



Miracle Mile & Wheaton 500

Saturday, June 12, 2010

The team will be hosting the fifth annual Wheaton 500 and Miracle Mile on Saturday, June 12, 2010. 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 Silver, Gold, Senior and Junior National to participate, although swimmers in any group may participate. Note that we will NOT have practice this day. **National Team:** ALL National Team members will be entered in this meet, unless you notify us that you cannot attend.

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 12, 2010 at Wheaton College Pool

Timeline: 8:00 warm-ups for miracle mile
9:00 miracle mile begins!
10:00 warm-ups for Wheaton 500 in small pool*
10:45 (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 May 31, 2010 at 11:59 p.m.

