

**2010 USMS ONE MILE OPEN WATER NATIONAL CHAMPIONSHIP**  
**Latta Plantation (Gar Creek) at 5226 Sample Road**  
**Huntersville, NC 28078**  
**8:00am EDT Saturday, May 29, 2010**



**Sponsored by: The Custom Coach**

**Sanctioned by North Carolina LMSC for USMS, Inc.; Sanction #130-01ow**

**Event:** This is a One Mile clockwise swim on a triangular course, starting in the water and finishing on a beach.

**Eligibility:** Open to all 2010 USMS registered swimmers. To register with USMS, go to [www.usms.org](http://www.usms.org) and click red button on the right side of the opening screen. Also, one event USMS registrations will be accepted provided they are included with the entry form and received by the deadline. A one-event registration fee is \$18.00; make checks payable to LMSC for NC. The one event registration form is available at [www.ncmasters.org](http://www.ncmasters.org) 2010 USMS rules shall govern this event.

**Entries:** Online entries are preferred. The link to enter this race online is: **One Mile Online Entry**  
The online entry deadline is 11:59pm EDT Sunday May 23, 2010. **Paper entries must be RECEIVED by 5:00pm EDT Friday May 21, 2010.** LATE ENTRIES WILL NOT BE ACCEPTED. Entry fee is \$45 which includes a commemorative t-shirt. No Refunds. Circle your shirt size on your entry form. Additional shirts are \$15.00 and must be ordered with your entry. Two non-championship races will begin 30 minutes following conclusion of the USMS One Mile Championship event.

**Schedule:** Registration  
Check in: 6:30am EDT  
Warm up: 7:00am EDT  
Pre-race instructions: 7:50am EDT  
First wave Start: 8:00am EDT

**Seeding:** Swimmers will be seeded fastest to slowest according to the 1,650 seed time submitted on the entry form. "No Time" entries will be placed in the last (slowest) wave. Chip timing will be used. Waves will be set off one minute apart; each wave will have its distinctive colored cap, which MUST be worn during the competition.

**Safety:** There is a one-hour time limit for each wave in this race. Swimmers still on the course after the time limit for their wave 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. Paddlers will be provided for safety. Water temperature estimated between 70-80°F.

**Wetsuits:** May be worn but wetsuit swimmers will be in a separate wave. Times will be posted in the wetsuit category and are not eligible for scoring in the USMS National Championship event or for awards or record consideration. If you plan to wear a wetsuit, you must declare it on your entry. Changes may not be made 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.openwaterchallenge.com](http://www.openwaterchallenge.com), [www.ncmasters.org](http://www.ncmasters.org) and [www.usms.org](http://www.usms.org).

**Accommodations:** Hotel information can be viewed at the event website [www.openwaterchallenge.com](http://www.openwaterchallenge.com), [www.ncmasters.org](http://www.ncmasters.org) and [www.usms.org](http://www.usms.org) Enclosed permanent restrooms are at the start/finish area.

**Directions:** From Interstate 77 take exit 16B (Sunset Road) and go .6 mile to Beatties Ford Road. Turn right (north) on Beatties Ford and go 4.9 miles to Sample Road. Turn left onto Sample and go approximately 2.0 miles to the end. Large grassy parking lot is on the left.  
From Interstate 85, get on I-77 North at exit 13 and follow the directions above.  
The event address is 5225 Sample Road Huntersville, NC 28078. A map can be found at [www.openwaterchallenge.com](http://www.openwaterchallenge.com) along with course maps etc.

**[Click here](#)** for a link to Google maps.

**2010 USMS ONE MILE OPEN WATER NATIONAL CHAMPIONSHIP**  
**MAY 29, 2010**  
**INDIVIDUAL ENTRY FORM**  
Sanctioned by North Carolina LMSC for USMS, Inc.; Sanction #130-01ow  
Preferred Online Entry: One Mile Online Entry

NAME: \_\_\_\_\_ GENDER: \_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Print name as it appears on USMS Registration Card mm / dd / yyyy

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_

USMS CLUB: \_\_\_\_\_ CLUB ABBR: \_\_\_\_\_

2010 USMS REGISTRATION NUMBER: \_\_\_\_\_ OR FINA NUMBER \_\_\_\_\_

\*\*MY 1,650 yard SEED TIME IS: \_\_\_\_\_ minutes: \_\_\_\_\_ seconds and \_\_\_\_\_ hundredths or NT

E-MAIL ADDRESS: \_\_\_\_\_

BY SIGNING BELOW, I CERTIFY I HAVE READ THE RULES OF THIS COMPETITION.

ENTRY FEE includes one t-shirt: \$ 45.00

SHIRT SIZE (circle one): S M L XL XXL

ADDITIONAL SHIRT(S) @ \$15.00 each (circle size) S M L XL XXL \_\_\_\_\_

TOTAL ENCLOSED PAYABLE TO THE OPEN WATER CHALLENGE: \$

\*\*Mandatory

**Paper entries must be RECEIVED before 5:00pm EDT Friday May 21, 2010.**

**USMS LIABILITY RELEASE:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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 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 inherent in open water swimming and agree to assume those risks.

Signed: Date: \_\_\_\_\_ Name: \_\_\_\_\_

Print Name: \_\_\_\_\_

Include: **Copy of 2010 USMS or 2010 FINA registration card**

This signed and dated entry form

Event entry fee check made payable to: *The Open Water Challenge*

If applicable, the one day USMS registration check for \$18.00 made payable to *LMSC for NC*

**Checks that do not clear will result in the swimmer being dropped from the event.**

Mail to: Steve Watkins  
6532 Rockyfalls Road  
Charlotte, NC 28211