



2005 USMS 10k Open Water National Championships

Official Entry Form



Saturday, October 22, 2005 ~ Fort Myers Beach, Florida

Note: Severe weather fallback date is Sunday, October 23, 2005

Check www.usa-openwaterswim.com

Sanctioned for USMS, Inc. by Florida LMSC, sanction # 145-012OW

Individual Entry information

Name _____ USMS Registration # _____

Address _____ DOB ___/___/___ Age (race day) _____

City _____ State _____ Zip _____ Gender (circle) **M** **F** Club _____

Phone (_____) _____ E-mail _____

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 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

NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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 _____ I WILL attend pre-race briefing.

Team Entry information

A CLUB may nominate three or four members to compete in the team relay event (only the top three finishes will be used for scoring). The entry fee for the team relay event is \$5.00 per swimmer. To take part in team relay competition, a swimmer must also be entered in the individual event. A Mixed Relay Team may have no more than two male and two female swimmers. The top three Male Teams, Female Teams, and Mixed Gender Teams, will each receive awards. Scoring is based on overall placement, with lowest score winning. You must designate your relay teams, **by 7:30 A.M.** race day.

Entry Fees and Deadlines (absolutely **NO** late entries)

Early bird entry – received by 9/15/05 (\$20.00) \$ _____

(OR)

ENTRY FEE received 9/16–10/15/05 (\$50.00) \$ _____

plus member of Relay Team (\$5.00) \$ _____

TOTAL ENCLOSED \$ _____

Make check payable to **SWIM Florida** and mail with this entry/release form and a copy of your 2005 USMS card to

USMS 10K Nationals
4600 Summerlin Road
C2 PMB-572
Fort Myers, FL 33919

email: gregg.cross@usa-openwaterswim.com
phone: 239-462-3322

Attach a copy of your 2005 USMS Registration Card here.



2005 USMS 10k Open Water National Championships



Information

HOST

SWIM Florida

DATE

Saturday, October 22, 2005

The fallback date for severe weather is Sunday, October 23, 2005. Check www.usa-openwaterswim.com

LOCATION

Estero Island, Florida (Fort Myers Beach)

COURSE

The course is a rectangular course, parallel to Estero Island. Swimmers will do four (4) circuits. Tide is minimal and water temperatures should be in the mid 70's.

RACE TIME

Check in:.....7:00 A.M.
Final briefing:.....7:40 A.M.
Race begins:.....8:00 A.M.

ELIGIBILITY

The race is open to all swimmers currently registered with USMS. *A copy of your 2005 USMS registration card MUST be included with the entry form.* Foreign swimmers must present a letter of introduction from their national Masters organization.

ENTRY LIMIT

Swimmers may enter one individual and one team event only. A maximum of 400 swimmers (200 male and 200 female) may compete.

REGISTRATION & ENTRY DEADLINE

Take advantage of on-line registration by going to <http://active.com/swimming/> and in the search box for state/zip code, type **33931**.

Entries must be received by the meet director by Saturday, October 15, 2005. See below for entry fees. Send entries and fees to USMS 10K Nationals
4600 Summerlin Road
C2 PMB-572
Fort Myers, FL 33919

ENTRY FEES

Early bird entry (received by September 15).....\$ 20.00
Regular entry (received Sept. 16–Oct. 15)..... \$ 50.00
For a relay, each team member add..... \$ 5.00

Absolutely **NO** entries will be accepted if received after October 15, 2005.

RULES

2005 USMS Rules and Regulations will govern this event.

PRE RACE MEETING

The pre race meeting is Friday, October 21, time and place to be announced. Please check www.usa-openwaterswim.com for more information.

SPECIAL PACKET PICK UP

To have packets pre-delivered to your place of lodging, email gregg.cross@usa-openwaterswim.com on or before Saturday, October 15, 2005, giving your name and the hotel/motel where you will be staying.

ESCORT CRAFT

Course monitors will be stationed throughout the course. No personal escorts are provided. Individual arrangements for kayaks can be made by contacting Estero River Outfitters. Call (239) 463-3600.

AWARDS

USMS National Championship medals will be presented to the top six men and women in each age group. Awards will also be given to the top male/female overall finishers, to the top male/female over 50 finishers, and to designated members of the top three relay teams in Male, Female, and Mixed categories.

PARKING

Lynn Hall Park (see map), or adjacent public parking areas.

LODGING

For discount rates, call (888) 529-6588. Ask for accommodations near Lynn Hall Park.

TRANSPORTATION

All major airlines serve the greater Southwest Florida area. The Regional Southwest International Airport (RSW) is about 15 miles east of Fort Myers Beach. The Tampa and Fort Lauderdale airports are each about two hours away.

RENTAL CARS

All major rental car companies are available at RSW airport.

INFORMATION

Contact Gregg Cross for maps, directions, lodging, entry questions, and additional information at either (239) 462-3322 or gregg.cross@usa-openwaterswim.com.