



2011 USMS 2.4 Mile Open Water National Championship

Saturday, August 20, 2011 8:30 am at Lake Monona, Law Park, Madison, Wisconsin

Sponsored by Wisconsin Masters Aquatic Club - Madison Area Masters

<http://www.ClubAssistant.com/MOWS2011>

SANCTIONED BY WISCONSIN MASTERS SWIM COMMITTEE for USMS, Inc.

USMS Sanction# 201-007

What: This is a 1.2 mile rectangular course in the same location as Ironman Wisconsin which is scheduled for the following month. The course is well marked with eighteen orange buoys, patrolled by lifeguards and volunteers in a variety of watercraft. The past water temperatures for this event have been 72 to 77 degrees F.

When: Saturday, August 20, 2011. Event check-in and warm up begins at 7:00 am. The mandatory pre-swim briefing starts at 8:15 am. You must exit the water after warming up and attend the pre-swim briefing. The swim events start at 8:30 am. All swimmers will start in the water and finish on the beach utilizing electronic timing chips. There will be three starting waves as described on the website. The National Championship event is the first of the 3 waves.

Where: Law Park on Lake Monona, 100 E John Nolen Dr, Madison, Wisconsin. Parking and hotels are available in several nearby locations as indicated on the website.

Eligibility: Open to all swimmers 18 years and over as of August 20, 2011. Please judge your own ability level prior to registering for this race. Because this is a USMS sanctioned event, 2011 USMS annual membership is required. Foreign swimmers are not eligible for USMS records or All-American status.

How to Enter/Register: The entry fee is \$30.00 if received before 5:00 pm CST on Wednesday, August 10 or \$50.00 if received before registration closes at 5:00 pm CST on Wednesday, August 17. Paper entries must include a copy of your current USMS annual membership card (no one event memberships allowed) and an extra \$5.00 processing fee. Paper entries must be post marked by Wednesday, August 10 and incomplete entries will not be processed. There will be no registration (including race day) after 5:00 pm CST on August 17. A photo ID (driver's license), USMS membership and event registration verification may be required at check-in. T-Shirts are only available for order with an on-line entry only (not paper).

Safety/Rules: The race course will be patrolled by a variety of water craft and certified lifeguards. Current 2011 U.S. Masters Swimming rules will govern this event and a USMS judge will serve as starter. Detailed safety instructions and USMS rules are included on the website.

Timing: Electronic timing will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chips must be returned after crossing the finish line or a \$30 charge will be assessed to the swimmer.

Cancellation Policy: If a registered swimmer cancels before 5:00 PM CST on August 12, 2011, a full refund will be made less a processing charge. If cancellation of one's entry is made after registration is closed but before the event occurs there will be no refund. In the event that on the established date of MOWS weather or disaster necessitates cancellation there will be no refunds. Participants not in attendance for the event, either cancelled or ongoing, also will not receive refunds of entry fee.

Cancellation requests must be emailed to swim.mows@gmail.com.

For questions or more information on MOWS, please email swim.mows@gmail.com.



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- INSTRUCTIONS:** 1) Copy your current USMS membership card onto this application then enter your email address, emergency information & any medical needs, sign and date it.
2) Enclose a \$35.00 check payable to "SWIM CLUB".
3) Mail the application with your check to: Meet Director, 57 Knutson Dr, Madison, WI 53704

PARTICIPANT INFORMATION:

Please place your 2011 USMS membership card on this event registration and make a photo copy of it. Also enter your email address below in case we have any questions or problems with your registration.

Email Address

FEES:

Processing Fee	\$ 5.00
Entry Fee	<u>\$30.00</u>
Total	\$35.00

Sec. 203.1.1 F(6) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

LIABILITY RELEASE:

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 inherent in open water swimming and agree to assume those risks."

Emergency Contact Name: _____ Emergency Contact Phone: _____

Special Medical Needs: _____

Signed _____ Date _____