

# *The Pool Plunge!*

Illinois Swimming Pool Plunge provides an opportunity for athletes to challenge themselves in longer events, offered in the pool and at Open Water Competitions, as well as having fun and building pride in identifying as a distance swimmer.

The objectives of the Pool Plunge are to

- Provide opportunities for athletes to explore the wonderful world of Open Water in a controlled environment.
- Provide a competitive challenge for experienced swimmers
- To encourage further participation in both open water and distance events.

**Eligibility:** All athletes ages 18 & Under and a member of USA swimming.

**Events:** 5k, 3k or 1k. You can do more than 1 event, but they must be separate swims.

Event		Open 5K	Open 3K	1K
Awards	Top 3 finishers	✓	✓	
	Ranked on website	✓	✓	✓
	Participation Cap	✓	✓	✓

**How It Works:** From December 1, 2019 through January 15, 2020 any swimmers who swim in designated events (sanctioned or unsanctioned) may participate in the Pool Plunge. Coaches must provide the event, time, Athlete, USA swimming ID and date of competition to IL swimming to be entered. This is a great opportunity for a time trial in practice, intra-squad meet, or a timed effort during swim-a-thon. It is up to the coaches and clubs if they choose to run these events in a sanctioned event. Be creative, have fun!

**When:** The events must be swum between December 1, 2019 and January 15, 2020. **The deadline to submit a swim is January 16<sup>th</sup>, 5pm.**

**How:** Please use the attached form to submit a time. **Entries must be sent to [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org)** . Incomplete entries will not be accepted. Times must be submitted in SCY to be considered for this event. *\*\*\*Note: times will not be entered in the SWIMS database and cannot be used for entry into ISI Championships meets.*

**Results and Awards:** Results will be published on the ISI website. All athletes submitting results will receive a cap. The top 3 finishes in the 5K and 3K men and women will received a Pool Plunge award. Coaches that have the largest percentage of their team participate over all the events will win a \$50 gift card.

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VDC	<p style="color: blue;">Swims must be between December 1, 2019 and January 15, 2020</p> <p style="color: blue;">Submission Deadline is January 16, 2020 5:00pm</p>
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Event		Open 5K	Open 3K	1650	1K
Awards	Top 3 finishers	✓	✓		
	Ranked on website			✓	✓
	Participation Cap	✓	✓	✓	✓

Athlete Name \_\_\_\_\_

USA ID \_\_\_\_\_ Club Code \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Athlete Name \_\_\_\_\_

USA ID \_\_\_\_\_ Club Code \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Athlete Name \_\_\_\_\_

USA ID \_\_\_\_\_ Club Code \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Event \_\_\_\_\_ Time \_\_\_\_\_ Date Swum \_\_\_\_\_

Total Swimmers participating from your club? \_\_\_\_\_

Coaches Name \_\_\_\_\_

Coach Signature \_\_\_\_\_

Please contact the ISI office if you have any questions on the program.

847 824 1596

