



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

Sanctioned by ILMSA for USMS Inc.  
Sanction number 219 – 014S

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

**FORMAT:** This year we celebrate our 25<sup>th</sup> consecutive 1500 meet. 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.

**Date:** SATURDAY, June 27, 2009 **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:** All participants will get a T-shirt in lieu of an award. Request T-shirt size.

**Eligibility:** Open to all masters swimmers with 2009 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:** \$20.00. This includes the T-shirt if entry is received by June 20. Late entries must pay extra for T-shirt, if available.

**Entry Deadline** Entries are due June 20. The first 25 entries will have their own lane, later entrants may need to share. A heat sheet will be posted on our website and emailed to entrants on June 23. Deck entries may be accepted to fill heats: deck entrants **MUST BRING A PHOTOCOPY OF USMS CARD.** Call or email first to check on available heats.

**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)

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 Director (further information)**

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