



**MUSKEGON YMCA SWIM TEAM &  
CAMP PENDALOUAN PROUDLY PRESENT  
The 1<sup>st</sup> Annual  
SWIM WITH THE SQUID OPEN WATER CHALLENGE  
Saturday July 18, 2009**



**Description:** MYST and Camp Pandalouan 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 with out the long distances typically found in similar events, while providing 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 Pandalouan, on beautiful Big Blue Lake, nestled in secluded wilderness of Northern Muskegon County. Big Blue Lake is a calm, clean, and clear lake providing the perfect conditions for racing. Pandalouan will be offering tent camping and cabin rentals on Friday night before the race to the participating teams and their families. This would be a great opportunity to explore some team building and build lasting memories.

One more thing.....camp legends tell tall tales of a mystical giant squid, named Chauncey. He roams the depths of Big Blue, protecting the lake and all of its inhabitants. Keep an eye out for him.....he'll surely have an eye on you.

**Location:** YMCA Camp Pandalouan  
1243 E. Fruitvale Rd.  
Montague, MI 49437  
231-894-4538  
<http://www.pandalouan.org>

**Directions:** *For GPS (and Mapquest) directions, type in E Fruitvale Rd & Blue Lake Rd, 49425*

**From the South, take U.S. 31 North.**

- Take the **RUSSELL ROAD** exit. (Approx. 6 miles North of the Apple Ave. exit).
- Turn Right onto Russell Road.
- Follow Russell all the way until it ends. About 10 miles. (Russell Road twists and turns, be sure to follow the signs for **Muskegon County B-23**).
- Russell Road will end at **FRUITVALE ROAD**.
- Take a right onto Fruitvale Road. Go 1/2 mile, Camp Pandalouan is on the right.

**From the North, take U.S. 31 South.**

- Take the **COLBY ROAD** - Whitehall - Exit.
- Take a left onto Colby Road. Go exactly 1/2 mile to **SILVER CREEK ROAD**.
- Take a left onto Silver Creek Road. Go 5.1 miles. Silver Creek will end at **RUSSELL ROAD**.

- Take a left onto Russell Road. Go 2.4 miles. Russell Road will end at **FRUITVALE ROAD.**
- Take a right onto Fruitvale Road. Go 1/2 mile, Camp Pandalouan is on the right.

**Parking:** Parking is available in lots on the camp property. Some walking may be required. Space is limited. Car pooling is **strongly recommended**. Look for volunteers directing traffic.

**Times:** There will be a mandatory meeting for all coaches at 8:30AM. Warm-ups will start at 9:00AM. The meet will start at 10:00. Awards Ceremony will conclude at 1:00 PM.

**Hotel Info:** Super 8, 3080 Colby Rd, Whitehall, MI 49461

Ramada Inn, 2865 Colby Rd, Whitehall, MI 49461

Best Western, 2822 Durham Rd, Whitehall, MI 49461

**Camping:** Tent Camping is allowed on Friday night, July 17th on site at Camp Pandalouan for \$15 per tent. Reservations are required.

Cabins are also available for rent for \$50 per cabin. The cabins have 8-14 person capacity. The number of cabins is limited so make reservations early. Reservations are required.

Your team policy will determine if boys and girls can stay in the same tent/cabin. All campers and cabin dwellers must be chaperoned by someone over the age of 18, and must be 100% self sufficient. Toilets and showers are available. No fires are allowed except in the community fire pit.

Check-in for campers and cabin rentals is at 6:00 PM on Friday the July 17<sup>th</sup>.

Contact **Lori Wilson** at YMCA Camp Pandalouan, 231-894-4538 ext 103 for reservations and more information on camping and cabins, [lwillson@pandalouan.org](mailto:lwillson@pandalouan.org)

**Facilities:** Big Blue Lake is a rural, clean, and clear lake, located in Northern Muskegon County. The lake is approximately 330 acres in size. Expect the water temperature to 65-70 F.

Camp Pandalouan is YMCA operated, and is a fully operational youth and family camp. Showers and flush toilets will be available on race day.

- 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:** The meet is open to swimmers who are current members of a YMCA, USA, Parks and Recreation, and Country Club swim teams. Unattached USA swimmers are also eligible to compete. The swimmers age on July 18, 2009, will determine the age group for competition. Swimmers over the age of 18 can swim the 1500m as exhibition and will not score points for team awards.
- 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 150 swimmers. After the event is full all entries will be returned. Team entries only (hytek preferred). All entries should be submitted via e-mail to the entry chairperson, **Margie Collison at [someryeats@aol.com](mailto:someryeats@aol.com)**. Entries may be submitted to the chairperson beginning June 1st, 2009. **The entry chairperson must receive all entries no later than 11pm June 26th.** 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.
- 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 1-8 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 9 & 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.
- Heat Sheets:** Heat Sheets will be available for \$1.00.
- Awards:** Medals will be awarded to all finishers in each race. An awards ceremony will be held following the last event. Team awards will be given to the top two combined male and female teams. Un-attached swimmers will earn points but not be eligible for team awards. Awards will not be mailed.
- Scoring:** Top 16 places in each event will earn points towards the team trophies. Scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- Results:** Complete results will be posted and a copy will be e-mailed to each team.
- Concessions/  
Vendors:** No Concessions will be available.
- 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) Bring lawn chairs for seating.
  - (H) Coolers are allowed.
  - (I) Tents and canopies are allowed.
  - (J) No alcoholic beverages allowed.
  - (K) No Pets allowed

- 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:** Coaches and parents with life jackets are allowed in the water during the races. No pacing allowed. Canoes and kayaks will not be provided.
- 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.
- 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](mailto:someryeats@aol.com)
- Waiver & Medical Release:** All athletes must turn in the competed Waiver, Release and Medical Release form during check in.

<b>Event List:</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
	1	8 & Under 200m	2
	3	10 & Under 400m	4
	5	12 & Under 800m	6
	7	14 & Under 1000m	8
	9	18 & Under 1500m	10

**Team name:** \_\_\_\_\_ **Team code:** \_\_\_\_\_

<b>Event #</b>	<b># of swimmers</b>	<b>Calculate \$\$ Total</b>
<b>1</b> (Girls 8 & Under 200m)		<b>X \$8 =</b>
<b>2</b> (Boys 8 & Under 200m)		<b>X \$8 =</b>
<b>3</b> (Girls 10 & Under 400m)		<b>X \$8 =</b>
<b>4</b> (Boys 10 & Under 400m)		<b>X \$8 =</b>
<b>5</b> (Girls 12 & Under 800m)		<b>X \$10 =</b>
<b>6</b> (Boys 12 & Under 800m)		<b>X \$10 =</b>
<b>7</b> (Girls 14 & Under 1000m)		<b>X \$10 =</b>
<b>8</b> (Boys 14 & Under 1000m)		<b>X \$10 =</b>
<b>9</b> (Girls 18 & Under 1500m)		<b>X \$10 =</b>
<b>10</b> (Boys 18 & Under 1500m)		<b>X \$10 =</b>
		<b>Total:</b>

**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 Pentalouan, 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 Pentalouan, Blue Lake Township, 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 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