



Please note that the USMS Championships will be swum in conjunction with the 14th Annual Death Valley Open Water Swim Meet. There will be other events in the water at the same time the Masters' National Championships will be swum.

USMS 10K NATIONAL CHAMPIONSHIPS: The course will consist of a 5K loop marked every 100 meters with buoys. The swim will be two times around the course for a total of 10K. The race will end 2 hours after the first individual finishes. All swimmers who have not completed the course at that time will be asked to retire. Check-in: 7:00am; Pre-race Meeting: 8:30am; Event start: ~8:45am.

ELIGIBILITY: This event is open to all USMS registered athletes, with age determined the day of the race. A one-event registration is available for non-USMS athletes 18 and over. This fee is \$12. One-event registered swimmers may not receive USMS All-American recognition.

ENTRY FEES: \$30.00 includes one event, cap, t-shirt and athlete hospitality. Entry deadline is June 7, 2008. 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 7 may or may not receive a T-shirt (**THERE WILL BE NO REDUCTION IN FEE**).

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

SAFETY: Safety boats, canoes, and kayaks will monitor the entire course, with water bottles available to athletes. Swimmers must wear race cap and numbers on both arms and back for identification. Medical personnel will be on site.

SEEDING: The women will start 5 minutes after the men if number of entries exceed 100, otherwise the event will be swum as one heat

AWARDS and RESULTS: 10K National Championships will receive USMS Championship Medals 1st to 6th place in all USMS recognized Age Groups (102.3.1). All-American patches will be awarded to the eligible first place finisher in each age group. Results will be by age group and gender and will be posted at <http://www.ClemsonAquaticTeam.org>

USMS National 10K Open Water Championships

East Beach on Hartwell Lake
Clemson University, Clemson SC
June 14, 2008 -Sanctioned by SC LMSC #558-OW001
Hosted by Clemson Aquatic Team

LODGING/CAMPING: Please check <http://www.ClemsonAquaticTeam.org> for hotel information. The State of SC has many camp grounds located near by. Go to www.southcarolinaparks.com to locate a park if you plan to camp. Nearest Airport: Greenville/Spartanburg is ~50 miles; Atlanta, Charlotte, Columbia are ~120 miles.

WATER CONDITIONS: Hartwell is a calm freshwater lake; water temperature expected to be in the low 80s.

LOCATION and DIRECTIONS: The event takes place at East Beach on the Clemson University campus. **Directions:** Coming from the North and East on I-85, take Exit 19B, go right on 76/28 to Clemson; from the South and West on Interstate 85, take Exit 14, go left on Highway 187, then left on 76/28 to Clemson. Take Highway 93 exit, turn left onto 93. * Pass the ESSO Club on right, take next left at light onto Perimeter Road, then an immediate right on to East Beach Drive at Clemson Rowing sign. Beach is at the end of the road.

From Hotels or Highway 123: Turn onto College Avenue (Highway 133) toward Clemson University. At the campus turn right onto Highway 93. Follow from * above.

OTHER ACTIVITIES:

Friday Evening Barbecue & Bluegrass on the Beach. Join us for dinner, music, and s'mores at East Beach at 6pm on the evening before the swim. Cost: \$12.00. Must register to attend on entry form.

MEET DIRECTOR: Jacqueline Grossman, Clemson Aquatic Team, PO Box 411, Clemson SC 29633-0411. E-mail: je1g@innova.net Phone (day) 864-646-8836: (night) 864-654-4704

MEET REFEREE: Jim Keogh

SAFETY MARSHAL: Riley Stevens

Permitted by the US Army Corps of Engineers
Held under the Sanction of US Masters Swimming.

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

**2008 USMS 10K National
Open Water Championships
June 14, 2008 (severe weather date June 15, 2008)**

Name: _____ Age: _____ Gender: _____
 Registration Number (required): _____
 Street Address: _____ USMS #: _____
 City: _____ State: _____ Zip: _____ Show USMS Registration at meet or send copy with entry
 E-mail: _____ Check here if non-member: _____
 Phone: _____ Club: _____ Club Code (ex CAT): _____

Fees: \$30.00, for non-members of USMS there is an additional \$12 for one-event fee.

T-Shirt Size (Adult sizes only): S ___ M ___ L ___ XL ___ XXL ___
 Make checks payable to: **CAT**
 Send to: **PO Box 411**
Clemson SC 29633-0411

Entry fee \$30.00	= \$	30.00
Non-members of USMS \$12.00	= \$	_____
Friday BBQ dinner (# attending): _____ X \$12.00 per person	= \$	_____
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 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, 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.

Swimmers Signature: _____ Date: _____



PO Box 411
 Clemson SC
 29633-0411