



Miracle Mile & Wheaton 500

June 10, 2006

The team will be hosting the second annual Wheaton 500 and Miracle Mile on June 10, 2006. This is a great chance to get a time in an event you have never done before, get a new cut, set a new team record, or just show how much you have improved from last year.

Who: The coaches strongly encourages ALL SWIMMERS in Gold, Junior Nat, Senior, Pre-Nat, and Gold to participate, although swimmers in any group may participate.

The "Wheaton 500" is a **500 yard free** intended for 12 & Under swimmers. The Miracle Mile is a **1650 free** intended for 13 & Over swimmers, although some 11-12's may be eligible for this event as well (check with your group coach). **The times achieved at this meet are official!**

When: June 10, 2006 at Wheaton College Pool

Timeline: 8:00 warm-ups for miracle mile
8:30 miracle mile begins!
10:00 warm-ups for Wheaton 500 in small pool*
10:30 (approx) Wheaton 500 begins

*the small pool will be open the entire time for warm-up / warm-down

Sign-up: Many of you have already signed up on your meet entry sheet. If not, or if you would like to be added into these meets, you can email the coaches or return this sheet by June 8th.

MIRACLE MILE / WHEATON 500 SIGN-UP

Name: _____ **Group:** _____ **Age:** _____

Please enter me in the following (check one):

Miracle Mile

Wheaton 500

