

Kansas City Blazers Masters and MOVY Masters Swimming Presents the 2010 Timetrial for 5K and 10K LCM swimming

When: Saturday 26-June-2010

Time: Check-in by 7:30am, first heat starts at 8am, conclude by 11:30am

Facility: Roeland Park Aquatic Center, 4 lanes of LCM outdoor swimming

Program: The 5K and 10K time trial will follow the USMS Postal Swim Meet rules* of 2 swimmers per lane, no drafting, and splits taken at each 100 meters.

What to bring: Each swimmer is asked to bring a help to assist with timing or lap counting. Also if you are not currently a registered USMS swimmer through MOVY Masters, you will need to join MOVY Masters* (to comply with 5K/10K postal rules – fees for MOVY Masters for 2010 are \$35) or bring a copy of the USMS or FINA registration to the event.

Fees: The participation fees for the event are \$5 and entry fees for 5K or 10K postal swim meet are \$14 (& and additional \$16 if you want an event t-shirt). Make Check Payable to either: MOVY Masters and we will enter your information on on-line 5K/10K postal event become available.

For more detailed information see the USMS website at:

<http://www.usms.org/longdist/ldnats10/5k10kpostalentry.pdf>

Or Call Anthony Thompson, 913 268 2859 at office or home 913 262 2464