



## Lake Moomaw 1- Mile Open Water Swim Alleghany County, Virginia, Saturday, August 3, 2013

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc. Sanction #123-W003

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [WWW.VASWIM.ORG](http://WWW.VASWIM.ORG)**

**Your credit card will be charged to “ ClubAssistant.com Event Billing “**

**EVENT:** There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole’s Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the “no wake zone” in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer’s left. A 2x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 30 seconds apart, to prevent congestion.

**Warm-up begins at:** 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2013 USMS card. Online entries will be verified automatically. To renew or join USMS online, visit [usms.org/reg](http://usms.org/reg).

**Rules:** Current 2013 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 25, 2013. Online entries will close at 11:59pm Eastern Time on July 30, 2013. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$30.00. To be guaranteed a free t-shirt, enter online by July 15, 2013.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestVaco water rescue team will be on site with boats, rescue boards, and rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. “No Time” entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

**Awards/ Social:** Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race. Drinks and snacks will be provided. A **special award** will be presented to any swimmer who participates in all three of the “**Virginia Open Water Series**”:

- Jack King 1-Mile Ocean Swim in Va. Beach- June 23, 2013
- Chris Greene Lake 1 or 2-Mile Cable Swim in Charlottesville- July 13, 2013
- Lake Moomaw 1-Mile Swim north of Covington- August 3, 2013

**Accommodations:** Please call Sandra Denius at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** Mapquest “Perkins Point, VA” (the beach is ½ mile south on Cole’s Point Drive)

**Race Directors Contact:** Dave Holland 804-467-2425; Sandra Denius 540-962-2178

# 2013 Lake Moomaw 1-Mile Swim ENTRY FORM

**Avoid this form, avoid errors: Register online at [www.vaswim.org](http://www.vaswim.org)**

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2013 USMS CARD HERE:**

**TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with Rescue Squad  
(i.e. seizures, diabetes, asthma, etc.) \_\_\_\_\_

<b>1 Mile Seed Time →</b>	<b>1650 yd Time:</b> _____(min) : _____(sec)
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<b>AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG</b>		<b>PAPER ENTRY CHECKLIST</b>	<b>DID YOU REMEMBER...?</b>
\$ _____	\$30.00 1- Mile Entry Fee		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/12 (or online by 7/15). A few shirts will be sold on race day for \$12.00 each.		Copy of USMS card
\$ _____	Additional T-Shirt: \$12.00 each S-XL, \$15 each for XXL or XXXL (if entry postmarked by 7/12, or online by 7/15)		Check or money order payable to VMST
\$ _____	<b>Total Enclosed</b> (check or money order Payable to VMST)		Signed Release below T-Shirt Size below
T-Shirt Size: (please circle)      S      M      L      XL      XXL      XXL			
Additional T-Shirts: indicate quantity and size:			

**Please use the checklist above to ensure that your entry is complete!!!**

**Mail this completed form with check or money order payable to VMST, postmarked by July 25, 2013 to: Dave Holland, 1508-G Autumn Honey Ct., Henrico, VA 23229**

## **RELEASE BY PARTICIPANT FROM LIABILITY**

I, the undersigned participant, intend 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 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS 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 the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ AGE ON 8/3/13 \_\_\_\_\_

PHONE (H): \_\_\_\_\_ PHONE (W) \_\_\_\_\_

E-Mail: \_\_\_\_\_ (PLEASE PRINT CLEARLY !!)