



**Kraken Summer Heat SCM Swim Meet**  
**Saturday, July 12, 2025**  
**(Weather Make-Up Day- Sunday, July 13 2023)**  
**Sanctioned by ILMSA for USMS, Inc. #215-S010**

**TIME:** Pool open for warm-up 6:00 AM  
Session 1 (400 Free) 6:30 AM  
Warm- Up 2 7:45-8:05 AM  
Session 2 8:10 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/stakeless pop-tent to be set up on the grass, pool deck on sides, or far end of the pool. There will be tents at the end of the pool for timers and swimmers waiting to go up to the block. 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. 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 106.2.1

**Meet Procedure:** Pool opens and warm up begins at 6:00am. Event 1 (400 Free) and Event 22 (400 IM) will be swam 6 lanes and limited to 6 heats maximum. There will be a 15-20 min warm up between sessions. 200 Medley Relay entries are due at 7:50am. Session 2 will begin no sooner than 8:10am. Events 2-21 will have heats of 5 lanes with the 6th lane available throughout for warm-up and warm-down. The Medley Relay (2, 3 and 4) and Freestyle Relay (13, 14, and 15) will be swam combined. Event 2-4 (Medley Relay) entries will be due at the start of warm-up 2. Event 13-15 (200 Free Relay) entries will be due at the conclusion of Event 11 (50 M Back). Each event will not start less than 10 min from the start of the previous event to allow competitors to recover if in back to back events.

Waterslide will be open after the conclusion of the last event. Must be 48 inches tall and under 300 lbs. Must be able to walk up 2 flights of stairs. Lifeguard instructions must be followed at all times.

**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=19826](https://www.clubassistant.com/club/meet_information.cfm?c=2517&smid=19826)

**T-SHIRTS:** Meet T-Shirt included with registration! Guaranteed sizes for all entries signed up with entry fee paid on or before Wednesday, June 25th. Additional shirts for entries submitted Thursday, June 26th or later, T-shirt sizes will be on a first come first serve basis.

**DEADLINE:****Guaranteed T-shirt size:** Wednesday, June 25th at 11:59 PM Central**All Race Entry Deadline:** Friday, July 11, 2025 at 11:59 AM Central

**MEET CONDUCT:** 2025 USMS rules govern the conduct of the meet. All events will be a stopwatch timed final. All events will be swum slowest to fastest with mixed age and gender. Participants are limited to four (4) individual events and two (2) relays. The 400 M Free is limited to the first 36 participants that register and pay. Athletes can only enter one (1) Medley Relay (Event 2-4) and one (1) Freestyle Relay (Event 13-15) as they will be swam combined. Competitors attempting records must notify the starter to assure that three (3) timers are available for that individual's race.

**Timing Regulations and Record Eligibility:** This meet will use manual timing as the primary system. As a result, official times achieved can be eligible for ILMSA Records and USMS Top Ten rankings, but not eligible for USMS National Records or FINA World Records. If an athlete intends to swim for an ILMSA Record or USMS Top Ten time, they must inform the officials or the head timing table *prior to the conclusion of the previous event*. This allows a third stopwatch to be added for their race, as required for record verification.

**ORDER OF EVENTS:**

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|-------------------------------|------------------------------|
| 1. 400 M Free                 | 12. 200 M Free               |
| 2. 200 M Medley Relay Mixed   | 13. 200 Free Relay Mixed     |
| 3. 200 M Medley Women's Relay | 14. 200 M Free Women's Relay |
| 4. 200 M Medley Men's Relay   | 15. 200 M Free Men's Relay   |
| 5. 100 M Free                 | 16. 50 M Breast              |
| 6. 200 M Back                 | 17. 200 M IM                 |
| 7. 50 M Fly                   | 18. 100 M Fly                |
| 8. 100 M Breast               | 19. 200 M Breast             |
| 9. 100 M IM                   | 20. 100 M Back               |
| 10. 200 M Fly                 | 21. 50 M Free                |
| 11. 50 M Back                 | 22. 400 M IM                 |

**MEET DIRECTOR:** Raymond Scribano, [rscribano@lemontparks.org](mailto:rscribano@lemontparks.org)**HEAD OFFICIAL:** Sherrie VanderBelde, [sherriev@ymail.com](mailto:sherriev@ymail.com)