- LOCATION:** Northwest Pool, 2925 Apollo Way, Reno, NV 89503 - (775) 334-2203.
- DIRECTIONS:** From I-80 East, take Keystone Ave (Exit 12), left onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right onto Apollo Way, the pool will be on the right. From I-80 East, take Keystone Ave (Exit 12), right onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right on Apollo Way, the pool will be on the right. Parking will be on the street or in parking lots adjacent to the pool. Please be respectful when driving in the area and when parking on the street as this pool is a neighborhood.
- COURSE:** Indoor, heated, 25 yd., 8-lane pool. The event will run all 8 lanes. All timing of intervals will be on digital pace clocks mounted on walls.
- FACILITY:** Men's/Women's showers and locker rooms are available. There will be bleacher seating for spectators. There is limited deck space.
- TIME:** The event warmups begin at 2:00pm. The endurance challenge begins at 2:30pm. At the half way point, we will take a 10 minute break. The event will be done by 5:30pm.
- DESCRIPTION:** We will be doing an endurance challenge formatted event. All athletes will be split into lanes with athletes doing similar distances. Each athlete will do the full distance (50, 75, or 100 yards) every 100 seconds (1 min, 40 sec). Each athlete will do a full 100 repetitions of the distance on the 100 seconds. After 50 repetitions, there will be an extra 10 minute break. Upon completion, all athletes will have finished the challenge.
To aid the athletes, each lane will have a lane director that will help with intervals and the total repetition count.
The event will not be endorsed by the rules of USMS or USA Swimming. Neither rules will govern the event. This challenge is a stand alone event.
This event is sponsored by the Hands For Life Organization.
- ELIGIBILITY:** All entrants are eligible with a clean bill of health.
- AWARDS:** All competitors will receive a distinctive award for participating.
- ADMISSION:** Admission to spectate is free.
- CHECK IN:** The event will be deck seeded. Check-in will open at 1:45 pm. Swimmers must check in for their events by 2:30 pm.

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Option 1: Email meet entries:

Email filled out entry card to NorthernNevadaAquatics@yahoo.com.
Payments are due at the pool the day of the meet.

Option 2: Surface Mail Entries:

Entries must be on attached entry form. Entries must be printed and filled out legibly. Entries must be postmarked no later than **MONDAY, NOVEMBER 20TH** or hand delivered by **FRIDAY NOVEMBER 24TH** to the event director. Entries post-marked after that date will be deck entered.

ENTRY FEE: \$25.00 per individual for registration on or before November 24th.
\$30.00 per individual for registration the day of the event. This fee includes pool use and awards.
Make checks payable to Northern Nevada Aquatics and mail entry to:

EVENT DIRECTOR
4570 Rio Encantado Lane
Reno, NV 89502

REFUNDS: THERE ARE NO REFUNDS.

DECK ENTRIES: The Event Director will accept deck entries on the day of the meet but the athletes may not be in the meet programs that may be pre printed. Deck entries will be charged \$30.00 for entries, no refunds.

EVENT DIRECTORS: Tracie Seibert (775)842-2791 tracie.seibert@me.com
or Nicole Sarafolean (847)445-8241 nicole.sarafolean@gmail.com

RESTRICTIONS: Smoking and alcoholic beverages will not be permitted on the pool deck, bleachers, locker room, or other designated swimmer's areas. No pets allowed on deck or in swimmer rest areas. Glass containers are prohibited in the pool or team areas.

REFRESHMENTS: A snack bar will be open while the meet is in progress. There will be a variety of items available.

Events: NOVEMBER 25, 2017

EVENT	DISTANCE	NUMBER	TOTAL	Cost
1	50	100	5,000 Yards	\$25/\$30
2	75	100	7,500 Yards	\$25/\$30
3	100	100	10,000 Yards	\$25/\$30
*	?	100	?	\$25/\$30

ENTRY FORM

**Burn the Bird Endurance Challenge
Northern Nevada Aquatics
November 25, 2017
Entry Form**

Name:

Last:

First:

MI:

Organization:

Date of Birth:

Gender:

Event #:

Total Participation Fee:

\$25 for early registration. \$30 for deck registration.

Athletes Address:

Phone Number: