



81st Annual Leroy Sparks Marathon & Goguac Lake Swim 2008

Dear Swimming Enthusiast:

The Leroy Sparks Marathon Committee invites you to participate in the **81st Annual Leroy Sparks Marathon & Goguac Lake Swim**. This year's event begins on Tuesday, July 8th and concludes with the Goguac Lake Swim on Tuesday, August 5th at Willard Beach.

The mission of this event is to promote good sportsmanship, individual goal setting and achievement, physical fitness, fair competition, and to provide an opportunity for swimmers of varying abilities to experience competitive swimming.

We encourage you to read the enclosed information regarding starting times and dates for this year's event. A registration and waiver form is included in this packet. Each participant must submit a completed registration form and signed waiver. Participants under 18 years of age are required to have the signature of a parent or guardian. You may drop off your completed form at the front desk at the Battle Creek Family YMCA, or you may bring it with you to the first swim on July 8th.

We look forward to your participation in this year's event as we carry out the legacy of Leroy Sparks, who spent his lifetime promoting the sport of swimming and good sportsmanship.

Sincerely,

The Leroy Sparks Marathon Committee

LEROY F. SPARKS 81st ANNUAL LEROY SPARKS MARATHON
& GOGUAC LAKE SWIM

RULES FOR PARTICIPATION

The mission of the Leroy Sparks Marathon & Goguac Lake Swim is to promote good sportsmanship, individual goal setting and achievement, physical fitness, fair competition, and to provide an equal opportunity for citizens of the community to experience competitive swimming.

MARATHON: A complete Marathon is defined as: A successful completion of the four required pool swims, IN THEIR CORRECT ORDER, and the Lake Swim for all Senior Division swimmers. (The Lake Swim is optional for all swimmers 12 and under)

All pool swims to be held at the Battle Creek Family YMCA, with *the last possible day to begin the Marathon being July 14th*. The last day to begin the Marathon represents the first Monday after the first Tuesday swim.

MARATHON COMMITTEE: There shall be a Marathon Committee established by the Battle Creek Family YMCA to conduct the swims and make all the necessary decisions regarding the rules and regulations – this committee is the final arbiter of all the rules, regulations, and conditions affecting the Marathon. Anyone wishing to be a member of the committee can submit an application to the current committee members.

WHO MAY SWIM: Any swimmer who is capable of swimming all the legs of the marathon is eligible to compete. For all swimmers 19 and under, the event is free. For all business class swimmers, 20 and over, there will be a \$10 fee.

All swimmers are required to sign a waiver before your first swim or, if an out-of-town swimmer, prior to the Goguac Lake Swim. You will not be permitted to swim without a signed waiver. Those who complete all the required swims are eligible to receive awards.

Swimmers who live out of town may swim the Goguac Lake Swim if they have prior committee approval (Contact information can be found in this packet) and complete a 1650 yard qualifier no more than 2 weeks prior to the lake race. Out-of-town swimmers must call or e-mail to register for the lake race and submit a qualifying time to the committee by the Monday prior to the Goguac Lake Swim. Upon check-in at the lake race, the swimmer must show proof of swimming their 1650-yard swim. Out-of-town swimmers do not qualify for awards unless they swim all 5 swims of the Marathon. There is a \$10.00 entry fee for out-of-town swimmers (20 miles radius or more).

COURSE: The first four legs of the Marathon will be held in the Leroy F. Sparks Memorial Pool at the Battle Creek Family YMCA (distances and procedures to follow). The Goguac Lake Swim starts and ends at Willard Beach. The lake course is a 1.15 mile swim in a horseshoe shape around the island. All Goguac Lake Swim participants are required to have a row boat, rower, and spotter leading the athlete.

| DATES | PEEWEE Aged 8 & Under | JUNIOR Aged 9 – 12 | SENIOR & BUSINESS Aged 13 & Up |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------------------|
| July 8 | 25 Yards | 100 Yards | 400 Yards |
| July 15 | 50 Yards | 200 Yards | 800 Yards |
| July 22 | 75 Yards | 300 Yards | 1200 Yards |
| July 29 | 100 Yards | 400 Yards | 1650 Yards |
| August 5 | 1.15 Mile Race. Required only for Senior & Business Marathon swimmers. Swimmers will receive special instructions for the Goguac Lake Swim during the first week of the Marathon. Goguac Lake Swim Times: Registration at 2:00pm First Heat at 3:00pm | | |

Age division is based upon swimmer's age as of the first scheduled swim.

TIMES TO REPORT TO THE FAMILY YMCA:

| Group | Check In | Warm Up * | Heats Begin * |
|----------------------------------------------------------|----------|---------------------------------------------------|---------------|
| Business Division (not @ work and want to swim early) | 2:00 | 2:00 | 2:15 |
| 8-Under Peewee | 3:00 | 3:00-3:30 | 3:30 |
| 9-12 Junior | 3:00 | 3:00-3:30 | 3:30 |
| 13-19 Senior | 3:30 | 3:45-4:15 | 4:15 |
| 20 & up Business Division (400 faster than 7:00) | 5:00 | 5:00-5:30 | 5:30 |
| 20 & up Business Division | 5:30 | 6:00-6:30 all lanes & 1 lane open during heats | 6:00 |

*Beginning times of warm-ups and heats are approximate and might change as the distances increase. Watch the Battle Creek Enquirer for notices of changes.

CHECK IN PROCEDURES: Upon entering the YMCA, proceed to the spectator seating upper level to check in and complete your time card. Check in is required during prior to or at that time in order to organize the heats. **If you miss your check in time, you will have to swim with the next group or schedule a make up date.**

Upon check in, you will put your time for the previous leg of the marathon on your time card in the upper right corner (for the first leg give a best guess for seeding purposes). A no time or NT will be seeded last. The waver must be signed before your first swim.

WARM-UP PROCEDURES: Your time slot for warm-up will occur when the previous group race is completed but no earlier than the above times. This is the only designated time for warm-ups. Missing your warm-up time means you will race without a warm-up. During the general warm-up, all lanes will be available, please enter feet first and circle swim. The last 5 minutes the starting blocks will be opened in designated lanes for practicing starts. After 6:30, there will be one lane available for warm up or warm down for the rest of the heats.

HEATS: Heats will be set up based on your time from your previous race (for the first leg give a best guess for seeding purposes). You will write your time in the upper right hand corner on your time card. You will be seeded fastest to slowest. Seed times will help run the heats with like abilities which will shorten the wait time for the heats to finish. For the 400 and longer, you will need to provide a counter.

MAKE-UP SWIMS: It is expected that all swimmers swim during their regularly scheduled swim times on Tuesdays. The designated swim committee members have arranged makeup swim times **by appointment only**. Each week there will be make-up times posted in pool area that swimmers can sign up for. **Make up times and days are as follows: Wednesday 12-1pm, Saturday 8-9am or Monday 12-1pm.** Sign up on the poster located on the pool office windows. **Make up swims must be scheduled 24 hrs in advance of swim and a no show/no call will disqualify you from the Marathon.**

1. Make-up swims are limited to 2 make-up swims unless prior approval of the committee.
2. All make-up swims **must** be done by the following Monday. This represents a six-day maximum make-up period. If a swimmer fails to make-up their swim in that six-day make-up period, the swimmer will be disqualified from the Marathon.
3. The final pool swim must be completed by noon on Friday, August 1st or the swimmer will be disqualified from the Marathon.
4. Lifeguards are not permitted to time you while they are on duty.
5. Appointments must be scheduled in the block of time provided on the make up chart located on the office windows of the pool.
6. You are scheduling your make-up swim time, so please warm up prior to your scheduled time.
7. No show or no call will disqualify you from the Marathon. Please contact the designated committee member if you must cancel your make up swim.

RULES AND REGULATIONS: The Leroy Sparks Marathon Committee conducts the swims and shall make all decisions regarding their interpretation. The following are answers to frequently asked questions. If you have any additional questions, please contact a committee member.

- Any stroke or combination of strokes may be used.
- A swimmer is not permitted to stop for rest or hold the edge of the pool or a violation will occur and the swimmer will be disqualified from the Marathon.
- Each swimmer has one chance for a recorded official time – there will be no re-timing.
- All swimmers who will swim the Goguac Lake Swim will be required to complete a 1650-yard swim within two weeks of the actual lake swim. Out-of-town swimmers must bring proof of their 1650 swim to the check-in at the Goguac Lake Swim. (Swimmers in the 12 and under age groups who have previously completed the Goguac Lake Swim are not required to swim the 1650 prior to this year's event.)
- Additional rules and regulations for the Goguac Lake Swim will be handed out prior to the completion of the 1650.
- In the event that the Goguac Lake Swim is cancelled due to the weather, it will not be rescheduled. The marathon will end with the results standing as of the end of the fourth pool swim.

AWARDS: Medals are awarded to swimmers who complete the Marathon (12 & under) and who place 1st - 3rd in the respective age groups. Patches are awarded to all Goguac Lake Swim participants. There are also Marathon trophies awarded that will be detailed in the swimmer's special instructions for the Goguac Lake Swim.

SPONSORS:

The Battle Creek Family YMCA
Battle Creek Parks & Recreation

**Additional sponsors are accepted and greatly appreciated so this event can continue and also stay free of charge for the youth divisions.

SPECIAL THANKS TO:

Battle Creek Enquirer
Battle Creek Shopper News
Calhoun County Sheriff's Department
LifeCare Ambulance
Michigan Department of Natural Resources

SPARKS MARATHON COMMITTEE MEMBERS:

| | | | | |
|-------------|---------------|---------------------|-------------|------------------|
| Jeff Bailey | Don Korten | Denise Martin | Tara Dolbee | Katherine Powers |
| Amy Fuller | Dick Hastings | Christine Kosmowski | Jim Pearl | |

Chair contact information:

Jim Pearl Home-965-5743 Work-788-1130 e-mail jim@volcenterbc.org



81st Annual Leroy Sparks Marathon & Goguac Lake Swim REGISTRATION FORM & WAIVER

Registration

Name: _____

Street Address: _____

City, State, Zip Code: _____

e-mail address: _____

Phone Number: _____ Date of Birth: ____/____/____

_____ \$10.00 Business Class Participants
Aged 20 and older & Out-of-town participants
Make checks payable to "Battle Creek YMCA"

_____ FREE ALL PARTICIPANTS 19 AND UNDER

High School Challenge Participants
Incoming Freshmen through outgoing Seniors
Name of High School: _____
Grade just completed: _____

Waiver (Must be signed prior to beginning the event)

I attest and verify that I have full knowledge of the risks involved with the Leroy Sparks Marathon and Goguac Lake Swim and am physically fit and well trained to participate in the event. For and in consideration of my participation in the Leroy Sparks Marathon and Goguac Lake Swim, I do hereby release and discharge the Battle Creek Family YMCA, the Leroy Sparks Marathon Committee, sponsors, any of their agents, employees and representatives, and all individuals or officials connected in any way with this event (jointly and severally) and hold them harmless against any and all actions, claims, demands, liabilities, loss, damage, or expenses of any kind and nature, including attorney fees, which may at any time be incurred by reason of my participation in or my preparation for the above event.

Signature: _____

Date: ____/____/____

Parent/Guardian signature (if participant is under 18)