

Swimmers! Triathletes! Athletes!

Central Illinois Open Water Swim (COWS)

Sanctioned by Illinois Masters Swimming Association (ILMSA) for United States Masters Swimming (USMS), Inc. - USMS Sanction: 210-002W

August 7, 2010

(Saturday, 10:00 A.M. CT)

Distance: 1.2-Miles & 2.4-Miles
Early Entry Fee: \$ 30.00 (ON-LINE, see deadlines on Event websites)
Location: Evergreen Lake (Comlara Park), Hudson, Illinois
Event Host: Central Illinois Masters Swim Team, Inc.
Facility Host: McLean County (Illinois) Parks & Recreation

Event Website: www.COWS.org

Register ON-LINE: www.ClubAssistant.com/COWS



Central Illinois Masters Swim Team, Inc.

PRAIRIE SHARKS



For further information, please contact John Traynor at info@COWS.org