



2007 USMS OPEN WATER NATIONAL CHAMPIONSHIP

DATE: Saturday, August 4, 2007.

EVENT: The Northwest's premier open-water swimming event held in Sandpoint, Idaho, the Long Bridge Swim is a 1.76-mile swim across magnificent Lake Pend Oreille. The race is a point-to-point crossing paralleling the Pedestrian Long Bridge. The 2007 event will be the United States Masters Swimming's 1-3 mile Open Water National Championship. There will be two separate waves: first wave is for the USMS National Championship and the second wave is for the "Community Swim".

COURSE: A straight 1.76 mile swim from an in-water start northward on the east side of the Pedestrian Long Bridge, paralleling the bridge until it meets land, and then following the bike path along the shore into a sandy beach finish.

TIME: Check-in begins at 6:30 am. All swimmers must sign USMS Liability Release upon check-in, pickup "goody bag", and get body marked. A mandatory Pre-swim and Safety meeting will take place at 8:00 am. USMS swim begins around 9:00 am with the "Community Swim" beginning 10 minutes later.

LOCATION: The race takes place on the east side of the Long Bridge (US 95 bridge heading into Sandpoint from the south). There is great spectator viewing along the entire course. Bring friends and cameras!

Park at the north end of Long Bridge in the lot next to the Conoco station. The event will shuttle all swimmers to the south end of the bridge where the swim starts. When you finish at Dog Beach your car will be waiting for you.

DIRECTIONS: Sandpoint is located in Northern Idaho. It is 46 miles north of Coeur d'Alene, ID, on US 95. Spokane, WA, is 70 miles away (approximate driving time is 90 minutes).

SAFETY: Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons.

The swimmers swim in a straight line along the east side of the Pedestrian Long Bridge. We have a flotilla of safety boaters, kayakers and canoes, paralleling the swimmers from the start to the finish on the sandy beach. Safety spotters walking along the Bridge have red flags and radios to point out a distressed swimmer if needed to notify a safety boater. Because the Bridge is so close to the swimmers and boaters, it is easy to call out instructions to the boaters if needed. If a swimmer gets tired or wants to stop or rest for any reason a kayaker moves in and can tow them out of the line

of other swimmers, to be picked up if needed by a Coast Guard Auxiliary boat with medical staff on board. Coast Guard power boats will patrol the event, with each turning off their propellers when they are near a swimmer in the water. Two Bonner County Sheriff Patrol boats with sirens and flashing lights are on either side (East and West) of the Long Bridge to notify any other boats which may be on the water but are not participating in our event or may not even be aware of the event and that swimmers are in the water.

The swim will proceed in all but lightning and severe wind/cold. Refunds will not be given if cancelled due to weather or any other reason. There is a 2-1/2 hour time limit to complete the swim. Competitors still in the water will be removed and become ineligible for USMS awards.

EXPECTED TEMPERATURE: Water 65-70F degrees, Air 70-80F degrees.

ELIGIBILITY: The USMS event is open to all 2007 USMS registered swimmers, 18 years of age (or older) as of August 4, 2007. All entrants must present their 2007 USMS card at registration or upon check-in.

In USMS Open Water National Championships, swimmers using wetsuits, fins, paddles, flotation devices, or any other swimming aids are not eligible for USMS awards.

RULES: Current 2007 USMS rules will govern the USMS portion of this event.

ENTRIES: Entries will be available in early 2007. On-line entries will be available at the Long Bridge Swim web site (<http://www.longbridgeswim.com/>). Mail-in Entry Forms will be available at USMS web site (<http://www.usms.org/>) and the Long Bridge Swim web site (<http://www.longbridgeswim.com/>).

ENTRY FEES: Registration Fee is \$30 if received by July 21, 2007. The Registration Fee includes tee-shirt, cap, swim, bus to start area, and refreshments at the finish area. A late Registration Fee of \$40 (no guarantee of tee-shirt) will be allowed up to 8:00 am on race day.

AWARDS: Age-groups are 18-24, 25-29, 30-34, and so on in 5-year increments as high as necessary for both men and women. Awards will be given to the top six finishers in each age-group. Awards include: a plaque and USMS Championship Patch to all age-group first place finishers and medals for all age-group 2-6 finishers.

RESULTS: Intermittent results will be posted at the race site at reasonable intervals. Final results will be posted at the race site within 30 minutes after completion of the race (2-1/2 hour time limit for race). Final results will be posted on the USMS website within 30 days of completion of the race.

LODGING: Information on Lodging, Hotels, and Bed and Breakfast Inns can be found at: <http://sandpoint-idaho-hotels-lodging.com/>.

MORE INFORMATION: The event's website is: <http://www.longbridgeswim.com/>.

Interested persons may contact one of the event directors for further information:

Larry Krauser, USMS Event Director
larry.krauser@kcgl.net, (509) 455-7789

Eric Ridgway, Event Director
longbridgeswim@yahoo.com, (208) 265-5412

ENTRY FORM

Version 20061122

2007 USMS OPEN WATER NATIONAL CHAMPIONSHIP

Saturday, August 4, 2007

EVENT: The Long Bridge Swim is a 1.76-mile swim across magnificent Lake Pend Oreille, in Sandpoint, Idaho. As one of the Northwest's premier open water swimming events, this straight swim starts from the water and heads northward on the east side of the Pedestrian Long Bridge. Swimmers swim parallel to the bridge then next to a bike path and finish on a sandy beach. Spectators can walk right next to the swimmers the entire time!

ENTRY FEES: Registration Fee is \$30 if received by July 21, 2007. The Registration Fee includes tee-shirt, cap, swim, bus to start area, and refreshments at the finish area. A late Registration Fee of \$40 (no guarantee of tee-shirt) will be allowed up to 8:00 am on race day.



On-line Entry is available at <http://www.longbridgeswim.com/>

Please include a copy of your 2007 USMS Card or proof of membership in a foreign organization with your entry.

NAME: _____ 2007 USMS NO.: _____

STREET: _____ CLUB NO.: _____

CITY, STATE, ZIP: _____ CLUB NAME: _____

DATE OF BIRTH: _____ AGE (as of 8/4/07): _____ Gender: _____

PHONE: _____ EMAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

T-Shirts will be given out before event – please specify size: ___S ___M ___L ___XL ___XXL ___XXXL
(Note that XXL and XXXL T-shirts are \$2 additional)

MAIL ENTRIES TO:

Larry Krauser
2007 USMS Open Water National Championship
1320 North River Vista Street
Spokane, WA 99224-5669

FEES:

Registration (\$30): \$30.00
Late Fee (\$10): _____
XXL or XXXL (\$2): _____
Total Included: _____

MAKE CHECKS PAYABLE TO:

Inland Northwest Masters Swimming

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 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 EVENT 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, EVENT HOST, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT 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: _____