



## Miracle Mile & Wheaton 500

Saturday, June 13, 2009

The team will be hosting the fourth annual Wheaton 500 and Miracle Mile on Saturday, June 13, 2009. 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 encourage 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 13, 2009 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:** Sign up is now open for online registration. The deadline to sign up is June 9, 2009 at 11:59 p.m.

