



**Welcome to the Third Shot of the North Shore Masters Spring Classic on Saturday April 16, 2022!** This meet will be the first for some, the bigillionth for others, and somewhere in between for many. This information page contains many details to make the meet flow smoothly for all of us. Bear with us if a few stumbles and disconnects occur: We're doing all we can to make this an excellent opportunity for you to swim well. If you have any questions, please contact Marcia at

### **GETTING TO THE POOL:**

Lake Forest Academy is located on the north side of Route 60/1500 Kennedy Road, in Lake Forest. It's about a mile west of Route 41 and a mile east of I-294. Once you turn into the school, it's roughly a mile to the front of the school. Turn right. You will see several academic buildings and the tennis courts on your left. Park in the lot north of the tennis courts and enter the building in the northwest corner at the doors marked "Swim Meet." The registration desk will be front and center. After you check in, follow the signs to the Locker Rooms and Pool Entrance.

### **UPON ARRIVING, you will:**

- Sign a waiver about being on LFA Property
- Fill out and sign your COVID Screening Form
- Confirm your entries

### **COVID PROTOCOLS**

We want to ensure a safe environment for all.

All participants must provide proof of full vaccination. Masks are to be worn at all times except when swimming.

*If anyone tests positive for COVID-19 in the next 10 days, I will contact all participants with details to determine if a period of quarantine or testing is necessary.*

### **LOCKER ROOMS, RESTROOMS & AVAILABLE AMENITIES**

There are sizable locker rooms and restrooms in the hallway adjacent to the pool.

Keep the bathrooms dry: towel off the floor if you drip.

There are functioning water fountains on the pool deck and outside the locker rooms.

Bottled water and sealed snacks will be available for purchase.

### **TIMING**

In order to have the 3 mandated watches on each swimmer to make our swims "official", we will need all participants to assist with timing when they are not swimming an event, recovering, or swimming in the next event. Watches will be provided. There are benches on which you can sit to rest while you are timing.

### **DETAILS ABOUT THE COMPETITION LANES**

Throughout the meet, at a maximum, Lanes 2-5 will be used for Competing.

Lanes 1 & 6 will be used for Warm Down. Please cooperate and communicate with others while in the warm down lanes.

Please use a Feet First entry when getting into the water except when diving off the blocks.

Circle Swim during your warmup.

It is ok to enter from both ends of the pool in warmup and swim down lanes.

Please cooperate and communicate with one another during warmup.

Warm up will be from 6:45-7:20am. The meet will start promptly at 7:30am.

At 7:10am, Lanes 2 & 5 will be used for one-way sprints, starting from the blocks.

**We have until 9am so will take periodic breaks throughout the meet so all swimmers get enough rest between events.**

#### **OFFICIAL RESULTS**

Results will be sent to all participants within 48 hours upon the conclusion of the meet. Final results will be sent to the Records & Tabulations Committee for both ILMSA & USMS for Top Ten Compilation.

We hope you have a safe, enjoyable meet!

If you have any questions, please contact me.

Swimcerely,

Marcia Cleveland, Meet Director

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