



Sunday, August 19, 2012 John Daly One Mile Ocean Swim

Lifeguards for Life

Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-08

Location	The beach at National Boulevard, Long Beach, NY 11561 on Long Island.
Hosted by	Long Beach Lifeguard Patrol and the Daly Family. All event proceeds benefit the John Daly Scholarship Fund which annually awards a scholarship to a graduating high school senior(s) from the Long Beach Patrol Lifeguards, sponsors young swimmers from the Long Beach Recreation Tiger Sharks Swim Team, and provides swim lessons to children of need. Additional donations payable by check or money order to John Daly Scholarship Fund are appreciated to continue this scholarship in memory of John Daly.
Directions	<u>By Car:</u> Meadowbrook Parkway south to end. Just before Jones Beach toll booths, bear right (exit M10) onto Loop Parkway. Take to end and turn right onto Lido Boulevard. Drive approximately four (4) miles west (Lido Boulevard becomes Park Avenue). Turn left onto National Boulevard and go south to the beach. Street parking only; no reserved beach parking lot. <u>By Train:</u> Take the LIRR to Long Beach station. Exit train station to your left, cross Park Avenue and walk down Edwards Boulevard five blocks to boardwalk. Turn right and walk along boardwalk one block to National Boulevard. Go down steps to access beach area beneath boardwalk. Landmark: The Allegria Hotel is located at National Boulevard and the beach.
Schedule Course	7:15-8:00AM Check-In • 8:15AM Pre-Race Briefing • 8:30AM bus transports swimmers to start • 9:00AM Prompt Race Start One mile ocean swim with water start and land finish. Course will be clearly marked with numerous large, brightly-colored buoys. Race director will determine course setup and swim direction on event day based on weather and water conditions. Expected water temperature range is 68-73° F, with some chop due to wind, and the possibility of flotsam, jetsam and jellyfish.
Safety	Safety and in-water supervision provided by the Long Beach Lifeguard Patrol with lifeguards on paddle boards and jet skis monitoring the entire course and all swimmers. EMT personnel will be on-site. Any medical emergencies will be taken to Long Beach Medical Center (516-897-1000), 455 East Bay Drive, Long Beach, NY 11561. In the event of inclement weather or dangerous conditions, the race director reserves the right to modify, move or cancel the swim.
Eligibility	Participant must be 18 years of age or older, have prior open water swimming experience of one mile or longer, and be able to complete one mile ocean swim in 55 minutes or less. To comply with mandatory insurance requirements, participant must be either a current registered member of U. S. Masters Swimming ("USMS"), or a current Long Beach Lifeguard, or participate in the OPEN division by taking out One Day One Event ("OEVT") USMS registration (must be processed ONLINE with a credit card).
Rules	All applicable 2012 USMS rules, regulations and safety guidelines will govern this event and be enforced. Swim suits and equipment in non-wetsuit race divisions must conform to current USMS open water rules.
Check-In	Each swimmer will be body-marked during check-in with respective race number and will receive a brightly colored, highly visible swim cap which must be worn as the top cap during entire swim (do NOT remove swim cap until AFTER crossing finish line!).
Divisions	Select from one of the following race participation and award divisions: Division 1 - USMS NO Wetsuit (18 & older; annual registered member of USMS) Division 2 - USMS WETSUIT (18 & older; annual registered member of USMS) Division 3 - OPEN NO Wetsuit (18 & older; one-event OEVT USMS registration) Division 4 - OPEN WETSUIT (18 & older; one-event OEVT USMS registration) Division 5 - LIFEGUARD NO Wetsuit (18 & older; CURRENT Long Beach Lifeguard)
Awards	Special awards will be presented to the top three overall male and female finishers in each division. Awards will also be presented to the top three finishers by gender in each age group within each division (18-24, 25-29, 30-34, 35-39, and so forth in five-year increments). Awards ceremony will take place on the beach and will include refreshments.
Race Timing	Electronic chip timing provided by JustFinish. Each swimmer will wear an electronic chip on their ankle to automatically record their swim time. Chip will be collected at the finish line. Swimmers who fail to return their chip will be assessed a \$30 charge.
Results	Results will be posted online at www.LongBeachNY.org , www.metroswim.org and www.justfinish.net/results.html
Entry Fees	***Entry fees are non-refundable and non-transferable*** \$35.00 early DISCOUNT RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, July 3 \$45.00 regular entry fee RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, July 24 \$55.00 LATE entry fee RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, August 14 FINAL DEADLINE
Entry Deadline	Online registration closes at 11:59PM on Tuesday, August 14, 2012. Final paper mail-in deadline is RECEIVED (not postmarked) by Tuesday, August 14, 2012. THERE IS NO RACE DAY REGISTRATION!
Enter Online	Race organizers strongly urge participants to use the online event registration service for accuracy and speed. Do so with a credit card (VISA or M/C only; credit card statement will reflect a charge from "Club Assistant.com Billing") online at: https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=4083 .
Mail In Entry	Mail check or money order payable to USLA John Daly Scholarship Fund with fully executed entry form (and legible copy of 2012 USMS registration card for USMS participants) to: Rosemary Daly, 50 Armour Street, Long Beach, NY 11561.
Questions	Direct inquiries before June 25 to 516-431-0749, after June 25 to 516-431-1810, or any time to tomrowie@verizon.net .

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PAPER MAIL-IN ENTRY FORM OPTION

Paper mail-in entry form can ONLY be used if you are an annual registered member of U. S. Masters Swimming ("USMS"). If not, then you MUST use online event registration where you will be guided through one-day single event OEVT registration to satisfy mandatory insurance requirements.
Register online at https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=4083

PRINT FULL NAME _____

GENDER (circle one) Male Female D.O.B. (mm/dd/yyyy) ____/____/____ Age (on 08/19/12) ____

DAY PHONE (____) _____ - _____ EVE PHONE (____) _____ - _____

PRINT E-MAIL ADDRESS _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

SELECT COMMEMORATIVE EVENT T-SHIRT SIZE (check ONE box):

MEN'S SIZES: S M L XL -or- WOMEN'S SIZES: S M L XL

SELECT RACE PARTICIPATION DIVISION (check only ONE box):

#1 USMS NO Wetsuit #2 USMS WETSUIT #3 OPEN NO Wetsuit #4 OPEN WETSUIT #5 LB Lifeguard NO Wetsuit

(For Divisions #1 & #2) 2012 USMS Registration # _____ - _____ Club Abbreviation _____

DETAIL PRIOR ONE MILE OR LONGER OPEN WATER SWIM RACE EXPERIENCE (date, event, location, distance, finish time):

PROVIDE MANDATORY EMERGENCY CONTACT INFORMATION:

PRINT CONTACT PERSON'S FULL NAME _____

RELATIONSHIP _____ PHONE (____) _____ - _____

DETAIL IMPORTANT MEDICAL INFORMATION OR CONDITION(S) THAT EVENT AND MEDICAL PERSONNEL SHOULD BE AWARE OF:

Entry fees are non-refundable and non-transferable

\$35.00 early DISCOUNT RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, July 3, 2012

\$45.00 regular entry fee RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, July 24, 2012

\$55.00 LATE entry fee RECEIVED by mail or processed ONLINE by 11:59PM on Tuesday, August 14, 2012 **FINAL DEADLINE**

TOTAL AMOUNT \$ _____ payable by check or money order to **USLA John Daly Scholarship Fund**. Mail fully executed entry form with payment and (for divisions #1 & #2) legible copy of 2012 USMS registration card to: **Rosemary Daly, 50 Armour Street, Long Beach, NY 11561.**

USMS Liability Release: "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 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 SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, THE CITY OF LONG BEACH, LONG BEACH LIFEGUARD PATROL, THE UNITED STATES LIFESAVING ASSOCIATION, THE LONG BEACH CHAPTER OF THE USLA, OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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 the risks inherent in Open Water Swimming and agree to assume those risks."

SIGNATURE _____ DATE _____



Use this form if you are 18 years of age or older, and NOT a current annual registered member of U. S. Masters Swimming

**2012 Metropolitan LMSC
One Event ("OEVT") Registration
Form for Open Water Swim Events**



STOP! Before using this form to process one day, single-event USMS registration for insurance coverage and event participation eligibility...THINK about your option to spend just a bit more money to register with USMS for the full year. Annual USMS registration fee is \$45 and provides eligibility to participate in ALL USMS-sanctioned pool and open water swim events, postal and fitness activities, clinics, and bona fide masters swim programs, activates a subscription to SWIMMER magazine, entitles you to discounts on goods and services, and much more! The USMS community is a vibrant, active, member-friendly organization with many benefits that are more than worth the \$45 annual membership fee. Joining is quick and easy. Process online with a credit card (VISA or M/C only) at www.usms.org/reg/

Fully execute the following for OEVT (one-day, single event) USMS registration/insurance (\$20 fee)

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
DOB (mm/dd/yy)	Age	Sex (circle one) M F	E-Mail Address	
Event Name			Event Date	

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 SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR 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."

Signature _____ Date _____