



**2004 USMS National Long Distance  
Two Mile (Cable) Championship**  
Eagle Creek Park, Indianapolis, IN  
**Saturday, June 26, 2004**  
Sanctioned by Greater Indiana for USMS  
Sanction # 164 S 05

**Event:**

This is a 2-mile open water swim using a quarter-mile cable course. The race will start and finish at the beach area.

**Location:**

The National Long Distance Two-Mile(Cable) Championship will be swum at Eagle Creek Park using the United State Rowing Association's 2000 meter national rowing course. The cable course has 10-meter wide lanes that are marked with white buoys 10 meters apart. Water temperature can be expected to be 70-78 degrees. Eagle Creek Park is located at 7840 West 56<sup>th</sup> Street, Indianapolis.

**Safety:**

Lifeguards, EMT's, and Scuba Divers will monitor the entire course. Swimmers must wear the swim cap provided, and their race number on an arm and a leg. **NO WET SUITS WILL BE ALLOWED.**

**Seeding:**

Swimmers will be seeded by their breathing preference "Clockwise" and "Counterclockwise" then by their best 1650-yard time swum within the past 12 months. Heats will be seeded fast to slow and be spaced two minutes apart. No- time entries will be seeded in the last heat. Those swimmers still on the course 80 minutes after the start of the last heat will be removed. Both Clockwise and Counterclockwise events will be swum at the same time

**Eligibility:**

This event is open to all USMS registered swimmers 19 years of age as of June 26, 2004. Foreign swimmers must be current members of their swimming association. **A photocopy of your 2004 registration card must accompany the entry.**

**Entry Fees and Deadline:**

The entry fee is \$25 per individual and will include a meet T-shirt, swim cap and the post meet social. **Send official entry form with fees must be postmarked by June 1, 2004.** Race day entries are \$35 and will be accepted from 7:00a.m. – 8:00a.m. on the day of the race. Race day entrants will not receive a meet T-shirt. Confirmation of entries will be mailed by June 10.

**Schedule:**

Check-in (at the beach):	7:00a.m.
Race Day Entrants	7:00a.m.-8:00a.m.
Warm-up:	8:00a.m.
Pre-race meeting:	8:45a.m.
First heat:	9:00a.m.

**Awards:**

Medals will be awarded to the top 3 places in each age group. Championship patches will be awarded to each 1<sup>st</sup> place finisher in each age group. Age groups are 19-24, 25-29, 30-34, etc. in five-year increments as high as necessary for both men and women. Awards will be passed out at the social or mailed for \$5.00 per medal. Final results will be posted on the USMS web site, [www.usms.org](http://www.usms.org) & written results will be mailed to all participants.

**Social:**

Fresh fruit, snacks and beverages will be available to all swimmers immediately following the end of the race.

**Hotel Accommodations:**

The Hampton Inn has a block of rooms reserved for this event at a rate of \$79 per night. This hotel is conveniently located 5 miles north of the park at west 71<sup>st</sup> Street and I-465. When making reservations identify yourself as being associated with United States Master Swimming. Call 1-800-HAMPTON or 1-317-290-1212.

**Directions to Eagle Creek Park:**

Eagle Creek Park is located on the westside of Indianapolis at 7840 W. 56<sup>th</sup> Street, which is approximately 1 mile west of the I-465 loop on 56<sup>th</sup> Street.

**Coming from the north on the western loop of I-465:** take the 71<sup>st</sup> Street exit, turn left on 71<sup>st</sup> Street, go approximately 2 miles to Lafayette Road (a four way stop) and continue on 71<sup>st</sup> Street under an overpass and then directly into the North entrance of the park.

**Coming from the south on the western loop of I-465:** take the 56<sup>th</sup> Street exit, turn left onto 56<sup>th</sup> Street, go about 1 mile to the park entrance on the right.

**Coming from the south or north on I-65:** turn right on 71<sup>st</sup> Street if coming from the north, and left, if coming from the south. Follow 71<sup>st</sup> Street directly into the park.

There will be a \$5 vehicle fee you will have to pay to gain entrance to the Eagle Creek State Park. In the past the park has issued complimentary passes to all participants, this policy has changed. Speed limit in the park is 20 mph, and is strictly enforced.

**Meet director:**

Mel Goldstein  
5735 Carrollton Ave.  
Indianapolis, IN 46220  
E-mail:

1-317-253-8289.

[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

## 2004 USMS National Long Distance Two-mile (Cable) Championship Entry Form

Name: \_\_\_\_\_ USMS Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Gender: (Circle One) M F

Phone (home): \_\_\_\_\_ Phone (work): \_\_\_\_\_

1650 Time: \_\_\_\_\_ LMSC/Club affiliation: \_\_\_\_\_

1. Breathing Preference: (Circle One)      Clockwise      Counter Clockwise

2. Adult size T-shirt:    **Small**    **Medium**    **Large**    **X-Large**    (Please circle size)

3. Entry fee (if postmarked by June 1, 2004) \$25.00: \_\_\_\_\_

4. Additional \$10.00 Race Day Fee or After June 1, 2004: \_\_\_\_\_

5. Total payment enclosed (Make check payable to **YMCA Indy SwimFit**): \_\_\_\_\_

\* Race Day Entrants Fee dose not include a t-shirt.

**ATTACH A COPY OF CURRENT USMS CARD HERE**

**MAIL ENTRY TO:**

**YMCA Indy Swim Fit  
c/o Mel Goldstein  
5735 Carrolton Ave.  
Indianapolis, IN 46220**

**Entries must be postmarked by June 1, 2004**

### RELEASE BY PARTICIPANT FROM LIABILITY

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 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to take those risks.

DATE: \_\_\_\_\_ SIGNED: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_