

The Allegheny Mountain Licensed Masters Swimming Committee (AM LMSC) invites all registered USMS swimmers to participate in a 5k pool swim on Saturday, August 2nd from 8-10:00 am in the North Park Pool, a long course 50 meter pool located north of Pittsburgh in Allison Park, PA.

This event is sanctioned by Allegheny Mountain LMSC for USMS Inc. Sanction Number: 115-S002 and listed on the USMS calendar of events at: <https://www.usms.org/events/events/north-park-5k-pool-swim?ID=11194>

You can use this as a chance to get in a longer swim, push yourself to reach the 5k distance, or try to achieve a certain time for national championship consideration! In order to participate in the event, please complete a registration form by August 3, 2024.

Option 1: If you want your swim to be eligible for the USMS virtual national championships. If you choose this option, you will need to have someone on deck who can count your laps and write down your 500 meter splits. The swimmer is responsible for this. You will also need to register for the virtual event (a \$15 fee that goes to USMS) here: [USMS 2023 5k Virtual Championship](#). If you choose this option, you will not be allowed to use fins, buoys, or other swim gear.

Option 2: If you wish to swim this without receiving an eligible time, but still plan to swim the 5K straight through.

Option 3: If you wish to swim this without receiving an eligible time, but plan to swim the 5K as a broken swim.

Option 4: If you want to swim this on the honor system for fun and fitness. If you choose this option, you can track your laps via a smartwatch or by the honor system. A workout will be provided that will total the 5k distance; you may choose to swim as much of the distance, any way you wish, including using fins and other gear.

Registration Fee: USMS members \$15 Pay directly to PayPal (@AMLMSC or [PayPal.Me/AMLMSC](#)).

Included in registration: Refreshments and a swim cap!

This is our fourth time hosting this event! Come on out and swim in one of the region's most historic and largest outdoor pools!

Link to registration:

<https://docs.google.com/forms/d/1UvMyg7kpNPLenWFGEmPMPJm7EvxcXIHoGVZNbzu-jY4/edit>

2025 North Park 5K Timeline

7:15 AM	Event Check In Opens
7:30 AM	Warmup Open
7:45 AM	Counter and Timers Meeting
7:50 AM	Checkin and Warmup Close
8:00 AM	Event Starts
10:00 AM	Event Ends

2025 North Park 5K Timeline

7:15 AM	Event Check In Opens
7:30 AM	Warmup Open
7:45 AM	Counter and Timers Meeting
7:50 AM	Checkin and Warmup Close
8:00 AM	Event Starts
10:00 AM	Event Ends