

Lehigh River Swim (One or Two Mile Swim)
Allentown, Pennsylvania
July 13, 2003

Held under the sanction of Middle Atlantic Swimming
Sanction #0380OW

Start Time: 9:30 a.m. Check In: 7:45-8:30 a.m.
Briefing: 9:00 a.m. USA Sanction # 0279OW
Eligibility: All participants must be 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: Wednesday, June 25, 2003 (Entries accepted the day of the meet will be \$20)

Entry Fee: \$15.00 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 Bucky Boyle Park.

Mail To: Emmaus Aquatic Club (Ph. 610-965-5800 Fax 610-965-7704)
PO Box 3304
Allentown PA 18106-0304 Pager day of meet: 610-709-9088

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