

1st Annual Little Shoulders Swim Race
Saturday September 11, 2010 – Chicago Ohio Street Beach
Hosted by – Chicago Park District and Illinois Swimming
IL Sanction # ILSOW-10-01

Chicago Park District will host an IL Sanctioned 500 meter, 1000 meter, 1500 meter and 2000 meter open water swimming race off the Ohio Street Beach on Saturday September 11, 2010. All numbering, registration and finishes will take place at the Ohio Street Beach located just west of Navy Pier at Ohio Street and Lake Shore Drive.

Date: **Saturday, September 11, 2010.** The Little Shoulders Race will be started in waves by age group beginning with the 15 – 18 year old boys at 10:00 AM. The 10 & under age group 500 meter race will begin at 10:45AM. The 1000 meter race for 11 & 12 year olds will begin at 11:00AM. The 1500 meter race for 13 & 14 year olds will begin at 11:15. On-site registration opens at 8:30 AM and will close at 9:45AM. An Open Water Clinic will be held for all participants ages 14 & under beginning at 10:00AM.

NOTE: Age groups may start earlier than times posted depending on number of registrations.

Eligibility: **ALL Swimmers for the Little Shoulders races must be USAS registered.** Single day event Illinois Swimming registration forms will be available for non members wishing to register with USAS on the day of the event for an additional fee of \$25. Forms may also be obtained on the Illinois Swimming website www.ilswim.org.

Course: This is a flat water area semi-protected by breakwaters. Conditions may be choppy depending on wind and speed direction. The water temperature is expected to be in the range of 65~72 F°. This is an out and back course with an in water start with a funnel finish on the sand. The 2000 meter swim will be two loops of the full course. Course map is attached.

Parking: Parking is available at Navy Pier. There is also limited Pay and Display street parking.

Awards: All participants will receive an inaugural participant medal; the competition will not be scored.

Rules & Safely Information: The race will follow 2010 USA Swimming Open Water rules and regulations. Volunteers from the Chicago Park District Swim Club will provide safety for this event under the direction of the Chicago Park District. Chicago Park District Lifeguards will also monitor safety from the course perimeter in rowboats as well as on shore. Safety officers in conjunction with the race director, reserve the right to cancel this event in the unfortunate circumstance of unsafe conditions.

Entries: Advanced entry fee is \$20.00 for all swimmers, and will be accepted through Saturday, September 3, 2010. Race day entries are \$30 for any race. Checks should be made payable to **Illinois Swimming** and mailed to: **Illinois Swimming, 1400 E Touhy Ave, Suite 245, Des Plaines, IL 60018**

All inquiries should be directed to:

Race Information: Pam Lowenthal Illinois Swimming 847-824-1596, Email: ilswimoffice@ilswim.org

Registration Form

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Swimmer Name _____ Age _____ Male / Female _____

Address _____ Phone _____

City/State/Zip _____ E-mail _____

USA SWIMMING MEMBERSHIP # _____

_____ 500 Meter: 10&Under Age Group

_____ 1000 Meter: 11 & 12 Age Group

_____ 1500 Meter: 13 & 14 Age Group

_____ 2000 Meter: 15 - 18 Boys ONLY

These events are open to eligible swimmers and will be conducted according to current USA swimming rules. Swimmer's age will be age as of Saturday, September 11, 2010. Advance entry fee must be enclosed - \$20 for each participant/ race .

Waiver and Release

In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, I may have against Chicago Park District Swimming, the City of Chicago, Illinois Swimming, USA Swimming and/or any other person whomsoever for any and all injuries, illness, including death that may result from my participation in said event. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Wavier and Release.

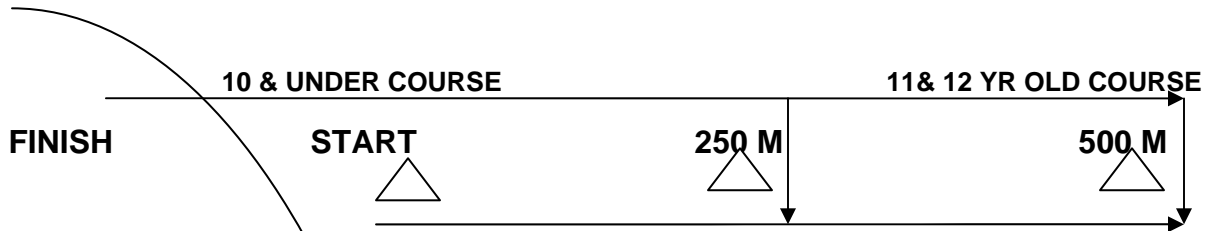
Signature	Date	Parent Signature (if under 18)	Date
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SITE MAP

LAKE SHORE DRIVE

Bike / Running Path

Spectator Area



**13 & 14 YR OLD WILL SWIM THE 11 & 12 YR OLD COURSE
AND THEN THE 10 & UNDER COURSE**

REGISTRATION AREA

15 – 18 YR OLD BOYS WILL SWIM THE 11 & 12 COURSE 2 X

OHIO STREET BEACH

