



Kraken Summer Heat SCM Swim Meet

July 10, 2022

Sanctioned by ILMSA for USMS, Inc. #XXX-XXXX

TIME: 6 a.m. Pool open for warm-up , 6:30 a.m. Event 1

LOCATION: Centennial Park, 16028 127th Street, Lemont, IL 60439

FACILITY: **Short Course Meters** 25 meter 6 lane pool with starting blocks. Stopwatch timing. Chairs are allowed on the concrete pool deck and some chairs, picnic tables, lawn space and shade umbrellas for swimmers will be on a first come first serve basis. Swimmers are welcome to bring their own chairs and blankets. Participants are welcome to bring food into the facility and are asked to clean up after themselves. Concessions will not be provided. Meet will have heats of 5 lanes with the 6th lane available throughout for warm up and warm down. 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 107.2.1

ELIGIBILITY: Must be over 18 years of age and a current USMS member. In accordance with USMS rules, verification of membership registration must be provided with your entry, either a copy of membership card or verified through online registration. To register with USMS go to: <https://www.usms.org/reg/register.php>.

HOW TO ENTER: Entry fee is \$20 and \$5 per event. No individual deck entries allowed. Relays will be deck entered and cost \$5 for each relay. All swimmers in relays are required to have registered for the meet. Register online at Club Assist at:

https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=15160

ENTRY DEADLINE: Saturday, July 9, 2022 12:00 PM (NOON) CDT

MEET CONDUCT: 2022 USMS rules govern the conduct of the meet. All events will be a stopwatch timed final. All events will be swum slowest to fastest with mixed age and gender. Participants are limited to 5 individual events and 2 relays. Competitors attempting records must notify the starter to assure that three (3) timers are available for that individual's race. Each event will not start less than 10 min from the start of the previous event to allow competitors to recover if in back to back events.

Timing Regulations: Because the primary timing system at this meet will be manual, Official times will be eligible for ILMSA Records and USMS Top Ten, but ineligible for USMS National Records and FINA World Records.

ORDER OF EVENTS:

- | | |
|---------------------------|--------------------------|
| 1. 400 Free | 8. 50 Back |
| 2. 100 Free | 9. 200 IM |
| 3. 200 Back | 10. 100 Fly |
| 4. 50 Fly | 11. 200 Breast |
| 5. 100 IM | 12. 50 Free |
| 6. 200 Free | 13. 400 IM |
| 7. 200 Medley Relay Mixed | 14. 200 Free Relay Mixed |

MEET DIRECTOR: Meaghan Bower mbower@lemontparks.org

HEAD OFFICIAL: Mike Schorr mike.schorr@live.com