



Betsy Owens Memorial Lake Swim

2009 USMS Two-Mile Cable National Championship

Mirror Lake in Lake Placid, New York

Saturday, August 15, 2009, 10:30 am



Sponsored by: Adirondack District Masters, Total Immersion Swimming & North Elba Park District
Sanctioned by: ADMS for United States Masters Swimming, Sanction #039-004

Event: This will be a 2-mile swim, consisting of four laps around a quarter-mile course over an underwater cable marked with buoys. There will be one heat. The direction in which the heat will be swum (clockwise or counter-clockwise) will be determined by the toss of a coin (national championship medal) at 10:15. 2-hour time limit.

Check-in: 9:00-10:00 AM.

NO RACE DAY ENTRIES

Eligibility: Open to all USMS- or MSC-registered swimmers 18 years & over as of August 15, 2009. **You must submit a copy of your 2009 registration card.** Entries without a copy of the 2009 USMS/MSC card will not be accepted. 2009 USMS rules will govern this race.

Entries: Early registration fee is \$40.00 for entries received by Wed., July 15; \$60.00 for late entries received between July 16 and August 1. All entries must be received by **Sat., August 1.** LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED except for relays. Fee includes a 100% cotton T-shirt. Indicate size on entry form. (For T-shirts larger than XL, please add \$3.00 and indicate size.)

Make checks payable to ADMS and mail to:

Ann Svenson, Race Director
PO Box 425
Greenfield Ctr, NY 12833

Relays: FUNdraising Relays: ALL proceeds from relays go directly to breast cancer research. Relays may consist of 2-6 swimmers of any gender or age group. Swimmers do not have to be members of the same USMS club and unattached swimmers will be allowed; however, all relays that conform to USMS Rules will be considered for All American and national records. No awards will be given.

Relay entry fee is \$10/person. Relay entries **only** will be allowed on race day. **USMS Relays** must be in the following categories: 3 women, 3 men or 4-person mixed (2 women, 2 men). The age of the youngest swimmer determines the age of the relay: 18+, 25+, 35+, etc. Each relay member must swim the individual event. All relay members must be registered with the same USMS club. Unattached swimmers are not allowed on USMS relays. Swimmers will be allowed to swim on only one same-gender and one mixed-gender USMS relay. Finish times for all swimmers on a relay will be added together, and the relay with the lowest total time in each division will be the winner.

Safety: For safety reasons, swimmers who cannot complete 2 miles in 2 hours 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 the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the swim. Entry fee includes a highly visible swim cap that must be worn during the swim. No motorized craft are allowed on the lake. Paddlers will provide safety.

Water temperature: 70-80°F.

Wetsuits may be not worn in this race. There will be a number of races sponsored by Total Immersion on Sunday, August 16 that will allow race day entries and wetsuits. Please contact Terry Laughlin, terry@totalimmersion.net, for more information.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seedtime and will be started 10 swimmers at a time. "No Time" entries will be seeded in the slower waves. Seeding changes will not be allowed on race day.

Awards: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group: 18-24, 25-29, 30-34...100+. USMS National Championship patches will be awarded to the winner of each age group. Results will be posted at www.adms.org or sent to you if so indicated on the entry form.

Post-race Picnic & Awards Ceremony: Free for all entrants and volunteers; guests \$8.00 with entry; \$10 on race day.

Accommodations:

Lake Placid Visitors Bureau, 518-523-2445
Saranac Lake Chamber of Commerce, 518-891-1990
Quick links to Lake Placid websites at www.adms.org.

Directions: Approximately 2:45 from Albany Airport.
From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid.
From North: Northway (1-87) to exit for Keeseville and Ausable Forks, Rt 9N, to Rt 86 in Jay, through Wilmington into Lake Placid.
From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Village beach on Mirror Lake in town of Lake Placid is located near center of village and Main St. Street parking is available near the venue on day of event.

For more information, contact:

Ann Svenson, 518-893-1967, annb48@earthlink.net

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2009 USMS Two-Mile Cable National Championship Entry Form

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

Eve Phone (____) _____

Email _____

Emergency Contact:

Name: _____

Phone: _____

Check here if you would like results mailed to you

1650 Seed Time: ____:____.____
(Entries with no time will be seeded in the slower heats)

√ below

Early Entry Fee (must be received by July 15)	\$40.00	Completed entry form	_____
Late Entry Fee (due July 16-August 1)	\$60.00		
Long sleeve T-Shirt (included in entry fee; additional shirts, \$15 each) Circle Size: S M L XL / XXL or XXXL (\$3.00 add'l)	\$_____	Copy of USMS card	_____
____ # of Picnic Guests (\$8.00 ea)	\$_____		
Relay Entry Fee(s) \$10/person; ____ x \$10 Use additional forms (below) as necessary	\$_____		_____
Total Enclosed (Check payable to ADMS)	\$_____		

Sign release below & send entry & check to: ADMS, c/o Ann Svenson, PO Box 425, Greenfield Ctr., NY 12833
MUST BE RECEIVED BY AUGUST 1, 2009. Please do mail entries until after May 1.

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** _____

RELAY ENTRY FORM

Circle Relay Type: Women (3) Men (3) Mixed (2 Women & 2 Men) Relay Age Group : _____

USMS Club Name: _____ USMS Club Abbr: _____

Swimmer Name (as it appears on Registration Card)	Gender circle	Age	DOB	USMS #
#1 _____	W or M	_____	__/__/__	_____
#2 _____	W or M	_____	__/__/__	_____
#3 _____	W or M	_____	__/__/__	_____
#4 _____	W or M	_____	__/__/__	_____
#5 _____	W or M	_____	__/__/__	_____
#6 _____	W or M	_____	__/__/__	_____