

**Lehigh River Swim (One or Two Mile Swim)
Allentown, Pennsylvania
July 25, 2010**

Held under the sanction of Middle Atlantic Swimming
Sanction # MA 10109 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 in 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 16, 2010 (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.

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/ 610-533-3966

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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