

# 2011 USMS 25K Solo & 15K or 20K Relay National Championships

South Harbour Club House Beach  
Morse Reservoir, Noblesville, IN  
June 18, 2011

*Hosted by:*  
*Noblesville Adult Swim Team (NASTi)*  
*& Friends of Central Pool (FOCP)*

Sanctioned by:  
**Greater Indiana Masters Swimming (GRIN) for USMS**  
SANCTION # 161-S01

**2011 USMS 25K National Championships:** The course is a 5K loop marked with buoys. All solo swimmers who have not completed five laps of the course in ten hours will be asked to exit the water. For race info' and to view the approximate course, go to [www.grinswim.org/2011USMS25K](http://www.grinswim.org/2011USMS25K)

**Pre-Race Check-in: Mandatory for Solo Swimmers, optional for relay swimmers. Friday June 17, 4 PM to 6 PM.** Boat tours of the race course will be provided to swimmers and paddlers after check-in.

**Race Day Check-In: 6:00-6:30AM. Pre-Race Meeting 6:45AM. Solo Event start: 7:00AM. Relays start at 7:30AM.**

**LOCATION:** South Harbour Clubhouse Beach, 1156 South Harbour Drive, Noblesville, Indiana 46062. Average lake temperature in mid-June is about 78 F, but varies significantly.

**ELIGIBILITY: Solo 25K:** Open to all 2011 USMS registered athletes. Due to the extreme nature of this event, applicants must provide a statement with evidence of their ability to complete this event. *Solo swimmers MUST be accompanied by a paddler/kayak for the entire race. Paddlers and kayaks (\$25) will be provided if you do not bring your own.*

**RELAYS (3 X 5K single gender or 4 X 5K mixed):** Open to all 2011 USMS registered athletes. Relays may consist of 3 men, 3 women or mixed (2 Men + 2 Women).

**ENTRY FEES: (25K SOLO):** Early Registration Fee is \$100.00 received by April 23, 2011. Late Registration Fee is \$125 received by May 21, 2011. No race-day entries.

**RELAYS:** Early Registration Fee is \$50 per swimmer received by April 23, 2011. Late Registration Fee is \$60 per swimmer received by May 21, 2011. No race-day entries. Relay substitutions are permitted until pre-race meeting on Friday 6/17/2011.

**Entry Fees include:** T-shirts, swim caps and goody bags. The pre-race pasta dinner Friday evening is \$15 (optional). Post-race snacks & Sunday brunch at Forest Park Aquatic Center are provided.

**KAYAKS/PADDLERS:** We encourage solo swimmers to bring their own paddlers and kayaks. Kayaks will be available for a \$25 rental fee. Paddlers will be provided if you cannot bring your own.

**RULES:** All applicable 2011 USMS rules, regulations and safety requirements will be enforced of swimmers and paddlers.

**SAFETY:** Safety boats & Life Guards in kayaks will monitor the course. Solo swimmers *MUST* be accompanied by a kayak/paddler escort for the entire race. Solo swimmers should provide their own beverage & nutritional needs to their paddler escorts. Water stops will be available on the course. Swimmers must wear race cap and numbers on arms and back. Emergency Medical Services will be on site.

**SEEDING:** Solo swimmers will be seeded as a single event. The Race Director reserves the right to change seeding.

**AWARDS:** National Championship patches will be given to the first finisher in each age group. National Championship medals will be awarded to the top ten finishers in each age group. Sponsor merchandise will be awarded to overall male and female winners and age group winners as available.

**LODGING:** Several hotels can be found within 7 miles of the race: Fairfield Inn, 17960 Foundation Dr., Noblesville (317)776-9900; Super 8, 17070 Dragonfly Lane, Noblesville, (317) 776-7088; Quality Inn & Suites, 16025 Prosperity Drive, Noblesville (317)770-6772. Best Western, Westfield. Please visit our web site to obtain lodging discounts.

A limited number of "Home-Stays" will be available for swimmers and paddlers on a first come, first served basis. Contact the Race Director for details.

**AIRPORT:** Indianapolis (IND), approx. 60 minutes by car.

## **SCHEDULE OF EVENTS**

### **FRIDAY EVENING (6/17/11):**

- 4:00 – 6:00PM: Pre-Race pasta dinner, boat tours and mandatory Check-In for solo swimmers & paddlers. Relay check-in is optional on Friday. The Relay captain or designee must attend to make changes in relay members.

### **SATURDAY (6/18/11): RACE DAY.**

- 6:00 – 6:30AM: All Swimmers/Paddlers Check-In
- 6:45AM: FINAL PRE-RACE Instructions
- 6:50AM: Paddlers Depart to off-shore site
- 7:00AM: Solo Swimmers Start
- 7:30AM: Relay Swimmers Start
- 10 AM Relay Awards
- 5 PM: Course Closes. Awards immediately after.

### **SUNDAY (6/19/11): 8AM-Noon**

- Free swim practice/recreation and brunch at The Forest Park Aquatic Center, provided by NASTi & FOCP for swimmers, paddlers and their families. Info & RSVP at Friday night or Saturday morning check-in.

**MEET DIRECTOR: Dick Sidner,** 1510 Persimmon Pl, Noblesville, IN 46062. Email: [dsidner@gmail.com](mailto:dsidner@gmail.com) Phone (317) 695-9885, 8AM to 10PM EST only.

**While in Noblesville, you'll find lots to see & do!** For tourist information, visit the Hamilton County Convention & Visitors Bureau web site <http://8greattowns.com>. A history buff's haven, Noblesville delights with an historic courthouse & quaint brick-lined streets. The Courthouse & business district are on the National Register of Historic Places. In Forest Park visit the Train Museum, the 1871 covered 'Potters Bridge,' a carousel and the Forest Park Aquatic Center (operated by the non-profit, *Friends of Central Pool- FOCP*).



Solo Entry Form
2011 USMS 25K National Championships
Saturday, June 18, 2011



SOLO SWIMMER Name: \_\_\_\_\_

E-mail \_\_\_\_\_ Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Emergency Contact Info: Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Please check one:

- I will bring my own kayak
I will bring a paddler
I will bring a kayak & paddler
I will need a kayak & paddler. Kayak rental is \$25.

STAPLE COPY OF
2011 USMS CARD HERE.

REQUIRED FOR EACH SOLO APPLICANT!

On an attached sheet, please provide a statement for entering this event and brief long distance swimming resume which demonstrates your ability to complete this extreme event.

Early Entry Fee received by April 23, 2011: \$100 per swimmer \_\_\_\_\_

Late Entry Fee received by May 21, 2011: \$125 per swimmer \_\_\_\_\_

T-Shirt Size: One T-shirt included for each relay member (Adult sizes): S M L XL XXL

EXTRA T-SHIRTS (\$20) Indicate size and number # x \$20 =

KAYAK RENTAL (\$25) # x \$25 =

PRE-RACE DINNER (\$15) # x \$15 =

TOTAL = \_\_\_\_\_

Make checks payable to:
The Friends of Central Pool Inc. (FOCP)

Mail to:
Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062

Please read and sign: 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 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, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, INCLUDING SOUTH HARBOUR PROPERTY OWNERS ASSOCIATION (SHPOA) AND FRIENDS OF CENTRAL POOL, INC., 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."

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please read and sign: AUTHORIZATION AND EVENT PROMOTION

I, the enrolled participant agree to be filmed, photographed, taped, quoted or otherwise mentioned (without compensation) by the Event Director (also known as Meet Director), or by anyone authorized by the Event Director. This includes but is not limited to the official and authorized photographers, writers, hosts, or sponsors of this event under the conditions authorized by the Event Director. I give the Event Director, and anyone authorized by the Event Director, the right to use (without compensation) my name, picture, likeness, quotes, and biographical information, whether audio or visual, before, during and after the period of my individual or team participation in this event. I will not promote third party sponsors, causes, or charities unless pre approved by the Event Director. I understand that there will be no refunds given for any reason including event cancellation.

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Relay Entry Form**  
**2011 USMS 25K National Championships**  
**& 15K or 20K Relay Championships**  
**Saturday, June 18, 2011**



***ONE RELAY ENTRY FORM MUST BE COMPLETED BY EACH RELAY MEMBER***

**RELAY SWIMMER** Name \_\_\_\_\_ **RELAY TEAM NAME:** \_\_\_\_\_

E-mail \_\_\_\_\_ Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Emergency Contact Info: Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**EARLY Entry Fee** received by April 23, 2011: \$50 per swimmer \_\_\_\_\_

**LATE Entry Fee** received May 21, 2011: \$60 per swimmer \_\_\_\_\_

T-Shirt Size: One T-shirt included for each relay member (Adult sizes): S  M  L  XL  XXL

EXTRA T-SHIRTS (\$20) Indicate size and number # \_\_\_\_\_ x \$20 = \_\_\_\_\_  
 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

PRE-RACE DINNER (\$15) # \_\_\_\_\_ x \$15 = \_\_\_\_\_

**TOTAL =** \_\_\_\_\_

**Make checks payable to:**  
**Friends of Central Pool Inc. (FOCP)**

**Mail to:**  
**Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062**

Relays shall be comprised of 3 Women or 3 Men or 2 Women and 2 Men (Mixed). Substitutions will be permitted until Friday Pre-Race check-in. **Each swimmer MUST complete an entry form and sign waivers. Swimmers may be registered with different USMS clubs.**

TEAM GENDER (please circle) MEN WOMEN MIXED  
 SWIMMER 1: (CAPTAIN) \_\_\_\_\_  
 SWIMMER 2: \_\_\_\_\_  
 SWIMMER 3: \_\_\_\_\_  
 SWIMMER 4: (mixed only) \_\_\_\_\_

STAPLE COPY OF  
 2011 USMS CARD HERE.  
  
 EACH RELAY SWIMMER  
**MUST HAVE CARD**

\*\*\*\*\*

**Please read and sign: 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 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, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, INCLUDING SOUTH HARBOUR PROPERTY OWNERS ASSOCIATION (SHPOA) AND FRIENDS OF CENTRAL POOL, INC., 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."

**Swimmer's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please read and sign: AUTHORIZATION AND EVENT PROMOTION:**

I, the enrolled participant agree to be filmed, photographed, taped, quoted or otherwise mentioned (without compensation) by the Event Director (also known as Meet Director), or by anyone authorized by the Event Director. This includes but is not limited to the official and authorized photographers, writers, hosts, or sponsors of this event under the conditions authorized by the Event Director. I give the Event Director, and anyone authorized by the Event Director, the right to use (without compensation) my name, picture, likeness, quotes, and biographical information, whether audio or visual, before, during and after the period of my individual or team participation in this event. I will not promote third party sponsors, causes, or charities unless pre-approved by the Event Director. I understand that there will be no refunds given for any reason including event cancellation.

**Swimmer's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_