

Event Sanctioning

The Masters 1-mile & 2-mile swims are USMS/Pac Masters sanctioned events. The youth 2-mile, 1-mile and 500 yard swims are sanctioned by USA Swimming/PS. All swimmers must be current 2012 registered members of one of these organizations in order to compete. Membership information may be obtained by contacting:

USMS/Pac Masters (18 & over)	USA Swimming/PS (18 & under)
www.pacificmasters.org	www.usaswimming.org
(415) 892-0771	(925) 933-0395

For general race information, contact:

Patricia Price, DAM Race Director.
E-mail address: plprice@ucdavis-alumni.com

Directions & Parking

All swims start and finish at Oak Shores Park off Knoxville-Berryessa Road, along the western shore of the lake. Turn east onto Knoxville-Berryessa Road from Highway 128 at Turtle Rock Cafe. The entrance to Oak Shores Park is 0.6 miles north of Park Headquarters, and 2 miles north of Spanish Flat.

Parking is available at Oak Shores Park. However, **carpooling is strongly encouraged**. Parking is on a first come first serve basis. If you park along the Knoxville-Berryessa Road, do so on the west side and in a legal manner. Illegally parked cars will be towed. Shuttle service between the swim area and overflow parking outside the park will be available.

Water Safety

Swim caps will be provided to all swimmers and must be worn. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than one hour for the 1-mile swim and two hours for the 2-mile swim.

Course & Water Temperature

Both the 1-mile & 2-mile courses will be marked by buoys at approximately 200 yard intervals. The expected water temperature of the lake is between 65-70 degrees. The 2-mile course will go around "Goat" Island, and the 1-mile course will go around "Flamingo" Island.

Post Swim Picnic

Shade trees, picnic tables, barbecue grills, music, and restroom facilities are available. Come and make a day of it by the lake! Box lunches from Cucina Italiana at Spanish Flat can be pre-ordered with a limited quantity available day of race. Please see order form for selections.

Note: No sale or use of alcoholic beverages, no glass containers and no smoking allowed in swim area.

- Mail-in registration must be postmarked by May 16, 2012
- Online Registration (www.damfast.org) available through May 31, 2012

Davis Aquatic Masters
P.O. Box 921
Davis, CA 95617

Come experience the



2012 Lake Berryessa Sponsors



www.damfast.org

PRSR STD
US POSTAGE
PAID
SACRAMENTO CA
PERMIT NO 333

Save time and avoid errors by entering online at www.damfast.org

Entry Fees

EARLY Postmarked or on-line by 5/19/12	REGULAR Postmarked or on-line by 6/1
2-mile Masters..... <input type="checkbox"/> \$40 <input type="checkbox"/> \$45	2-mile Masters..... <input type="checkbox"/> \$45
1-mile Masters..... <input type="checkbox"/> \$40 <input type="checkbox"/> \$45	2-mile + 1-mile Masters <input type="checkbox"/> \$75
2-mile + 1-mile Masters <input type="checkbox"/> \$40 <input type="checkbox"/> \$45	1-mile Masters Cat 2 <input type="checkbox"/> \$40 <input type="checkbox"/> \$45
1-mile Masters Cat 2 <input type="checkbox"/> \$40 <input type="checkbox"/> \$45	2-mile + 1-mile Masters Cat 2 <input type="checkbox"/> \$60 <input type="checkbox"/> \$75
1 & 2-mile USA Swimming .. <input type="checkbox"/> \$25 <input type="checkbox"/> \$30	500 yd. youth swim..... <input type="checkbox"/> \$20 <input type="checkbox"/> \$25

Fees include swim cap, post race refreshments and online race results.

BOX LUNCH FROM CUCINA ITALIANA AT SPANISH FLAT

(indicate choice below)

CUCINA ITALIANA
Lake Berryessa

Turkey
 Artichoke, roasted bell pepper & provolone
 Tomato, basil, & mozzarella fresca
 Italiano, prosciutto, salame and provolone
 Vegetarian Pasta salad

*includes choice above, apple, cookie, and bottled water

X \$10 = _____

MERCHANDISE

Shirts: \$15 each (\$20 on race day)

Adult..... S M L XL XXL
 Youth..... S M L XL
X \$15 = _____

Adult sizes are men's sizes.

Mugs \$8 each **X \$8 =** _____

Swimming event fees \$ _____
 Merchandise total \$ _____
 Lunch total \$ _____
Total Amount Enclosed \$ _____

You MUST include a current copy of your USMS/PMS/USA Swimming membership card

All fees are nonrefundable and nontransferable

PLEASE PRINT CIRCLE ONE DATE OF BIRTH MONTH DAY YEAR AGE ON RACE DAY

SEX M F

LAST NAME _____ FIRST _____

ADDRESS _____ STATE _____ ZIP _____

CITY _____ PHONE _____

Email _____

USMS/USA SWIMMING MEMBER # _____

CLUB AFFILIATION _____ CLUB INITIALS _____

Online Entry: www.damfast.org

Mail completed entries with checks payable to: **Davis Aquatic Masters, P.O. Box 921, Davis, CA 95617**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____

Date _____

I am the parent/guardian of a minor competitor

Registration/Check-In

Registration and check-in open at 7:30 a.m. Race day registration will be available and credit card payment will be accepted. Registration for each race will close one hour before race starts. All entrants MUST provide USMS or USA swimming card on race day.

Start times (All start times are approximate)

All swims are deep water starts

Swimmers must check in 1 hr. before start time.

500 yd. USA youth Boys Ages 8-10	9:15 a.m.
500 yd. USA youth Girls Ages 8-10	9:20 a.m.
2 Mile USA Boys and Girls Ages 17-18	9:30 a.m.
2 Mile USA Boys and Girls Ages 15-16	9:35 a.m.
2 Mile Masters Men Ages 18-39	9:45 a.m.
2 Mile Masters Women Ages 18-39	9:50 a.m.
2 Mile Masters Men Ages 40+	9:55 a.m.
2 Mile Masters Women Ages 40+	10:00 a.m.
2 Mile Masters Cat 2* Women & Men	10:05 a.m.
1 Mile USA Boys Ages 15-18	11:00 a.m.
1 Mile USA Girls Ages 15-18	11:05 a.m.
1 Mile USA Boys Ages 11-14	11:10 a.m.
1 Mile USA Girls Ages 11-14	11:15 a.m.
1 Mile Masters Men Ages 18-39	11:35 a.m.
1 Mile Masters Women Ages 18-39	11:40 a.m.
1 Mile Masters Men Ages 40+	11:45 a.m.
1 Mile Masters Women Ages 40+	11:50 a.m.
1 Mile Masters Cat 2* Women & Men	11:55 a.m.

No late starters or switching of races will be allowed.

Awards

Awards will be given to the top male and female finishers in the 2-mile and 1-mile Masters (Category 1), and in the 2-mile and 1-mile USA Swimming. In addition, awards will be given to the top 3 male and female finishers in each division:

- Masters 2-mile:** male & female age groups (18-24, 25-29, 30-34 etc.)
- Masters 1-mile:** male & female age groups (18-24, 25-29, 30-34 etc.)
- Masters combined 1 & 2-mile:** male & female age groups (18-24, 25-29, 30-34, etc.)
- Masters Category 2*, 2-mile:** male & female, overall
- Masters Category 2*, 1-mile:** male & female, overall
- USA Swimming 2-mile:** boys & girls 15-16, 17-18,
- USA Swimming 1-mile:** boys & girls 11-12, 13-14, 15-18
- Youth 500 yd. Swim:** Boys & Girls

*Equipment: FINA Rule for swimwear will apply.
 Category 1: formerly non-wetsuit
 Category 2: formerly wetsuit
 For more information about the rule, visit:
<http://openwaterpacific.com/swimsuit.html>