



## Get Kraken 2024

Saturday, January 20, 2024

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

**TIME:** Doors open 7:00 AM/ Warm-up 7:00-7:50 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 specific 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/join>

### HOW TO ENTER:

Entry fee is \$35 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=17711](https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=17711)

**T-SHIRTS:** Meet T-Shirt 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 size and supplies allow. T-shirts are Unisex sizing.

**ENTRY DEADLINE:** Friday, January 19, 2024 at 11:59 AM Central

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

2024 USMS rules govern the conduct of the meet. All events will be automatic timing pad finals. All events will be swum slowest to fastest in mixed heats. Participants are limited to 4 individual events and 2 relays. The 500 Y Free is limited to the first 30 participants that register and pay. The Medley Relay (2, 3 and 4) and Freestyle Relay (11,

12, and 13) will be swam combined and no athlete can enter more than one medley or freestyle relay. 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.

**MEET DIRECTOR:** Meaghan Bower, MBower@lemontparks.org

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

### **ORDER OF EVENTS:**

1. 500 Y Free
2. 200 Y Mixed Medley Relay
3. 200 Y Women's Medley Relay
4. 200 Y Men's Medley Relay
5. 200 Y IM
6. 50 Y Back
7. 100 Y Free
8. 50 Y Breast
9. 100 Y Fly
10. 200 Y Free
11. 200 Y Mixed Free Relay
12. 200 Y Women's Free Relay
13. 200 Y Men's Free Relay
14. 100 Y IM
15. 100 Y Back
16. 50 Y Fly
17. 100 Y Breast
18. 50 Y Free