

CHECK-IN PROCEDURE @ Quassy Restaurant

Swimmers **DO NOT** apply sunscreen until after you have been checked-in

(ALL 4 STATION MUST BE COMPLETED IN ORDER TO COMPETE and a Lanyard will be given to show completion of check-in. The Lanyard MUST be collected at racecourse enter in order to compete)



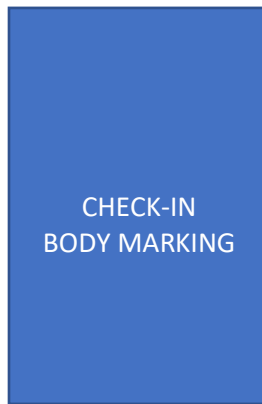
STATION 4
T-Shirt/Lanyard



STATION 3
USA OFFICIALS NAIL CHECK



STATION 2
TIMING CHIP



STATION 1
CHECK-IN/BODY MARKING

2.5K & 5K CHECK-IN begins at 6:00am and ENDS @ 7:00am
750(1K)-MINI CHECK-IN begins at 7:45am and ENDS @ 8:30am