



**U.S. MASTERS
SWIMMING**

2009 USMS One-Mile National Championship

Millerton Lake, California

Monday, May 11, 2009, 8:30 am

Sponsored by: Sierra Multisport Productions llc, Clovis Swim Club, and Pacific Masters Swimming
Sanctioned by: PMS for United States Masters Swimming, Sanction #OW-09-02

8:00 a.m. there will be a mandatory race briefing.

Start: 8:30 a.m. Male 18-44
8:35 a.m. Male 45+
9:05 a.m. Female 18-44
9:10 a.m. Female 45+
All swims start and finish on the beach.

Entry Fee: Early entry is \$40 for pre-registered athletes, before 4/15/09. Entries received after 4/15/09 will be \$50. Late entries must be received by 5/4/09. Entries received after 5/4/09 and race day entries will not be accepted. All participants will receive a swim cap and a customized T-shirt. Indicate size on entry form.

There will be no race day registration.

The event will be limited to the first 1,000 entries.

Make checks payable to:

Sierra Multisport Productions

Mail to: 272 West Teague Ave., Fresno, CA 93711

For information contact:

Faron and Heleen Reed, Race Directors

Faron-Heleen@sbcglobal.net

<http://www.sierramultisport.com>

Confirmation will be sent if you provide a legible e-mail address, or stamped self-addressed envelope. This is a rain or shine event. All entry fees are non-refundable.

Eligibility: Open to all USMS registered swimmers 18 years & over as of May 11, 2009. **You must submit a copy of your 2009 registration card.** Entries without a copy of the 2009 USMS card will not be accepted.

2009 USMS rules will govern this race

Annual USMS Membership Registration can be found at:

<http://www.usms.org/reg/>

Equipment: Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in instant disqualification. Soft hand paddles may only be used as a prosthesis—provided, in the opinion of the Race Director – they do not present a safety hazard to other swimmers.

Awards: USMS National Championship medals will be awarded to the top 6 men and women in each age group. Age group awards are in 5- year increments: 18-24, 25-29, 30-34 ...100+. The winner of each age category will receive a championship patch.

Results will be posted on www.sierramultisport.com and www.pacificmasters.org

Timing: Electronic ChampionChip Timing 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 \$30 charge will be assessed to the swimmer.

Package Pickup: Package pickup will be available on Sunday, May 10, from 10:00 AM – 2:00 PM during the last day of the 2009 USMS Short Course Yards Nationals at Clovis North Aquatics Complex. Directions to Clovis North High School: <http://www.clovisswimclub.org>
Race day package pickup is from 7:00 a.m. – 8:00 a.m. at Millerton Lake race site.

Course & Water Temperature: The course is out and back and will be marked by buoys at approximately 200-yard intervals. The expected surface water temperature of Millerton Lake in May is 65-70 degrees F. The course will be clockwise with the centerline on the swimmers' right. Start and finish on the beach. It is suggested that you bring comfortable shoes to walk to the race start as surface will have sand and some rocks.

Water Safety: Brightly colored swim caps will be provided to all swimmers and will be mandatory for the swim. The course will be monitored by a safety boat and paddlers. Individual escorts will not be allowed. For safety reasons, swimmers who cannot complete the 1-mile course in one hour are advised not to enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. All swimmers will be body marked. Local EMT/Ambulance will be present.

Where: Millerton Lake, 15 miles northeast of Fresno.

For a map go to http://www.parks.ca.gov/?page_id=587 and look up "map of location". **The park entry fee is \$7 per vehicle.**

Directions:

FWY 41 coming from the South: Take exit Friant road. Turn right at the traffic light – you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and take a left at the top – follow the parking signs.

Places to Stay: For a list with accommodations please go to the website: <http://www.clovisswimclub.org> and click on the link Masters Nationals or go to <http://www.fresnocvb-housing.org/events.php?id=39>. Camping is available on the opposite side of the lake, about a 15 minute drive to race start. For reservations call: (559) 822-2332

2009 USMS One-Mile Open Water National Championship Entry Form

Monday, May 11, 2009

Staple legible copy of USMS 2009 card here & complete the following information (Please trim card)

Ever Phone (____) _____

Email: _____

Email Confirmation: check box

Emergency Contact:

Name: _____

Phone: _____

√ below

Early Entry Fee (must be received by April 15, 2009)	\$40.00	Completed entry form	_____
Late Entry Fee (due April 16-May 4, 2009)	\$50.00	Signed Release of Liability	_____
T-Shirt (included in entry fee; additional shirts, \$15 each) Circle Size: S M L XL XXL	\$_____	Copy of USMS card	_____
Total Enclosed (Check payable to Sierra Multisport Productions)			\$_____

Mail completed entry with check payable to:
 Sierra Multisport Productions
 272 W. Teague Ave, Fresno CA, 93711

Don't forget to attach a copy of your 2009 USMS membership card.

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 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 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 in open water swimming and agree to assume those risks.

DATE _____ **SIGNATURE** _____



Sierra Multisport Productions, llc

