



## Illinois Open Water State Meet

### Lake Manteno, Manteno Sportsman's Club

#### Sunday, August 14

- 4:00pm Technical Meeting via Zoom
- 6:00pm Optional day before registration/numbering
- 6:30-8:00pm Optional Warm-up in Lake Manteno

#### Monday, August 15

- 6:00am Official's briefing
- 6:30am Warm-up area open @Lake Manteno
- 7:00am Registration/Numbering begins
- **7:40am Girls Open 3K Briefing**
- **8:00am Girls Open 3K Start**
  
- 8:00am Warm-up/Cool-down available @ roped off area in front of beach (until the end of all events)
  
- **8:40am Boys Open 3K Briefing**
- **9:00am Boys Open 3K Start**
  
- **9:40am Girls 13/14 3K Briefing**
- **10:00am Girls 13/14 3K Start**
  
- **10:40am Boys 13/14 3K Briefing**
- **11:00am Boys 13/14 3K Start**
  
- **11:40am Combined Girls/Boys 11/12 2K Briefing**
- **12:00pm Combined Girls/Boys 11/12 Start**
  
- **12:40pm Combined Girls/Boys 10&U Briefing**
- **1:00pm Combined Girls/Boys 10&U Start**

#### Awards

- Goal is to award 30 minutes after each race