



NCR Dolphins SWIM MARATHON

July 8, 2022 - July 9, 2023

I. Purpose

The purpose of the annual NCR Dolphins Swim Marathon is to raise funds to benefit the NCR Swim Team and to provide a fun experience for pool members and swim team participants.

II. Description

The Swim Marathon begins at 5:30 P.M. on Saturday, July 8 and ends at 10:00 a.m. on Sunday, July 9 2023. Participants collect donations from friends, relatives, and pool members indicating the number of laps they intend to swim. Pool members may set goals for the number of laps to swim during the marathon. Swim team members' lap goals are preset (see below). Lap counters record laps as they are completed and total them at the end of the marathon period. One lap equals one length of the pool.

Although any pool member may participate, only swim team members and their families may spend the night.

III. Lap Goals

New Carrollton Swim Team members' lap goals are presented by age group. This number of laps is simply a goal not a requirement. All swim team members who swim the most laps in each age group are recognized at the end-of-year awards banquet.

Age Group	Lap (1 length) Goals
6 & Under	50
7 - 8	100
9 - 10	150
11 - 12	200
12 - 14	250
15 - 18	300

IV. Parent Volunteers

The marathon runs smoothly and successfully with **parental support**. **Volunteers** are needed to set up tables on Saturday afternoon after the meet, count laps, chaperon the overnight campout, help with snacks and meals and take down tables, lap dividers, etc. on Sunday. Please sign up with the marathon coordinators to volunteer your time.

V. Marathon Rules

A. Donations

1. All donations will benefit the New Carrollton Swim Team.
2. All marathon swimmers must turn in a minimum of \$30.00 in donations in order to participate, or \$50.00 per family. *Participants who raise the most funds will be recognized at the awards banquet
3. All donations are due upon check-in (beginning at 5:30 P.M. on Saturday) to NCR treasurer, Jason Willis.
4. Make any checks payable to NCR Dolphins.

B. Overnight

1. All children **under the age of 21** must be under the supervision of an adult to participate. Adults may supervise up to 2 non-related children in addition to their own.
2. Family tents are the only sleeping arrangements allowed.
3. No non-pool members are allowed during the overnight hours.
4. The water will be closed to swimming from 10 p.m. to 6:00 a.m.

C. Food

1. Families are responsible for their own dinner on Saturday night.
2. Families may bring snacks and drinks to share.
3. The swim team will provide breakfast on Sunday morning at 9:00 am.

VI. Check-In Procedures

1. Check-in begins at 5:30 P.M. on Saturday.
2. At that time every swimmer must have his/her donation envelope (minimum \$30.00 ea / \$50.00 family, donation to swim).
3. Swimmers will be issued a lap card and assigned to a lane.
4. Swimmers may begin swimming at any time after registering.

VI. Clean Up

1. All camping equipment/supplies must be taken down before 10am on Sunday.
2. Volunteers help break down tables, canopies, lap dividers, etc.
3. Trash are picked up and disposed