



USMS National Five-Mile Open Water Championship
Hosted by the La Jolla Cove Swim Club
Tour of Buoys
Sunday, August 7, 2005
at La Jolla Shores Beach, La Jolla, CA
USMS Sanction #445-MS-03OW



Event: The USMS National 5-Mile Open Water Championship will be conducted according to the long distance swimming rules of United States Masters Swimming. Ocean water temperature in August is usually 68-72 degrees Fahrenheit.

Location: The race is held in the La Jolla Ecological Reserve, which is seaside of Kellogg Park in La Jolla, California. The course begins near the boat launching area on La Jolla Shores Beach and then follows the perimeter buoys of the La Jolla Ecological Reserve. 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: Event Check-In is Sunday morning 7:00-8:00 am. Swimmer escort briefing begins at 8:00 am with an expected escort launch time of 8:15 am. Swimmer briefing begins at 8:15 am. Starting time for swimmers will not be before 8:30 am. There is a 4-hour cutoff time for the race. Awards presentations will begin at 11:30 am.

Eligibility: The event is open to all USMS (or foreign equivalent) registered swimmers who are 18 years of age or older as of August 7, 2005. **A photocopy of the swimmer's 2005 USMS or foreign equivalent card must be submitted with the entry form as proof of current registration.** Swimmers' cannot obtain USMS registration at the event.

Entry Fees: The fee for entries received prior to July 16 is \$35; the late registration fee is \$50 for entries received by August 3. This fee includes tee shirts for both the competitor and escort. Day-of-race entries by USMS or foreign registered swimmers will be accepted for a \$70 fee, but tee shirts cannot be guaranteed for the swimmer and escort. Submission of a photocopy of the 2005 registration card is mandatory. The entry fee includes pre- and post-race food and drink for entered swimmers and escorts. **Incomplete forms will be returned to the applicant.**

Race Directors/Information: Suzanne Van Cleve (858) 243-6971 or Bob West (858) 279-9831. E-mail: suzannevanclave@hotmail.com

Lodging: A list of locations and rates will be available on www.lajollacoveswimclub.org.

Rules: (1) Current USMS long distance swimming rules govern the event. (2) A USMS-legal swim suit, cap and goggles are all that can be worn at this event. **NO** wetsuits or flotation or propulsion aids are allowed. Any swimmer wearing a wetsuit will be disqualified and will be ineligible for awards or placings. (3) **Each participant must have and is responsible for a paddleboard or kayak escort.**

Volunteer Escorts: All swimmers are responsible for obtaining a kayak or paddleboard escort. Race organizers can assist you in finding a volunteer escort from the San Diego area on a "first come-first served" basis. If a volunteer escort is found, then you will be provided with the contact information. You are responsible for contacting the volunteer promptly, agreeing upon the relationship, and notifying the race organizers. If you do not contact the volunteer escort within 7 days, we may offer the escort to another applicant.

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.

Seeding: Race organizers may create wave starts, and faster swimmers may start later. Each applicant must submit an "expected per-mile pace over 5 miles (Minutes:Seconds per mile)" based on his or her swimming experience within the past year.

Post-Race Food: All swimmers and kayak escorts will receive free meal tickets at check-in. Other guests may purchase meal tickets on race day for \$5 per person.

Awards: USMS medals will be given to the first five swimmers in each USMS age group/gender category. A special plaque will be awarded to overall male and female winners. A USMS Championship patch will be awarded to each age group winner. Results will be posted approximately one week after the race on www.lajollacoveswimclub.org.

Directions: From the north take I-5 to Hwy 52 East; exit at Regents Rd and double back onto 52 West; stay in the left lanes which become La Jolla Pkwy. From the south take I-5 to La Jolla Pkwy. Continue West on La Jolla Pkwy; at the 3d traffic signal turn right on La Jolla Shores Drive. Drive about half a mile and turn left onto Calle Frescota. Drive SLOWLY through the neighborhood to the Kellogg Park parking lot. The Check-In site and Start/Finish are on the La Jolla Shores beach 200 yards south of the parking lot.

USMS National Five-Mile Open Water Championship

TOUR OF BUOYS

ENTRY APPLICATION

Hosted by the La Jolla Cove Swim Club
La Jolla Shores, La Jolla (San Diego), CA, August 7, 2005
Sanctioned by San Diego-Imperial LMSC for USMS, Inc., sanction number 445-MS-03OW.

| | | | | |
|---|--|--------------|---------------------------------------|------------|
| Swimmer | Last Name: _____ | | First Name: _____ | |
| | Address: _____ | | | |
| | City: _____ | | State: _____ | Zip: _____ |
| | T-Shirt: __ S __ M __ L __ XL __ XXL | | Phone: _____ | |
| | Gender: __ M __ F | | Birth Date (mm/dd/yy): ____/____/____ | |
| | Email: _____ | | Club/Team: _____ | |
| | Please enclose a copy of your 2005 USMS card or foreign equivalent card | | | |
| | USMS #: __ _ __ _ __ _ - __ _ __ _ __ _ | | | |
| Expected per-Mile Pace over 5 Miles (Minutes:Seconds per Mile): _____ | | | | |
| Emergency Contact: _____ | | Phone: _____ | | |

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|---------------|--|--|
| Escort | <input type="checkbox"/> Help me find a volunteer escort—I am from out of the area or new in the area. (The Club will make its best efforts. Applying earlier is better.) | |
| | Name: _____ Email: _____ | |
| | T-Shirt: __ S __ M __ L __ XL __ XXL Phone: _____ | |

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|--------------|--|--|
| Entry | Fee: __ \$35 (rec'd by Jul 16) __ \$50 (rec'd by Aug 3) __ \$70 (beach entry—t-shirts and promo gifts not guaranteed) | |
| | Check payable to: La Jolla Cove Swim Club | Mail to: Tour of Buoys La Jolla Cove Swim Club PO Box 427 La Jolla CA 92038-0427 |
| | Include: - This form with signed liability release - Photocopy of 2005 USMS card or foreign card - Check for entry fee | |

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|--------------------------|---|--|
| 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 LOCAL MASTERS SWIMMING 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. | |
| | Swimmer's Signature: _____ Date: _____ | |