



Get Kraken 2023

Saturday, January 21, 2023

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

TIME: **Doors open/Warm-up** 7:00 AM
 Session 1 (500s) 8:00 AM
 Session 2 9:00 AM

LOCATION: Lemont Park District CORE Fitness and Aquatic Complex, 16050 W. 127th St, Lemont, IL 60439

FACILITY: 6 lane/25 yard pool with infinity gutters. Colorado timing System with automatic touch pads, push button and stopwatch for back-up. Paragon starting blocks. 2 lifeguards will be on duty for warm up and meet. Bleachers available on the side for swimmers and spectators. Additional chairs will be provided on a first come first serve basis and swimmers and spectators are welcome to bring their personal chairs. Overflow area available as needed. Facility has separate men's and women's locker rooms with showers, bathrooms and some lockers on a first come first serve basis. There is also a non-gender locker room with limited lockers and private changing rooms. The facility is a park district building and will be open to the public during the meet and there will be people from the community using the locker rooms simultaneously. Anything left in the locker room should be secured and is not the responsibility of Lemont Park District or the meet organizers. Parking available outside the facility in multiple lots.

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 \$30 + \$5 for individual events and relay eligibility. Register online at:

https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=15399

Relays will be registered on deck day of the meet for \$5. All relay participants must pay entry fee by online meet cut off.

T-Shirts: Meet T-Shirts included for all entries signed up with entry fee paid on or before January 2nd. Additional shirts for entries submitted on January 3rd or later will be on a first come first serve basis as supplies allow. T-shirts are Unisex sizing.

ENTRY DEADLINE: Friday, January 20, 2023 at 10AM Central

MEET CONDUCT: Meet will be swum with 5 lanes for competition and 1 lane designated for warm-up/cool-down

2023 USMS rules govern the conduct of the meet. All events will be automatic timing pad finals. All events will be swum slowest to fastest. Participants are limited to 4 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.

Timing Regulations: Official times set at this meet will be eligible for ILMSA Records, USMS Top Ten, and USMS National Records.

ORDER OF EVENTS:

Session 1

1. 500 Free

Session 2

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

MEET DIRECTOR: Meghan Bowers, MBowers@lemontparks.org

HEAD OFFICIAL: Michael Schorr, Mike.Schorr@live.com