

## USMS National Five Mile Open Water Championship

United States  
Masters  
Swimming



Sunday, August 4, 2002

Hosted by the La Jolla Cove Swim Club  
on La Jolla Shores Beach, San Diego, CA

USMS Sanction #442-MS-08



**Event:** The USMS 3-6 mile National Championship is a 5-mile open water swim.

**Location:** The race is held in La Jolla Bay, which is seaside of Kellogg Park in La Jolla, California. The course begins near the boat launching area on La Jolla Shores Beach and follows the perimeter buoys of the La Jolla Ecological Reserve. Ocean water temperature in early August is usually 68-72 degrees. The Start/Finish area is located south of the centrally located parking lot and Main Lifeguard Tower in Kellogg Park. Pets are not allowed in the park or on the beach.

**Schedule:** Check-In for the event is Sunday morning 0700-0800. Swimmer escort briefing begins at 0800, with an expected launch time of 0815. Swimmer briefing is at 0815. Starting time will not be before 0830. There will be a 4-hour cutoff time for the race. Awards presentations will begin at 1200.

**Eligibility:** The event is open to all USMS (or foreign equivalent) registered swimmers who are 19 years of age or older as of August 4, 2002. **All photocopy of the swimmer's current USMS card must be submitted with the entry form as proof of registration.** No provisions will be made for USMS registration at the event.

**Entry Fees:** The entry fee is \$35, which includes tee shirts for both the competitor and his or her escort. Pre and post-race food and drink are also included for registered swimmers and escorts. **All entries for the event must be complete and postmarked or hand delivered prior to July 27, 2002. Incomplete entry forms will be returned to the applicant.**

**Rules:** Current USMS open water swimming rules will govern the event. Wetsuits or other flotation or propulsion aids will result in disqualification for awards or official results. **All contestants must**

**have a kayak or paddleboard escort.** Kayaks can be rented at favorable rates by calling (858) 459-1114 and asking for the USMS National Championship rate.

**Safety:** Lifeguards in motor craft and safety kayaks will monitor the entire course. The course is also monitored from the Main Lifeguard Tower at La Jolla Shores Beach. Medical personnel and a warm pool are available near the start/finish area.

**Seeding:** Applicants for the 5-mile swim will be required to submit a recent three-mile swim time in the event that multiple heats are necessary. Age groups are those of USMS: 19-24, 25-29, 30-34, etc.

**Awards:** The La Jolla Cove Swim Club gold, silver, and bronze medals will be given to the first three swimmers in each USMS age/gender category. A USMS championship patch will also be given for each category winner. A special plaque will be awarded to overall male and female winners. Results will be posted after one week on [www.lajollacoveswimclub.org](http://www.lajollacoveswimclub.org).

**Directions:** From Interstate 5 take the "Ardath Road" exit to La Jolla (if coming from the north, this requires that you take Highway 52 eastward from I-5 and double back from the first exit). Turn right at the third lighted intersection on "La Jolla Shores Drive." Proceed about half a mile to the lighted intersection at "Calle Frescota," turn left and drive SLOWLY through the neighborhood to the parking lot in Kellogg Park. The Check-In site and Start/Finish is on the beach about 200 yards south of the parking lot.

**Lodging:** Nearby lodging is at the Hotel La Jolla (858) 459-0261 and at the Sea Lodge—(858) 459-8271). A more complete listing of locations and rates will be available on [www.lajollacoveswimclub.org](http://www.lajollacoveswimclub.org). Also, La Jolla Cove Swim Club members will host a limited number of swimmers from out of town; request prior to June 30 from Bob West [lajollabob@yahoo.com](mailto:lajollabob@yahoo.com).

**Race Directors:** Event information can be requested by e-mail from [stevedockstader@aol.com](mailto:stevedockstader@aol.com); phone requests to David Lamott (619) 222-3436.

**Entry Application**

**USMS National Five Mile Open Water Championship**  
La Jolla Shores, San Diego, CA, August 4, 2002

Name \_\_\_\_\_ USMS # \_\_\_\_\_  
(INCLUDE PHOTOCOPY)  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Age on August 4: \_\_\_\_\_ Gender: (Male) (Female) Size of tee shirt \_\_\_\_\_  
e-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_  
Name Phone

**Entry Fees:**

**Make Checks Payable and Mail To:**

\_\_\_\_\_ \$35 Five-Mile Event

La Jolla Cove Swim Club  
P O Box 427  
La Jolla, CA 92038-0427

**Recent three-mile swim time:**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Hour(s) Minutes Date of Event

\_\_\_\_\_  
Name of Escort

\_\_\_\_\_  
e-mail address

\_\_\_\_\_  
tee-shirt size

**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 SAN DIEGO-IMPERIAL SWIM COMMITTEE, THE LA JOLLA COVE SWIM CLUB, 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.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_