

It's time to **BURN THAT TURKEY!** The **Weston Swimming Annual Turkey Burn** is on **Saturday, November 30**. Get ready to enjoy the day and have some fun with your teammates. Please register through our team website (Commit Swimming). **All participants will receive one raffle ticket, a one-of-a-kind Turkey Burn T-Shirt and a medal!** Each category-winning male and female will receive a prize.

Non-team friends and family are welcome to participate and may split the run and swim portion of the event (Just swim/just run/ or relay with another family member/friend). *Weston Swimming participants must complete the race on their own to be eligible to win their age group category.*

8 & under

1. Meet at the Pool wearing a swimsuit under your running gear at **8:30 AM**
2. Run ½ mile (From the school to the track and 1X around the track) at 9:00 AM
3. Swim 500 yards at the pool (20 lengths/10 laps)

9-12 year olds

1. Meet at the Pool wearing a swimsuit under your running gear at **9:00 AM**
2. Run 1 mile (From the school to the track and 3X around the track) at 9:30 AM
3. Swim 1,000 yards at the pool. (40 lengths/20 laps)

13 & over

1. Meet at the Pool wearing a swimsuit under your running gear at **9:30 AM**
2. Run 2 miles (From the school to the track and 7X around the track) at 10:00 AM
3. Swim 2,000 yards at the pool (80 lengths/40 laps)

RULES OF COMPETITION

- Each participant will need a timer/counter. Timers/counters will be given a stopwatch, score sheet and pen to keep track total time and laps completed.
- All participants will meet in the courtyard outside the pool to begin the run. Participants should have their suits on under running gear for a quick transition to begin the swim.
- After the run, participants will continue through the courtyard and enter the far door at the pool's deep end. Quickly put on your goggles and cap and begin your laps.
- Swimmers, of all ages, may use kickboards and stop/go as needed. Remember, It's a race against the clock, so keep moving.
- Timers need to record the RUN TIME as athletes enter the building but KEEP YOU WATCH RUNNING! Timers will also get a SWIM TIME and a TOTAL TIME, do NOT hit that stop button until participants cross the FINISH LINE.
- During the swim, counters count their swimmer's laps (down and back = 1 Lap) and record them on the time/counter sheet.
- At the end of the swim, participants and their timer/counter need to go to the finish line (table in front of the pool office) to record the final time and hand in your score sheet. THE RACE IS COMPLETE WHEN YOU CROSS THE LINE AT THE FINISHING TABLE.