



Lake Monona Open Water Swims 2008 USMS National Championship 2.4-Mile Open Water Swim

Saturday, August 23, 2008, 8:00 AM
Lake Monona, Madison, WI

Sponsored by: Madison Area Masters Swimming
& City of Madison Parks Division
Sanctioned by Wisconsin LMSC for USMS, Sanction #208-006

EVENTS:

- 1.2-Mile Badger Open Water Swim, 8:00 AM
- 2.4-Mile Non-Championship Classic Swim, 8:30 AM
- 2.4-Mile USMS National Championship, 8:45 AM

COURSE: Lake Monona in Law Park (100 E. John Nolen Dr.) 1.2 mile rectangular course, marked by buoys; "Ironman Wisconsin" course. Swim will be counter-clockwise. In-water start; beach finish.

CHECK-IN: Registration/Check in: 7:00-7:45 am
Warm-up: 7-7:45 am
Pre-race briefing: 7:45

ELIGIBILITY: Open to swimmers 18 & over as of August 23, 2008. All swimmers must be registered with USMS. You must submit a copy of your 2008 registration card, a completed One-Event Registration Form (\$18), *or* a completed Annual Registration form (\$40). Entries without a copy of the 2008 USMS card or a completed registration form will be returned. Annual registration form is available at <http://www.swim-wimasters.org/regform.pdf>. One-event form is at www.swim-wimasters.org/WIS%20One%20Event%20Madison.pdf. This entry is also at: http://www.active.com/event_detail.cfm?event_id=1491243

ALL ENTRIES: Must be received by **Saturday, August 14, 2008. NO RACE DAY ENTRIES.**

FEES: \$30.00 if received by **August 9, 2008**; \$50.00 if received after August 9. Commemorative T-shirt will be available for \$15.00.

Make checks payable to **SWIM CLUB** and mail to:

**Suzi Green,
57 Knutson Dr.
Madison, WI 53704**

RULES: 2008 USMS Rules will govern this race.

SEEDING: Swimmers will be seeded fast to slow according to 500 time in waves of 10 swimmers at 30 second intervals. No-Time entries will be seeded in the slowest waves. Seeding changes will not be allowed after the heat sheet is published.

TIME LIMIT: 1:20 for the 1.2 mile swim 2:30 for the 2.4 mile swim. Those swimmers not finishing will be removed from the water.

TIMING: Electronic timing chips will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$20 charge will be assessed to the swimmer.

SAFETY: Swimmers unable to complete 1.2 mile in 1:20 hour or 2.4 mi in 2:30 are advised not to enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In case of inclement weather, the race director may close the course and prevent swimmers from completing the swim. The Director of Pools and lifeguards for the City of Madison Parks Department will be directing all rescue personnel. Boats and kayaks will be on the course to provide assistance if needed.

WATER TEMPERATURE: 72-75°F.

WETSUITS may be worn only in the non-championship races.

AWARDS: 2.4 Mile Championship: USMS National Championship medals will be awarded to the top 6 men & women in each age group, 18-24, 25-29, 30-34...100+.. USMS All-American Championship patches will be awarded to the winner of each age group. **One-Event registrants** will not be eligible for All-American status. Medals will be awarded to the top 3 teams. Event patches will be awarded to all finishers. **2.4 Mi Non-Championship Classic & 1.2 Mile Badger** swims: Custom awards to the top 3 men & women in each age group.

POST-RACE SOCIAL: The awards ceremony and a social with food and drinks will follow the final heat of the 2.4-mile race. Free to all swimmers & volunteers and guests under 11 years old. \$5 for guests over 10.

RESULTS: Will be posted at www.swim-wimasters.org by **August 30, 2008.**

DIRECTIONS: I-90 TO Hwy 12/18 West, exit John Nolen Dr (north). The race staging area is in Law Park located on the shore of Lake Monona and immediately to the right after John Nolen Drive passes under the Monona Terrace Convention Center. Contact Meet Director for details. Parking is available near the race staging area: There is ample parking within the Monona Terrace Convention Ctr., a 5-min walk to staging area.

ACCOMMODATIONS: Contact Meet Director about hotels in area, or www.visitmadison.com

For more information, contact:

Dick Pitman, email: dpswimmer@gmail.com
work: 608-242-8125
cell: 608-770-2307 (No calls after 9PM CST)

6th Annual Madison Area Masters Open Water Swims

2008 USMS 2.4 Mile National Championship

Saturday August 23, 2008

Entry Form

Staple legible copy of 2008 USMS card here & complete the following information.

Eve Phone (____) _____

Email _____

AGE on August 23, 2008 _____

Emergency Contact:

Name: _____

Phone: _____

ENTER SEED TIME FOR EVENT YOU ARE ENTERING		
Race	Start Time	500-yd Seed Time
1.2 Mi Badger Swim	8:00 AM	____:____
2.4 Mile Non-Championship Swim	8:30 AM	____:____
2.4 Mile USMS National Championship	8:45 AM	____:____

\$30.00 ____	Early Bird Entry Fee by August 9		
\$50.00	Late Entry Fee August 9-14. NO RACE DAY ENTRIES	_____	Completed entry form
\$_____	T-Shirt : \$15 each Circle Size: S M L XL / XXL or XXXL (\$3.00 add'l)	_____	Copy of USMS card
\$_____	USMS 2008 Registration if required (\$40)		Or
\$_____	USMS One Event Registration if required (\$18)	_____	USMS Annual Registration form (\$40)
\$_____	Results: \$4.00 to receive official results by mail		
\$_____	Post-race Social: \$5 for guests over age 10; swimmers & volunteers free		
\$_____	Total Enclosed (Make Check payable to SWIM CLUB)	_____	One Event Registration form (if applicable) (\$18)

Sign release below. Send check payable to SWIM CLUB & entry to: Suzi Green, 57 Knutson Dr., Madison, WI 53704. MUST BE RECEIVED BY AUGUST 14, 2008

RELEASE OF LIABILITY BY PARTICIPANT: "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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC., THE WISCONSIN MASTERS AQUATIC CLUB, MADISON AREA MASTERS, STATE OF WISCONSIN, CITY OF MADISON, 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.

DATE _____ SIGNATURE _____