LAKE GEORGE OPEN WATER SWIM
August 24-25, 2013

>> Save time and avoid errors: enter online at www.lakegeorgeswim.com. <<

Sanction: This event is currently requesting sanction from US Masters Swimming**.**

Host: Green Leaf Racing (GLR)

Location: Hague Public Beach, Lake George, Hague, NY. The 2.5k, 5k, 10k course will consist of a 2.5k out-and-back style loop marked by large buoys on the corners and sighting buoys in between. The 4 mile course will be point-to-point starting at Rogers Rock Campground and finishing at Hague Beach. The lake temperature usually varies between 68º F and 74º F during this time of year. Lake George is pristine and many families rely on the lake water for drinking.

***Meet Director*:** Chris Bowcutt, PO Box 538, Ballston Spa, NY 12020 Phone: 518 290-0457 events@greenleafracing.com.

***Eligibility*:** Open to all 2013 USMS- or FINA-registered swimmers 18 years and over as of the day of the swim. If you are not a member, you can obtain a One Event Registration by completing the attached form ($14 fee) or obtain a one year USMS membership by visiting www.adms.org ($39 fee). The age of a swimmer is his or her age on the day of the event. Mail-in entries must be postmarked by Aug 10, 2013. Online entries close August 20, 2013 at 11:59 p.m.

***Events*:** 2.5k, 5k and 10k events - wetsuit and non-wetsuit divisions for each event. Participants may register for both the 2.5k and 5k if interested. The 4 mile event is non-wetsuit only, and requires a kayak escort to be provided by the swimmer.

Event	Location	Date	Time
2.5 km swim	Hague Public Beach, Hague, NY	8/24/2013	8:00a
5 km swim	Hague Public Beach, Hague, NY	8/24/2013	9:45a
10 km swim	Hague Public Beach, Hague, NY	8/24/2013	8:00a
4 mi swim	Rogers Rock Campground Hague, NY	8/25/2013	8:00a

Awards: Top three overall males and females in each division (wetsuit/non-wetsuit) of each race (2.5k, 5k, 10k, 4mi) will receive a prize. Prizes will also be awarded to top three males and females for the 2.5k, 5k, 10k in the following age-groups: 18-24, 25-29, 30-34, 35-39, 40-44... 80+. T-shirts are guaranteed to anyone registered before Aug 10, 2013.

Results: Results will be posted at www.lakegeorgeswim.com.

Safety: Safety support will be coordinated with Hague Fire Dept, Lake George Coast Guard Auxiliary and the New York State Department of Environmental Conservation. There will be sufficient craft on or adjacent to the prescribed course to ensure the safety of the swimmers. Swimmers will be briefed on all safety aspects before the start of the race. All

safety personnel and race officials will be identified by signage and distinctive clothing. Swimmers will be advised of their location. Local authorities and meet management have the authority to postpone or cancel the event for safety reasons. Updates will be posted on www.lakegeorgeswim.com.

***Entry Fees*:** The below entry fees cover safety (water craft, EMTs), shirts, awards and post-race food & drink (including pizza lunch). USMS membership (whether a one-event registration or annual membership) covers insurance requirements for the race. No one will be allowed to swim without proof of membership or having paid the one day fee.

Event	USMS Members*			
	3/15 - 4/14	4/15-6/30	7/1-8/14	8/15-8/20
2.5k only	$55	$60	$65	$80
5k only	$65	$70	$75	$90
10k only	$75	$80	$85	$100
2.5k & 5k	$100	$110	$120	$135
4 mi	$70	$75	$80	$95

***Non-Members add $14**

Entry fees must accompany the entry application. Please make checks payable to ***Lake George Open Water Swim*** and send entry form along with a copy of your USMS card or one event registration form to: Green Leaf Racing, LLC, PO Box 538 Ballston Spa, NY 12020. You may also register online (recommended!) by going to www.lakegeorgeswim.com.

Swim Parkas: We will have custom swim parkas available for purchase this year. They come with your name embroidered on the front and the event name on the back. Please visit www.lakegeorgeswim.com/parka for details on sizing and pricing. All orders must be placed by June 20, 2013 to ensure delivery by race day.

Refund Policy: In the case of inclement weather or other unexpected circumstances the race director has the right to cancel the race or shorten the event. In this case there will be no refunds provided. In signing up for this event, the participants are agreeing to these terms.

Check-in/ Mandatory Meeting: All swimmers must check in at the starting location at least one (1) hour prior to the scheduled start of the race. All swimmers will be required to attend the final pre-race briefing 30 minutes before the start of the race. Failure to arrive on time for the briefing could result in disqualification.

Lodging: A listing of hotels is available at www.lakegeorgeswim.com.

Lake George Open Water Swim Entry Form

Online registration available at www.lakegeorgeswim.com or complete the below form.

<table>
<tr><td colspan="4">Staple legible copy of USMS card here or complete and attach the One Event Registration Form</td><td>Please supply the following information</td></tr>
<tr><td colspan="4">Name</td><td>Day Phone
( )</td></tr>
<tr><td colspan="4">Address</td><td>Evening Phone
( )</td></tr>
<tr><td>Sex (circle)

M F</td><td>Birth date</td><td>Age (as of 8/24/13)</td><td>Shirt size:

S M L XL</td><td>Email:</td></tr>
</table>

TRANSFER OF RIGHTS: Understanding the importance for event organizers of keeping all filming, television, photographing and other recording rights during the Event, in consideration of the acceptance of my participation in event, agree to be filmed, televised, photographed and otherwise recorded during the Event under the conditions and for the purposes now and hereafter authorized by the race organizers in relation to the promotion of the Event and the sport of swimming.

RELEASE OF LIABILITY BY PARTICIPANT: 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 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 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 the risks inherent in open water swimming and agree to assume those risks.

DATE_____ **SIGNATURE**_____

In case of emergency, contact: Name _____ **Phone:** _____

Any applicable medical condition(s): _____

I will participate in the following events (check all that apply):

- ☐ 2.5k wetsuit
- ☐ 2.5k non-wetsuit
- ☐ 5k wetsuit
- ☐ 5k non-wetsuit
- ☐ 10k wetsuit
- ☐ 10k non-wetsuit
- ☐ 4 mile (non-wetsuit only)

See above table for fee structure and make check payable to **Lake George Open Water Swim**. If you are not a USMS member, please fill out the one-day event form (next page) and add $14 to the check total. You can also register online at www.lakegeorgeswim.com.

Mail entry form(s) and check to Green Leaf Racing PO Box 538 Ballston Spa, NY 12020 postmarked no later than Aug 10, 2013. Online registration closes August 20, 2013 at 11:59 p.m.

2013 ONE EVENT REGISTRATION FORM

Register with same name you will use for competition. Please Print clearly.

Last Name	First Name		MI
Street Address			
City/State/Zip		Phone No ( )	
Date of Birth (MM/DD/YY)	Age	Sex (circle) M F	E-mail address
Event Name:		Event Date(s):	

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, 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 (Required)_____Date _____

Make a check for $14 payable to: Lake George Open Water Swim ($12 of the fee goes to USMS, $2 to the LMSC). You may add this cost on to your entry fee check or write a separate check.