

2010 USMS 10K Open Water National Championships & 2 x 5K Relay



South Harbour Club House Beach, Noblesville, IN, July 17, 2010
Sponsored by: Noblesville Adult Swim Team Inc. (NASTi) & the Friends of Central Pool (FOCP)
Sanctioned by: Greater Indiana Masters Swimming (GRIN) for USMS, Sanction # 160 S 03
Proceeds Benefit the Not-for-Profit Forest Park Aquatic Center



2010 USMS 10K NATIONAL CHAMPIONSHIP: The course is a 5K loop marked with buoys. 10K (Solo) Swimmers will swim two laps. Two swimmers will comprise a relay team and swim one lap each. Relay swimmers will swim at the same time – simultaneously – wave starts are at the discretion of Race Director. Those not finished within the ‘Time Limit’ will be asked to exit the water.

LOCATION: South Harbour Clubhouse Beach, 1156 South Harbour Drive, Noblesville, Indiana 46062. Lake temperature in mid-July is approximately 79 F, but may vary

TIME LIMIT: Solo 4 ½ hours; Relay 2 ¼ hours for each swimmer. To view the course, visit GRINswim.org/USMS2010K

CHECK-IN: Pre-Race Friday July 16, 4-6 PM. Mandatory for Solo; Optional for Relays: Pre-Race dinner available for \$10 Race Day CHECK-IN: 6:00-6:45 AM; Race Day Meeting 6:45 AM. Solo start: 7AM. Relay start, 7:30 AM. *Wave starts will be at the discretion of the Race Director depending on number of entries.*

ELIGIBILITY: Solo 10K and Relays: Open to all 2010 USMS registered athletes. “One-Event” USMS registration is available for \$15. Use separate form. Relays may consist of men, women or a mixed of one man and one woman.

ENTRY FEES: (Solo: 10K): Early Registration Fee is \$60 and must be received by June 1, 2010. Late Registration Fee is \$80 and must be received by July 1, 2010. No race-day entries. **Relay: 2 x 5K: Early Registration Fee is \$40/swimmer (\$80/team) received by June 1, 2010. Late Registration Fee is \$60/ swimmer (\$120/team) received by July 1, 2010.** No race-day entries. Relay substitutions will be permitted until Check-In on 7/16/10.

Fees include: T-shirts, swim caps, goodie bags and post-race snacks. Pre-Race dinner is \$10 and is optional. **Friday’s Pre-Race Meeting is mandatory for solo swimmers.**

RULES: All applicable 2010 USMS rules, regulations, and safety requirements will be enforced.

SAFETY: Safety boats and life guards will monitor the entire course. Solo swimmers may provide their own beverage and nutritional needs to be placed on a pontoon boat accessible only at the 5K turnaround – “The Beach” Start/Finish Area. Water stops will be available on the course at the 2.5K interval, the far point of the course known as “The Loop.” Swimmers must wear race cap and numbers on arms and back for identification. Medical personnel will be on-site.

SEEDING: Solo and relay swimmers will be seeded in separate events. The Race Director reserves the right to change seeding and may use wave starts.

AWARDS: USMS National Championship Medals will be given to top 8 finishers by age group and gender. All American patches will be awarded to all top age group finishers. Prizes may be awarded to overall & age group winners.

LODGING: Several hotels can be found within 6 miles of the race site: Fairfield Inn, 17960 Foundation Drive, Noblesville (317) 776-9900; Super 8, 17070 Dragonfly Lane, Noblesville, (317) 776-7088; Quality Inn and Suites, 16025 Prosperity Drive, Noblesville (317) 770-6772. Many other choices are available in the surrounding area. Limited “Home-Stays” with local USMS families will be available on a first-come-first-served basis. Contact the Race Director for details: dsidner@gmail.com More information will be posted on the website.

AIRPORT: Indianapolis (IND), approx. 60 minutes by car from the race location.

SCHEDULE OF EVENTS

FRIDAY EVENING (7/16/10):

4 - 6 PM **Solo Swimmer Check-In Mandatory;** Relays optional
4 - 6 PM Pre-Race Dinner; Optional. \$10. Friends Welcome!
4 - 7 PM Boating tours of race course (optional)
6 PM Mandatory (Solo 10K) pre-race meeting.

SATURDAY (7/17/10): RACE DAY

6:00 – 6:30 AM: All Swimmers Check-In
6:30 Warm-ups
6:45 AM: Final Pre-race instructions (Solo)
7:00 AM: Solo Swimmers Start
7:15 AM: Final Pre-race instructions (Relays)
7:30 Relay Swimmers Start
9:45 Course closes for Relay Swimmers. Awards ASAP
11:30 Course Closes for Solo swimmers. Awards ASAP

SUNDAY (7/18/2010): 8AM-Noon. For those staying overnight after the race, we have a complimentary swim practice, recreation and brunch at The Forest Park Aquatic Center, provided by NASTi & FOCP for swimmers and their families.

RACE DIRECTOR: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062. Email: dsidner@gmail.com Phone (317) 695-9885.

ABOUT NOBLESVILLE... a history buff’s haven delights with an historic courthouse and quaint brick-lined streets. The Courthouse and business district are on the National Register of Historic Places. In Forest Park visit the Train Museum, the 1871 Covered Bridge, a Carousel and the Forest Park Aquatic Center (operated by the not-for-profit, *The Friends of Central Pool, Inc. - FOCP*). For tourist information, call the Hamilton County Convention & Visitors Bureau (317) 848-3181 or visit <http://8greattowns.com/>

