



YMCA CAMP PINEWOOD

**The MUSKEGON YMCA SWIM TEAM &
YMCA CAMP PINEWOOD PROUDLY PRESENT
The 2nd Annual
SWIM WITH THE SQUID OPEN WATER
CHALLENGE**

Saturday June 19th, 2010
2:00 Warm up - 3:00 Start



Description: MYST and Camp Pinewood invites your team to participate in the only open water race in West Michigan, specifically designed for age group swimming. The meet is designed for experienced swimmers of all ages to try open water swimming without the long distances typically found in similar events. The race is guaranteed to provide a challenging and rewarding experience for all competitors. All athletes will receive an award for completing the race. The event will be held at YMCA Camp Pinewood, on beautiful Echo Lake, nestled in secluded wilderness of the Manistee National Forest, in Northeast Muskegon County. Camp Pinewood is approximately a 1 hour drive from the Grand Rapids area, and is about a 3 hour drive from the intersection of I-94 and the Skyway I-90 in Chicago. We are on Eastern Standard Time. Echo Lake is a private, calm, clean, and clear lake providing the perfect conditions for racing. Camp Pinewood will be offering tent camping, RV camping, and cabin rentals on Friday night before the race, and Saturday after the race to the participating teams/swimmers and their families. A Continental Breakfast will be provided by the camp for all who stay over Friday or Saturday night. Camp Pinewood will also host a cookout for all families, swimmers, and volunteers, after the conclusion of the last event. Spending a night at the camp would be a great opportunity to explore some team building while building lasting memories.

Location: YMCA Camp Pinewood
4230 Obernauf Road
Twin lake, MI. 49457
Phone: (231)821-2421

Directions: YMCA Camp Pinewood is nestled in the heart of the Manistee National Forest near Muskegon, Michigan.

From Illinois & Southern Michigan

- Go East on I-94 towards Benton Harbor
- Go North on US 31/I-96 (South Haven Exit)
- Stay on US 31 to Muskegon
(Note: I-96 branches East to Grand Rapids. Stay on US 31)
- Take the Sternberg Rd. Exit East.
- Travel on Sternberg Rd. for approximately 6 miles.
- Go North (left) on Maple Island Road

- Travel on Maple Island Road for approximately 12 miles
- After Crossing the Muskegon River, turn Left onto Sweeter Road. Go 1/4 mile on Sweeter Road to Obenauf Road. Turn Right.
- Camp entrance is 1/4 mile away on the Left

From Eastern or Central Michigan

- Go West on I-96, exit at Nunica Go North (straight) for 18 miles on Maple Island Road (B-31)
- After Crossing the Muskegon River, turn Left onto Sweeter Road. Go 1/4 mile on Sweeter Road to Obenauf Road. Turn Right.
- Camp entrance is 1/4 mile away on the Left.

Parking: Parking is available in lots on the camp property. Some walking may be required. Look for volunteers directing traffic.

Start Times: There will be a mandatory meeting for all coaches at 1:30PM
Warm-ups will start at 2:00 PM. The meet will start at 3:00 PM.
 Awards Ceremony will follow after each event. Expect the meet to be over before 6:00 PM.

Hotel Info: Baymont Inn & Suites, 4677 South Harvey Street, Muskegon, MI 49444
 231-798-0220
 Hampton Inn, 1401 East Ellis Road, Muskegon, MI 49441,
 231-799-8333
 Fairfield Inn & Suites, 1520 Mount Garfield Road, Muskegon, MI 49444
 231-799-0100

Note: These hotels are near The Lakes Mall on Sternberg Road, approximately 30 minutes from Camp Pinewood. Due to the rural location of the camp there are not any hotels near the camp.

Camping: There are Cabins, Tent Sites, and RV Sites available both Friday and Saturday for teams and families.

Friday & Saturday Tent camping: Sites are available for \$5/Person/Night. The price includes a continental breakfast in the morning and the cookout on Saturday.

Friday Cabin Rental: \$15/person. There is one cabin available that sleeps 32 people, there is a female side, a male side, and

separate bathrooms. The price includes a continental breakfast in the morning and the cookout on Saturday. Other cabins may be available. Call for availability.

Saturday Cabin Rental: \$15/person. There are many cabin options available. The price includes a continental breakfast in the morning and the cookout on Saturday. Call for availability.

Friday & Saturday RV Camping: There are two RV sites available with water and electric hook up \$10/person/night. The price includes a continental breakfast in the morning and the cookout on Saturday.

Reservations are required for all tent camping, cabins, and RV sites.

Team and Family cabins are available. Most cabins sleep 12 people. There are two that sleep 16 people. Cabins are same gender, unless it's rented as a family cabin. All campers must be chaperoned by someone over the age of 18, and must be 100% self sufficient. Toilets and showers are available. No food in the cabins. Coolers must be stored in vehicles over night. No fires are allowed except on Saturday night in the community fire pit. Additional activities **may** be available on Saturday night (fishing pier, waterfront for swimming, and boating, and climbing wall)

Check-in for campers and the rental cabins are at 6:00 PM on Friday, June 18th and after 1:00 PM on Saturday the 19th. Check out on Sunday is at 10:30 AM.

Contact Diane Szewczyk at YMCA Camp Pinewood for reservations and more information regarding camping and cabins. Payment is due in advance to secure you reservation. Cash, check, or major credit cards will be accepted. Email - dszewczyk@ymcachgo.org or 231-821-2421

Facilities: Echo Lake is a rural, clean, and clear lake, located in Northeast Muskegon County. The lake is approximately 45 acres in size. Expect the water temperature to 65-70 F. Camp Pinewood is YMCA operated, and is a fully operational youth and family camp. Showers and flush toilets will be available.

Course: The 200 meter event is out and back. The 400, 800, 1000, and 1500 meter events are triangular shaped courses. Swimmers stay to the right of all course markers. The course is designed and constructed with GPS and computer navigation software.

Eligibility: **Events 1-10** are open to swimmers who are current members of a YMCA, USA, Parks and Recreation, Country Club, and High

School swim teams. Unattached USA swimmers are also eligible to compete. The swimmers age on June 19th, 2010, will determine the age group for competition. **Events 9 & 10 are also open to any swimmer 18 years old and older. No team or USA Swimming affiliation is required.**

Rules: The events shall be contested in accordance with USA Swimming Rules 701.3 Marking, and 701.5 Disqualifications.

Officials: YMCA officials will be on the course to ensure fair competition.

Meet Format: All events will be timed finals.

Entry Limit: Swimmers may enter (1) event per day.

Entry Fees: \$8.00 for events 1-4, and \$10.00 events 5-10.

Entry Procedures: The meet is limited to the first 200 swimmers. After the event is full all entries will be returned.

Club Team & USA Unattached Swimmer Entries: All entries should be submitted via e-mail to the entry chairperson, **Margie Collison** at someryeats@aol.com. A Hytek file is preferred. Entries may be submitted to the chairperson beginning May 19th, 2010. **The entry chairperson must receive all entries no later than 11pm June 12th.** Your club's entry summary sheet and payment should be mailed to:

Margie Collison

809 Mills Ave.

North Muskegon, MI 49445

Tel: 231-744-9220

No refunds will be given after the entries have been processed.

18& Over Individual Entries for Events 9 & 10: Complete and mail the form below with payment by **June 12th** to Margie Collison at the above address. No refunds will be given after the entries have been processed.

Check In: All swimmers **MUST** check in. Check in will be available 15 minutes before the start of warm-ups. **Check in will close 30 minutes prior to the start of the first event.** Swimmers who fail to check in will be scratched from the meet.

Marshalling: All events are self marshaled. Swimmers shall report to the beach 10 minutes before their event for final check in.

Seeding: Events 1-6 will be pre seeded. Convert times to Long Course Meters (LCM) for seed times. NT's are allowed. Time estimates

are also allowed and encouraged, but please be realistic. For safety of the swimmers, mass starts will not be used in events 1-8. Each event will have heats leaving at 1 minute intervals as needed. Events 7-10 will be mass starts, seed times are not needed. In the water starts will be used. The finish will be out of the water on the beach.

Deck entries: There will be no deck entries, or should we say, no sand entries.

Heat Sheets: Heat Sheets will be posted.

Awards: Medals will be awarded to all finishers in each race. An awards ceremony will be held following the each event. There will not be any team awards. Awards will not be mailed.

Scoring: There will be no scoring.

Results: Complete results will be posted and a copy will be e-mailed to each team.

**Concessions/
Vendors:** No Concessions will be available.

Breakfast/Lunch/Dinner:

There will be a continental breakfast available Saturday and Sunday morning for all registered campers. A box lunch can be provided on Saturday for a small fee. Inquire about the box lunch when you make reservations. There will be a cookout after the last event. No cost to swimmers, coaches, campers, and volunteers. Otherwise the cost is \$5/person

Lost and Found: Articles may be turned in/picked up at the scoring table. Articles not picked up at the end of the meet will be retained by Margie Collison (MYST Coach) for at least 14 days and then donated to charity.

Swimmers with Disabilities: All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please submit them with your team's entries.

Facilities Items: (A) No smoking allowed on camp property
(B) No glass will be allowed on the beach.
(C) Shoes should be worn at all times when not in the water
(D) There is plenty of shade. However sunscreen should be worn.
(F) Bench seating is available.

- (G) Bring lawn chairs for additional seating.
- (H) Coolers are allowed. Keep them in vehicles over night.
- (I) Tents and canopies are allowed.
- (J) No alcoholic beverages allowed.
- (K) No Pets allowed
- (L) No food allowed in cabins

- Weather:** Expect morning temperatures to be in the mid 60's to mid & 70's. The meet will be held in light rain. The events will be delayed or cancelled due to severe weather at the discretion of the safety coordinator. Expect the water temperature to be 65-70 F. There is no make up date.
- Canoes & Kayaks:** Lifejackets must be worn. Anyone on the water other than swimmers must wear one. We will provide lifeguards, officials, and volunteer observers. Coaches and parents with life jackets are allowed in the water during the races. No pacing allowed. Canoes, kayaks, and life jackets will not be provided.
- Course Safety:** Lifeguards and support personnel will be on the course.
- Life Jackets:** Life jackets may be worn by competitors. However they will be entered into the meet as exhibition
- Wet suits:** No wet suits of any kind are allowed in events 1-8. Wet suits are allowed only in events 9 & 10 for swimmers over the age of 18, who are training for triathlons or other open water events. Swimmers under the age of 18 in events 9 & 10 are not allowed to wear wet suits.
- Lifeguards:** YMCA Life guards will provide guarding during the meet.
- Swim Caps:** All participants will be provided with a high visibility latex swim cap that must be worn during the race. Swimmers with latex allergies will need to provide their own high-vis cap approved by the Safety Coordinator.
- Body Marking:** All participants will mark their race number on their arms, back, and cap. Markers will be provided to each team.
- Meet Director:** Mike Resterhouse
(231)- 578-7274
- Entry Chair:** Margie Collison
809 Mills Ave, North Muskegon, MI 49445
Tel: (hm) 231-744-9220 (cell) 231-343-0239 someryeats@aol.com

Club/Team Entry Form

Event List:	Girls	Events	Boys
	1	8 & Under 200m	2
	3	10 & Under 400m	4
	5	12 & Under 800m	6
	7	14 & Under 1000m	8
	9	Open 1500m	10

Team name: _____ **Team code:** _____

Event #	# of swimmers	Calculate \$\$ Total
1 (Girls 8 & Under 200m)		X \$8 =
2 (Boys 8 & Under 200m)		X \$8 =
3 (Girls 10 & Under 400m)		X \$8 =
4 (Boys 10 & Under 400m)		X \$8 =
5 (Girls 12 & Under 800m)		X \$10 =
6 (Boys 12 & Under 800m)		X \$10 =
7 (Girls 14 & Under 1000m)		X \$10 =
8 (Boys 14 & Under 1000m)		X \$10 =
9 (Women OPEN 1500m)		X \$10 =
10 (Men OPEN 1500m)		X \$10 =
		Total:

Total amount owed: \$ _____

Make checks payable to: Muskegon Y Swim Team

Entry chair: _____

Address: _____

Tel: _____

e-mail: _____

Please send summary and money to:

Margie Collison
809 Mills Ave
North Muskegon, MI 49445
Tel: 231-744-9220

In consideration of acceptance of this entry, I/we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against the Muskegon Y Swim Team, the Muskegon Family YMCA, YMCA Camp Pinewood, and Blue Lake Township for injuries and expenses incurred by Me/Us at said meet and on the road to and from the meet.

 Signature, Coach or Person in charge

 Address, Phone Number

Swim with the Squid Open Water Challenge Waiver – To be filled out and signed by all participants.

Waiver and Release

Name _____ Age _____ Sex _____

Address _____

City/Town _____ State _____ Zip _____

Phone (_____) _____ Team Name _____

In signing this entry form, I understand the inherent risks involved in competing in an open water swimming race. I affirm I am in good physical condition and have trained properly for the event that I am entered in. I, intending to be legally bound, do hereby for myself, heirs, executors, and administrators, release and forever discharge any and all rights and claims which I, or any of us, may here after have against Muskegon Family YMCA, YMCA Camp Pinewood, event sponsors, or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained or suffered by me in connection with this meet, whether traveling to, participating in or traveling from said meet

Participant Signature _____ Date _____

If under 18, Parent or Guardian Signature _____ Date _____

Medical Release

Additionally, if the athlete is under the age of 18, the following must be executed by the parent/guardian:

This is to certify that as of _____ (Date), I _____ (Print), the parent/guardian of give my consent to Muskegon Family YMCA, YMCA Camp Pinewood, and its safety representatives to obtain medical care from YMCA Life Guards, any emergency personnel/service, and any licensed medical physician, clinic, or hospital for medical serviced for the above named athlete for illness or injury that might arise from activities in this competition.

Parent/Guardian Signature _____ Date _____

