



Kraken Summer Heat SCM 2023
Saturday, July 15, 2023
(Weather Make-up Day- Sunday July 16, 2023)
Sanctioned by ILMSA for USMS, Inc. #XXX-XXXX

TIME:	Doors open/Warm-up	6:00 AM
	Session 1 (400s)	6:30 AM
	2nd Warm-up	7:45 AM
	Session 2	8:05 AM

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

FACILITY: Short Course Meters 25-meter 6 lane pool with starting blocks. Stopwatch timing. Lemont Park District will provide some chairs, picnic tables, lawn space and shade umbrellas for swimmers on a first come first serve basis. Swimmers and their supporters are welcome to bring their own chairs, blankets, and shade. Participants are welcome to bring food into the facility and are asked to clean up after themselves. No alcohol or glass containers permitted. 4 lifeguards will be on duty for warm-ups and meet. Facility has separate men's and women's locker rooms with bathrooms, 3 showers and limited lockers and changing area. Lockers are on a first come first serve basis and individuals are responsible for securing their belongings. There is also a non-gendered shower and bathroom facility with no lockers available. Anything left in the locker room should be secured and is not the responsibility of Lemont Park District or the meet organizers. Parking is available outside the facility in multiple lots. Lemont Park District will have water, Gatorade and light concessions available for purchase. 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

MEET PROCEDURE: Pool opens and warm up begins at 6:00am. 400 Free and 400 IM will be swam 6 lanes and limited to 7 heats maximum. There will be a 15-20 min warm up between sessions. 200 Mixed Medley Relay entries are due at 7:50am. Session 2 will begin no sooner than 8:05am. Session 2 will have heats of 5 lanes with the 6th lane available throughout for warm-up and warm-down. Event 11 (200 Free Mixed Relay) entries will be due at the conclusion of Heat 9. Once the meet is concluded, the water slide will be opened for 10 minutes after the conclusion of the last event.

ELIGIBILITY: Must be over 18 years of age and a current USMS member. If you need to renew or join USMS, you can do so at <https://www.usms.org/join>. 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 \$35 + \$5 for individual events and relay eligibility. Register online at https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=16352
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-Shirt included! Guaranteed sizes for all entries signed up with entry fee paid prior to Wednesday, June 28th at noon. Additional shirts for entries submitted after noon on June 28th with sizing on a first come first serve basis.

https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=16352

ENTRY DEADLINE: Guaranteed T-shirt size: Wednesday, June 28th at 12:00PM (noon) Central
All Entry Deadline: Friday, July 14, 2023 at 10:00AM Central

MEET CONDUCT: 2023 USMS rules govern the conduct of the meet. All events will be stopwatch timed finals. All events will be swum slowest to fastest with mixed age group and gender. Participants are limited to four (4) individual events and two (2) relays. 400 Free and 400 IM will be capped at 42 swimmers total. Competitors attempting records must notify the starter to assure that three (3) timers are available for that individual's race.

Timing Regulations: Because the primary timing system at the meet will be manual, official times will be eligible for ILMSA Records and USMS Top Ten, not ineligible for USMS National Records and FINA World Records.

ORDER OF EVENTS:

Session 1

1. 400 Free

Session 2

2. 200 Medley Mixed Relay
3. 100 Free
4. 200 Back
5. 50 Fly
6. 100 Breast
7. 100 IM
8. 200 Fly
9. 50 Back
10. 200 Free
11. 200 Free Mixed Relay
12. 50 Breast
13. 200 IM
14. 100 Fly
15. 200 Breast
16. 100 Back
17. 50 Free
18. 400 IM

MEET DIRECTOR: Meaghan Bowers, MBowers@lemontparks.org

HEAD OFFICIAL: Sherrie VanderBelde, sherriev@ymail.com