



12th Annual Death Valley Open Water Swim Meet
(5K, 3K, 2K, 1K, ½K)
USMS National 1-3 Mile (3K) Open Water Championships
SC LSC Open Water State Championships
East Beach on Hartwell Lake, Clemson University, Clemson SC
June 17, 2006
Hosted by Clemson Aquatic Team
Sanctioned by SC LSC #SC0636OW and SC LMSC #556-OW001

EVENTS and SCHEDULE:

Open 5K, Jim Keogh Senior

5K, 13-14 5K: The race will consist of a 5K loop marked every 100 meters with buoys. The race will end 2 hours after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 6:30am; Pre-race Meeting: 7:30am; Event start: 8:00am.

Open 3K and 11-12 3K: The race will consist of a 3K loop marked every 100 meters with buoys. The race will end 90 minutes after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 8:00am; Pre-race Meeting: 9:30am; Event start: ~10:00am.

USMS National Championships 3K: The race will consist of a 3K loop marked every 100 meters with buoys. The race will end 90 minutes after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 8:00am; Pre-race Meeting: 9:30am; Event start: ~10:10am.

Open 2K: The race will consist of a 2K loop marked every 100 meters with buoys. Check-in: 10:30am; Pre-race Meeting: 11:00am; Event start: ~11:30.

Open 1K and 10 & Under 1K: The race will consist of a 1K loop marked every 10 meters with buoys. Check-in: 11:30am; Pre-race Meeting: Noon; Event start: ~12:30pm

Open Brad Hitchings .5K: The race will consist of a .5K loop marked every 10 meters with buoys. Check-in: 11:30am; Pre-race Meeting: Noon; Event start: ~1:00pm

LOCATION: East Beach, off East Bank Road, Clemson University. Directions will be sent by e-mail approximately one week before the event. Water temperature is expected to be in the low 80s.

ELIGIBILITY: Jim Keogh Senior 5K, 13-14 5K, 11-12 3K, and 10 & Under 1K and Open Events are open to all USA-S registered athletes. Those members of SC Swimming are eligible for state championship scoring. One event registration is available in SC Swimming. More info below.

Open Events are open to all USMS registered swimmers 18 years of age as of June 17, 2005. A photocopy of your USMS membership card must accompany your entry. One day USMS registration will be available for Open Events.

One Event fees are available for athletes not registered with USMS or USA Swimming. Fee for 17 and under is \$15 and 18 and older is \$10. One event swimmers can place and receive award(s) in event(s) swum but can not place in SCLSC or USMS Championships.

ENTRY FEES: \$25.00 includes one event, cap, t-shirt and athlete hospitality. \$10.00 fee for each additional event. Entry deadline is June 10th, all entries received after that date require a \$5.00 late fee. Late fee applies to day-of-event entries. Those entering on race day or after June 10th may or may not receive a T-shirt, **THERE WILL BE NO REDUCTION IN FEE.**

RULES: All applicable USA-S and USMS rules, regulations and safety requirements will be enforced for the well-being of our swimmers.

SAFETY: Safety boats will monitor the entire course. Water will be available on the course. Swimmers must wear race cap, and numbers on both arms and back for identification. Medical personnel will be at the site.

SEEDING: All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. Meet Director reserves the right to change seeding if large number of entries warrant changes.

AWARDS: Plaques will be given to the top 3 finishers, by gender, in each event. The top 8 finishers in each age group recognized by USA-S and USMS will receive ribbons. SC LSC Championship medals will be given to the top 10 places in the Keogh 5K, 13-14 5K, 11-12 3K and 10 & Under 1K. Championship team banners, and plaques will be awarded. **ANNA K SAMS 11.5K AWARD** will be given to anyone who competes in all distances. Anna is the first to swim and place in all events.

All eligible winners of the Open Events will be presented with a \$50 gift certificate, 2nd Place \$25 gift certificate and third place receives a \$10 gift certificate. Not available to any USA-S Swimmer or swimmer presently on scholarship.

LODGING/CAMPING: Information available on entry form.

OTHER ACTIVITIES:

FRIDAY EVENING: 6pm: Bar-B-Que, Campfire, S'mores, Live Music on the beach. Cost: \$10.00. Must include on entry form.

MEET DIRECTOR: Jacqueline Grossman, Clemson Aquatic Team, PO Box 411, Clemson SC 29633-0411. E-mail: jelg@innova.net
Phone (day) 864-646-8836; (night) 864-654-4704

MEET REFEREE: Jim Keogh

SAFETY MARSHAL: Riley Stevens

2006 USMS 3K National Championships

12th Annual Death Valley Open Water Swim Meet and SCLSC State Championships Entry Form

June 17, 2006 (severe weather date June 18, 2006)

Teams entering may check www.ClemsonAquaticTeam.org for Hy-Tek downloadable event file
Hy-Tek file maybe e-mailed to jelg@innova.net.

Name: _____ Age: _____ Gender: _____
Registration Number (required): _____
Street Address: _____ USA Swimming: _____
City: _____ State: _____ Zip: _____ USMS: _____
E-mail: _____ Check if neither USMS or USA-S: _____
Phone: _____ Club: _____ Club Code (ex CAT): _____

Fees: First event \$25.00, \$10.00 for each additional event. For non-members of USA-S or USMS an additional \$10 for ages over 17 or \$15 for under 18.

Check event(s) to be swum: 5K _____ 3K _____ 2K _____ 1K _____ .5K _____

T-Shirt Size (Adult sizes only): S _____ M _____ L _____ XL _____ XXL _____ Send to: _____

Make checks payable to: **CAT**

PO Box 411

Clemson SC 29633-0411

| | | |
|---|------|-------|
| Entry fee \$25.00 | = \$ | 25.00 |
| Additional event(s) (\$10 per event) | = \$ | _____ |
| Non-members of USA-S or USMS \$10.00 or \$15 for 17 and Under | = \$ | _____ |
| Friday night dinner (# attending): _____ X \$10.00 per person | = \$ | _____ |
| and "Bluegrass on the Beach" Total | = \$ | _____ |

Please read and sign the liability release:

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 and Age Group 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 OR USA 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: USA SWIMMING, UNITED STATES MASTERS SWIMMING, INC., SCLMSC, SCLSC, UNITED STATES ARMY CORPS OF ENGINEERS, SC DEPARTMENT NATURAL RESOURCES, UNITED STATES COAST GUARD AUXILIARY, CLEMSON AQUATIC TEAM, CLEMSON UNIVERSITY, 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 USA Swimming and USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmers Signature/Parent's Signature if under 18: _____ Date: _____

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Accommodations:

Please support the following as a thank you for their supporting CAT

| | |
|-------------------|---------------------------|
| Ramada Inn | 864/654-7501 (B,P) |
| Comfort Inn | 864/653-3600 (B,P,M) |
| Days Inn Clemson | 864/653-4411 (B,M) |
| Hampton Inn | 864/653-7744 (B,P,M) |
| Lake Hartwell Inn | 864/654-4450 (P,BD) |
| Sleep Inn Clemson | 864/653-6000 (B,M) |

B-Breakfast, P-Pool, BD-Boat Dock, M-Micro/Fridge
All accommodations with-in 1.5 miles

Event Times:

| | |
|---------------------------------------|----------------|
| _____ Open, Senior, 13-14 5K | 8:00am |
| _____ Open and 11-13 3K | 10:00am |
| _____ USMS National Champs 3K | 10:10am |
| _____ Open 2K | 11:30am |
| _____ Open and 10&Under 1K | 12:30pm |
| _____ Open Half K | 1:00pm |

Nearest Airport: Greenville/Spartanburg is ~50 miles; Atlanta, Charlotte, Columbia are ~120 miles

While in Clemson you'll find lots to see and do!

Hartwell Lake, with its 1,000 mile shore line, offers wide opportunities for water sports. Lake Keowee and Jocassee, and the Blue Ridge Mountains, are less than an hour away. Visitors will find ample motel accommodations and campsites for overnight stays.

We hope you'll enjoy your visit with us and will take advantage of all our area has to offer while you're here.

For tourist information call Clemson Area Chamber of Commerce (864/654-1200); the Clemson University Visitors Center (864/656-2461); or the Pendleton District Historical, Recreation and Tourism Commission (864/646-3782).