



**2009 USMS 2-MILE OPEN WATER NATIONAL CHAMPIONSHIP
AND
CANANDAIGUA SAWBELLIES ANNUAL OPEN WATER SWIM**
Competitive One-Half, One- & Two-Mile Open Water Swims and Picnic!!

DATE/TIME: July 11, 2009, 8:30 am

LOCATION: Canandaigua, New York, Kershaw Park, Lakeshore Drive, North End of Canandaigua Lake
New York State Thruway Exit 44, South 8 miles, straight to Kershaw Park

ELIGIBILITY: Open to all USMS and MSC registered swimmers 18 and older as of July 11, 2009. You must submit a copy of your USMS card. Annual USMS registration will be available at the beach for \$35.00 and single event USMS for \$12.

CONDITIONS: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Meet Director, Niagara Open Water Director and Ontario County Sheriff will make this decision. There will be no refund.

ENTRY FEE: \$25.00 Includes picnic and refreshments. \$30.00 after July 6, 2009.

CHIP TIMING: Each swimmer will be given a timing chip to wear on the ankle during the race to provide accurate times and finish places. Results will be available almost immediately.

AWARDS: In the 2-mile event 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. **One event registrants** will not be eligible for All-American status. Swimmers in the 2-mile swim will also receive a USMS National Championship T- shirt. All finishers in all events will receive awards.

SCHEDULE: Registration: 7:30-8:15 am; 8:15 am: Mandatory Meeting for all swimmers;
8:30 am: Start of 2-mile swim; 8:40 am: Start of 1-mile swim; and 8:50 am: Start of ½ mile swim. USA Youth Competition will follow completion of USMS meet (approximately 9:40 am). Picnic!!!!

RULES: The USMS Long Distance/Open Water Rules as outlined in part 3 of the 2009 USMS Rule Book shall govern the events.

COURSE: Water start, straight out and back. One loop is 1-mile in distance; twice around for the 2-mile swim; halfway out and back for ½ mile swim. Finish is on the beach at the chip timing pad.
The Ontario County Sheriff will patrol the perimeter of the course.



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WATER SWIM, JULY 11, 2009**

ENTRY FORM: Please provide the following information:

Name _____ Email _____

Sex _____ Age _____ Date of Birth _____ Club (where you practice) _____

Telephone No _____ Club (from your USMS card) _____

Address _____

CHECK ONE: [] ½ MILE or [] 1 MILE or [] 2 MILE

INCLUDE: **PHOTOCOPY OF USMS REGISTRATION AND SIGNED WAIVER** (below)

CHECK OR MONEY ORDER PAYABLE TO **CANANDAIGUA MASTERS SWIM CLUB**

SEND ENTRIES TO: **Vern Hecker, Meet Director, 3452 Gehan Road, Canandaigua, New York 14424,**
(585) 394-4075 email: vhecker001@rochester.rr.com

WAIVER:

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 PRORGAM 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. (Rule Book Article 301.3)

Signature of Participant _____ Date _____

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND09-OW01