

Lehigh River Swim (One or Two Mile Swim)
Allentown, Pennsylvania
July 12, 2009

Held under the sanction of Middle Atlantic Swimming
Sanction # MA 09114 OW

- Start Time: 9:30 a.m. Check In: 7:45-8:30 a.m.
- Briefing: 9:00 a.m.
- Eligibility: All participants must be current USA Swimming or Masters Swimming members
- Divisions: Age Groupings for Male and Female (12 & Under, 13-14, 15-18, Open)
- Awards: Medals for Top Swimmers in each age group

Race Description: The course is straight running parallel to the shore, north to south. There will be separate starting points for the 1-mile swim and the 2-mile swim. Swimmers will swim in one direction for the entire race. Water temperature is expected to be 70-75 degrees.

Entry Deadline: Friday, July 3, 2009 (Entries accepted the day of the meet will be \$25)

Entry Fee: \$20.00 payable to Emmaus Aquatic Club. Includes race T-shirt and refreshments after the race.

Directions: Rt.22 to Fullerton Ave. exit. Turn right off exit and continue on this road approximately 3 miles until you see a huge brick building on your left. Continue about another .5 mile until you see signs for the River Swim. The race will end at Frick Boat Club this year, not Buck Boyle Park.

Mail To: Emmaus Aquatic Club (Ph. 610-965-5800 Fax 610-965-7704)
PO Box 3304 email: emacswim@rcn.com
Allentown PA 18106-0304 Phone Day of Meet Only 610-393-5191

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Name: _____ Sex: (circle one) M F
Address: _____

Phone: _____ Age: _____ Race: (circle one) 1 mile 2 mile

Team: _____ USA Swim or USMS #: _____

Shirt Size: (circle one) M L XL