



14<sup>th</sup> Annual  
**Betsy Owens Memorial Lake Swims**  
One Mile and Two Miles  
Mirror Lake in Lake Placid, New York  
Saturday, August 15, 2015



Sponsored by: Adirondack LMSC & North Elba Park District  
Sanctioned by: Adirondack Masters for United States Masters Swimming, Sanction #

**SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE AT**  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1538&smid=6772](https://www.clubassistant.com/club/meet_information.cfm?c=1538&smid=6772)

**Events:**

2-mile swim at 9:30 am; check in by 9:15; mandatory pre-race meeting at 9:15  
1-mile swim at 11:00 am; check in by 10:45; mandatory pre-race meeting at 10:45

**Course:** In the 1-mile event, swimmers will complete 2 loops, each consisting of swimming out one side of a 1/4-mile, underwater cable marked with buoys and returning on the other side. The 2-mile swim will be four loops around the 1/4-mile cable. Times for both races are eligible for USMS long-distance national records. The 1-mile & 2-mile swims will be contested in the same direction, which will be decided by a coin toss during Friday afternoon course set-up.

**Eligibility:** Open to all swimmers 18 years & over as of August 15, 2015. All swimmers must be registered with USMS (or the equivalent FINA organization for foreign swimmers). You must submit a copy of your 2015 registration card with your paper entry or a completed one-event registration form, which is included with the entry form or can be completed online.

**Rules:** Current USMS rules will govern this event. Category II suits—including wetsuits—are allowed but swimmers wearing other than Category I suits will not be eligible for individual or relay national records.

**Entry fees:** Entry fee is \$45 for one event or \$65 for both. Entry fee includes cap & post-race picnic; picnic guests \$12 each with entry; \$15 on race day.

**Deadline:** Paper entries must be received by **Saturday August 1; online entries close Sunday August 9.**  
**Entries are limited to 75 participants in each event.**

Make checks payable to: **ADMS**  
Mail to: David Dammerman,  
26F Congress St. #301,  
Saratoga Springs, NY 12866

**No Race-day entries.** LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED except for relays.

**Safety—Our Primary Concern:** Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim caps provided, must have their race number on their arms/backs, and must follow all announced safety rules without exception. **Time Limit:** Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter. Swimmers on the course after these time limits may be stopped and listed as DNF in the results.

**Seeding:** Swimmers will be seeded fastest to slowest, using each swimmer's time for a 1650 yd pool swim. "No Time" & wetsuit entries will be seeded last. Races will be seeded before race day, so you must declare if you plan to wear a wetsuit on your entry. There will be no seeding changes once heat sheets are posted.

**Starts:** In both swims, each heat will consist of seeded waves of swimmers each starting 20-30 seconds apart. Swimmers will start in treading-depth water

**Awards:** Awards will be given to the top men & women finishers in each age group: 18-24, 25-29, 30-34...100+. There will be a separate category for wetsuits. Awards will be given out at the post-race picnic. Results will be posted at [www.adms.org](http://www.adms.org).

For more information contact:

Ann Svenson ([annb48@earthlink.net](mailto:annb48@earthlink.net))

David Dammerman ([dddammerman@yahoo.com](mailto:dddammerman@yahoo.com))

**Accommodations Info:** Lake Placid Visitors Bureau, 518-523-2445; Saranac Lake Chamber of Commerce, 518-891-1990.

**First Timers:** If this is your first time swimming as a member of Adirondack Masters, contact David [dddammerman@yahoo.com](mailto:dddammerman@yahoo.com) for a First Timer T-shirt. Please provide your size (S, M, L, XL).

**Directions:** From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid. From North: Northway (1-87) to Exit 34 for Ausable Forks. Take 9-N (south), to Rt 86 (west) in Jay, through Wilmington into Lake Placid. From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Mirror Lake's Village Beach is located near center of Lake Placid on Parkside Dr. between Main St. & Shore Dr. Street parking is available near the venue on day of event. Map: <http://bit.ly/9NTVrU>

# Betsy Owens 1-Mile & 2-Mile Open Water Swims Entry Form

August 15, 2015, Mirror Lake, Lake Placid, New York

**Staple legible copy of registration card & complete the following information**

Eve Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

EVENT (Circle One)	1650 YD TIME (Entries with no time seeded last)	Wetsuit?
<b>1-MILE</b>		___ Yes ___ No
<b>2-MILE</b>		___ Yes ___ No

		Checklist	√
Entry Fee (must be received by August 1)	\$45.00	Completed entry form	<input type="checkbox"/>
Entry Fee for 2 events	\$65.00	Copy of USMS card or One Event Reg. Form	<input type="checkbox"/>
One-Event Registration Fee, if applicable	\$20.00		
____ # of Picnic Guests (\$12.00 ea)	\$_____	Signed Release	<input type="checkbox"/>
<b>Total Enclosed</b> (Check payable to <b>ADMS</b> )	\$_____	Check payable to <b>ADMS</b>	<input type="checkbox"/>

**Sign release on the following page & send entry & check payable to ADMS to:**

David Dammerman,  
26F Congress St. #301,  
Saratoga Springs, NY 12866

***MUST BE RECEIVED BY AUGUST 1, 2015 (Online entries open til midnight 8/9/15!)***

***This form must be accompanied by a signed waiver - see following page***



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	



**2015**

## One Event Registration Form

Register with the same name you will use for competition. *Please print clearly.*

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M      F	E-mail address	
Event Name and Location				
Signature (required)			Today's Date (required)	

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check payable to: AD-LMSC
- 3) Fees: \$20.00 (\$15.00 national plus \$5.00 LMSC)
- 4) Meet Director should retain one copy of the signed forms for his state's applicable personal injury statute of limitations time period
- 5) Meet Director should mail check and completed forms (both Pages 1 and 2) to: (registrar's name and address)

**Page 1 – This form cannot be accepted without being accompanied by waiver.**



For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	