



Reston Masters Swim Team presents
Jim McDonnell 1 & 2-Mile Swims
USMS National 1-Mile Open Water Championship
Lake Audubon, Reston, VA - Sunday, May 27, 2007
Open water Clinic – Saturday, May 26, 2007
Benefits the Lymphoma Foundation of America
Sanctioned by Potomac Valley LMSC for USMS, Inc – Sanction #107-04

Events:

- McDonnell 1-mile swim: approximately 7:30 am.
- McDonnell 2-mile swim: approximately 8:30 am.
- USMS 1-mile championship swim: approximately 10:30am.

Open Water Clinic:

- There will be open water clinics on May 26 at 10am and 11am.
- The clinics will cover the basics of open-water swimming and provide a chance to swim in Lake Audubon.
- There will be a \$10 fee for all participants.
- All clinic attendees must be USMS members.

Eligibility:

- Lake swims and clinics are open to USMS-registered swimmers 18 years of age and older.
- Single-event USMS registrations are available for \$20. Go to www.restonmasters.org for more information.
- Full USMS memberships are available for \$32.

Entries:

- On-line entries will be available at Lin-Mark Computer Sports in February 2007. Sign up at www.lin-mark.com.
- Online registration will close at midnight Wednesday, May 9, 2007.
- Mail-in entries must be postmarked by May 9, 2007.
- Entry fee is \$35 for one event, \$65 for two events, and \$90 for three events.
- No refunds will be given.
- There will be no late registration and no registration on the day of the race.
- All entries will be seeded fastest to slowest based on the 1650 Yard seed time entered. Wetsuit and non-wetsuit competitors will be seeded together (no wetsuits will be allowed in the USMS 1-mile championship.)
- All entrants must sign a waiver.

Meet Information:

- Visit www.restonmasters.org for event updates.
- Provide your e-mail address on the entry form to receive event updates.
- E-mail: rmst@restonmasters.org.

Awards:

- USMS 1-mile championship swim: Awards will be given to the top ten finishers in each USMS-defined age group.
- McDonnell 1-mile swim: Awards will be given to the top three individual finishers in each USMS-defined age group for both wetsuit and non-wetsuit divisions.
- McDonnell 2-mile swim: Awards will be given to the top three individual finishers in each USMS-defined age group for both wetsuit and non-wetsuit divisions.

Rules:

- Current USMS Long-Distance Rules will apply.
- A copy of your USMS card must accompany your paper entry if you are a USMS member.
- 300-swimmer limit per race.
- All swimmers must wear the provided swim cap, a visible race number body mark, and an electronic timing chip.
- A 90-minute time limit will be set for completion of the 2-mile swim and 50 minutes for each 1-mile swim.

Safety:

- Expected water temperature is 66–72 degrees.
- Wet suits will be allowed for the 1 and 2 mile swims, but not for the USMS championship swim.
- Reston Association does not guarantee the water quality
- The course will be marked with buoys.

Scoring:

- Electronic timing and scoring will be done by Lin-Mark Computer Sports.
- Searchable results will be posted on-line at www.lin-mark.com.
- Full USMS age-group results will be posted at www.restonmasters.org. USMS results will be mailed on request only

Lodging:

- The Courtyard by Marriott Herndon-Reston has reserved rooms at a group rate of \$74 to competitors.
- For reservations, call 703-478-9400 or 1-800-228-9290.
- To receive the discounted rate, make your reservation by April 29, 2007.
- Mention the “Jim McDonnell Swim” when you book to receive the discounted rate.



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Directions to Lake Audubon (approximately 10 minutes from the Beltway):

From I-495 (Capital Beltway), take Route 267 West (Dulles Airport Toll Road). Turn left on Wiehle Ave. (Exit #13). Turn left on Sunrise Valley Drive. At second traffic light, turn right on South Lakes Drive. Go one block and turn left on Twin Branches Road (at traffic light next to shopping center). Stay on Twin Branches until you reach Lake Audubon. See www.restonmasters.org for a link to the map.

ATTACH COPY OF USMS CARD HERE
Name: _____
Emergency Phone Number: _____
Emergency Contact Name: _____
Street: _____
City: _____
State: _____
Zip: _____
Gender: _____
Age on 5/27/07: _____
Birth Date: _____
Club: _____
(Please fill out completely)

ENTRY INFORMATION
Divisions:
USMS 1-Mile Championship YES (circle)
1-mile: wetsuit/non-wetsuit (circle one)
2-mile: wetsuit/non-wetsuit (circle one)
1650 Yd Seed Time _____:_____
Entry Fee (Payable to Reston Masters)
One event _____ \$35
Two events _____ \$65
Three events _____ \$90
Open-water Clinic _____ \$10
USMS Status: member/non member (circle one):
USMS#: _____
Single-Event USMS Membership: _____ \$20
Full USMS Membership: _____ \$32
T-shirt Size: S _____ M _____
L _____ XL _____
Donate to Lymphoma Foundation: \$ _____
Total: \$ _____
Mail to: Lin-Mark Computer Sports 7 Westwood Dr, Mantua, NJ 08051

Entry Check-List: Copy of USMS card Division Seed Time T-Shirt Size Sign USMS Waiver Sign RA Waiver Enclose Entry Fee



USMS 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 LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, RESTON ASSOCIATION, LIN-MARK COMPUTER SPORTS, 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."

Signature _____ Date _____ Phone No. _____

RESTON ASSOCIATION RELEASE: "I hereby release the Reston Association generally from all claims for bodily injury, death or property damage arising from my use of Reston Association facilities. I assume full responsibility for all liability in connection with such claims, and agree to indemnify Reston Association and hold Reston Association harmless against any such claims."

Signature _____ Date _____ E-Mail _____