SOUTHERN MASTERS SWIMMING

Tri-Lakes Open Water Swimming Carnival

1km and 3km races

Zachary, LA

Sanction Pending

**Date:** Saturday,May 4, 2013

**Sanction:** Sanctioned by Southern Masters Swimming for Unites States Masters Swimming

**Facility:** Bennett’s Tri Lakes is located in Zachary, LA and is a family owned and operated business. Bennett’s has 3 man-made lakes, covered pavilions, and existing public address system. More information about the facility is available at [www.skibennetts.com](file:///C%3A%5CUsers%5CTSROOT%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CLow%5CContent.IE5%5C52BKYQPL%5Cwww.skibennetts.com). Changing rooms and restrooms are available on site.

**Hotel:** Renaissance Hotel: 7000 Bluebonnet Blvd, Baton Rouge, LA 70810

Special rates - $109 per night

More information available at:

<http://www.marriott.com/hotels/travel/btrbb-renaissance-baton-rouge-hotel>

**Directions:** From race hotel, take I-10 west toward downtown Baton Rouge. When nearing downtown, head north on I-110. When I-110 ends, continue on US-61 North for about 6 miles. Turn right onto Barnett Road. Continue down Barnett Road for 1.8 miles. Tri-Lakes will be on your left. Tri-Lakes Physical Address: 18605 Barnett Road, Zachary, LA 70791

**Eligibility:** All competitors must be registered with US Masters Swimming to be eligible to participate. One event US Masters Swimming Memberships will be available for sale. Proof of membership must be verified upon registration.

**Entries:** Swimmers may enter one or two races. Entry fees will be $30 for first race and $10 for each race thereafter.

 Online entry available for this event through Club Assistant. (https://www.clubassistant.com/club/meet\_information.cfm?c=1821&smid=4395) Entries are due by April 30th, 2013 at 11:59 PM. Online registrations for this event are paid by credit card to 'ClubAssistant.com Events'.

Paper Entries are due by May 2. Online entries preferred.

 Race day registration will be accepted. Race day entry fees will be $40 for first race and $15 for each race thereafter.

All athletes registered by April 30th will receive a T shirt.

**Warm Up:** The competition course will be available for warm up beginning at 9:00 am. Course will close to warm up at 9:40.

A pond will be available during the meet for warm up and warm down. All swimmers using this pond must check in with the lifeguard and check out when exiting to ensure that all athletes are accounted for.

**Meet Schedule:** 9:00 AM Course open for warm up

9:40 AM Competition course closed

 10:00 AM 1km swim

11:00 AM 3km swim

 Race start times are approximate. Staggered starts by age or gender may be used at the discretion of the meet referee. Pre-race instructions will be given 10 minutes prior to race start.

**Check In:** All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification. Each swimmer will be marked 30 minutes prior to the start of their race. After completing their race, all swimmers must exit through the designated pond exit to ensure that all athletes are accounted for.

**Race Info:** The race course will be 1000m. The race will start and finish in the water. Swim in a clockwise/counterclockwise direction with buoys off of the right/left shoulder. Finish shall take place in the water.

**Weather:** We will make every attempt to swim the races. The meet will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area we will delay the meet 30 min. per occurrence. We will make every attempt to swim the races. If there is hazardous weather during a race, foghorns will be used to alert swimmers to exit the lake at the nearest point. Swimmers are to meet back at the main pavilion near the race start.

**Results:** Results will be posted to [www.dixiezone.org](http://www.dixiezone.org) upon finalization of results.

**Awards:** Top finishers in each race will receive an award.

**Meet Director:** Tim Root – (832) 339-9241 – Email: timothy.s.root.82@gmail.com

**Safety Officer:** Mark Smith – (225) 923-2050

**Meet Referee:** TBD

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**Entry Form**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: M / F Age (As of 4 May 2013):\_\_\_\_\_\_\_\_ USMS#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Name: \_\_\_\_\_\_\_\_\_\_\_ Team Abbreviation:\_\_\_\_\_\_

Street Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip Code: \_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Check Desired Races:** \_\_\_\_\_ 1000m \_\_\_\_\_ 3000m

**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 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, 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.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Meet Entry:** Online registrations for this event are paid by credit card to 'ClubAssistant.com Events'. Entry fee is $30 for the first race, $10 for the second race. Online entry available for this event through Club Assistant. Entries are due by April 30th, 2013 at 11:59 PM.

**Paper Meet Entry:** Entry fee is $30 for the first race, $10 for each race thereafter. Paper Entries must be received by May 1, 2013. No late entries will be accepted between May 1st and Race Day. Race day registration is available at $40 for the first race and $15 for each race thereafter. Mail completed entry form, copy of USMS card, and check payable to Southern Masters Swimming to:

Tim Root

Tri-Lakes Open Water Swimming Carnival

7745 N Jefferson Pl Circle, Apartment A

Baton Rouge, LA 70809