

## 26<sup>th</sup> ANNUAL PARK RIDGE 1500

Sanctioned by ILMSA for USMS Inc.  
Sanction number 210 - 014S

Sponsored by Park Ridge Penguins Masters Swim  
Club with cooperation of Park Ridge Park District.



**FORMAT:** There will be 3 early bird heats starting at 6AM seeded slow to fast with 5 heats starting at 8AM fastest to slow. Lane 8 will be open throughout the meet for warmup/cooldown.

**NEW FINA SWIMWEAR RULES WILL BE ENFORCED FOR THIS MEET.**

**Date:** SATURDAY, June 26, 2010 **Event:** 1500 M Freestyle

**Place:** Oakton Pool, 2800 Oakton Street, Park Ridge IL. 8 lane 50 meter outdoor pool.

The pool is measured for top 10 and records, three or more watches will be used. Unofficial splits will be taken and mailed to swimmers after the meet. If you want official splits for records or top ten, please provide an additional timer.

**T-Shirt:** Participants will get a T-shirt in lieu of an award. Request T-shirt size.

**Eligibility:** Open to all masters swimmers with 2010 USMS registration. If you are not registered you may register online at [www.usms.org/reg](http://www.usms.org/reg). **ONE EVENT REGISTRATIONS ARE NO LONGER AVAILABLE.**

**Entry Fee:** \$25.00. Online registration may be available for an additional service charge, go to [www.parkridgepenguins.com/1500registration.html](http://www.parkridgepenguins.com/1500registration.html) for details. The T-shirt is included in entry fee if entry is received by June 19. T-shirts may not be available for later entries.

**Entry Deadline:** Mail entries are due June 19. The first 16 entrants will have their own lane, later entrants may need to share with priority for single lanes given to swimmers likely to make top 10 national times. A heat sheet will be posted on our website and emailed to entrants on June 22. Later entries may be accepted if lanes are available, **THERE WILL BE NO DAY OF MEET DECK ENTRIES**, see the online registration page for entry instructions after June 19.

**Mail Entry Form:** Please use the [ILMSA Consolidated Entry Card](#) available at the ILMSA website or from the meet director. Enter ONE of the following as your event:

Event 1: Early bird heats 6-7:30AM (seed times under 35 minutes only)

Event 2: Heats 8:00 AM to 10:15AM, fast to slow, must finish before 11AM.

You **MUST** include seed time, even if only a rough estimate. Please include email address, specify if you want heat sheet by US mail, and give T-shirt size S, M, L, XL, XXL

**Meet Official:** Rich Mueller

**Meet Director (further information)**

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Mail entries to meet director, checks payable to Park Ridge Masters.