



10<sup>th</sup> Annual  
**Betsy Owens Memorial Lake Swim**  
2011 USMS Two-Mile Cable National Championship  
Mirror Lake in Lake Placid, New York  
Saturday, August 13, 2011, 10:00 am



Sponsored by: Adirondack District Masters & North Elba Park District  
Sanctioned by: ADMS for United States Masters Swimming, Sanction #031-006

**SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE AT**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1689&smid=2901](https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=2901)

**Event:** This will be a 2-mile swim, consisting of four laps around a quarter-mile course along an underwater cable marked with buoys. There will be two heats swum in the same direction (clockwise or counter-clockwise), which will be determined by the toss of a coin (national championship medal) at 8:45 am.

**Eligibility:** Open to all 2011 USMS- or FINA-registered swimmers 18 years & over as of August 13, 2011. Eligibility will be automatically verified for online entries. Paper entrants **must submit a copy of your 2011 registration card with your entry.** One-event membership is not available for this race.

**Rules:** 2011 USMS rules will govern this race. Only Category I swimwear is allowed ([www.usms.org/rules/part\\_3.pdf](http://www.usms.org/rules/part_3.pdf), Rules 303.6.1 & 303.6.2). **Wetsuits** may **not** be worn in this race. Swimmers must wear the swim cap provided, have their race numbers on their arms, and follow all announced safety rules without exception.

**Seeding:** Swimmers will be seeded fastest to slowest by 1650-yard time. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times! Heat sheets will be posted at [www.adms.org](http://www.adms.org) by Wed., August 10, 2011. An email notification will be sent to all entrants.

**Starts:** There will be two heats. Each heat will consist of seeded waves (8-10 swimmers each) starting 30 seconds apart. Faster swimmers will be in heat one.

**Safety—our primary concern:** **Warm-up:** After the course direction has been determined, warm-up **MUST** be swum in that direction only! Heat 2 will start as soon as possible after Heat 1 has finished. There will no warm-up allowed on the course after the start of Heat 1. **Time Limit:** For safety reasons, swimmers who cannot complete 2 miles in 1:45 hours are advised not to enter; swimmers on the course after these time limits may 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. Entry fee includes a swim cap that must be worn during the swim. No motorized craft are allowed on the lake. Safety boats and paddlers will monitor the course and medical personnel will be on-site.

**Water temperature:** 70-80°F.

### **Schedule (subject to change due to conditions)**

8:30 Check-in opens  
8:45 Coin toss to determine course direction; warm-up officially starts  
9:30 Check-in closes for Heat 1  
9:35 Mandatory pre-race meeting for Heat 1  
10:00 **Start of Heat 1**  
10:30 Check-in closes for Heat 2  
10:50 Mandatory pre-race meeting for Heat 2  
11:15 **Start of Heat 2**

**Entries: NO RACE DAY ENTRIES.** Early registration fee is \$45.00 for entries received by Friday, July 15; \$65.00 for late paper entries received between July 16 and August 1 and online entries between July 16 and August 3. Online entries will close at midnight, August 3, 2011. All paper entries must be received by **Friday, August 1.** Due to organizational and seeding needs, **LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED** (except for relays). Don't ask! Submit your entry on time. Entry fee includes a swim cap, a souvenir stainless steel water bottle, and post-race picnic. Net proceeds will be donated to Breast Cancer research in memory of event founder and former ADMS Chair Betsy Owens.

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But if you must submit a paper entry, **make checks payable to ADMS and mail to:**

David Dammerman,  
26F Congress St., #301,  
Saratoga Springs, NY 12866.

**Awards:** The top 6 individuals in each gender/age group and the top 3 relays in each category will be awarded USMS Long Distance National Championship medals. USMS Long Distance National Championship patches will be awarded to first individual finisher in each age group: 18-24, 25-29, 30-34...100+ and each member of the winning relays in the relay age groups (18+, 25+, 35+...95+). In addition, the first place USMS swimmers in each age group and first USMS relay teams in each age category will be designated Long Distance All American. Results will be posted at [www.usms.org](http://www.usms.org) and [www.adms.org](http://www.adms.org).

**Records:** The course will be surveyed and certified and qualify for national cable swim records if they occur.

**Post-race Picnic & Awards Ceremony:** Catered by Chair 6 Restaurant! Free for all entrants and volunteers; guests \$10.00 with entry; a limited number of picnic tickets may be sold on race day for \$15.00 (but please order in advance to ensure enough food is ordered).

**Accommodations:**

Lake Placid Visitors Bureau, 518-523-2445

Saranac Lake Chamber of Commerce, 518-891-1990

Quick links to Lake Placid websites at [www.adms.org](http://www.adms.org).

**Directions:** Approximately 2:45 from Albany Airport. From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid. From North: Northway (1-87) to exit for Keeseville and Ausable Forks, Rt 9N, to Rt 86 in Jay, through Wilmington into Lake Placid. From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Village beach on Mirror Lake in town of Lake Placid is located near center of village and Main St. Street parking is available near the venue on day of event. Map: <http://bit.ly/9NTVrU>

**For more information, contact:**

David Dammerman (dddammerman@yahoo.com)

Ann Svenson ([annb48@earthlink.net](mailto:annb48@earthlink.net))

**Relays:** See relay entry form.

# Betsy Owens Memorial Lake Swim 2011 USMS Two-Mile Cable National Championship Entry Form

**Staple legible copy of USMS/MSM card here & complete the following information (Please trim card)**

Eve Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact:

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

Phone: \_\_\_\_\_

Significant medical conditions to be shared with Rescue/EMT service (i.e. seizures, diabetes, asthma, etc.): \_\_\_\_\_

**1650-yd Seed Time:**

\_\_\_\_:\_\_\_\_.\_\_\_\_  
min sec 10ths

**"No Time" Entries Not Allowed**

|   |                     |                      |            |
|---|---------------------|----------------------|------------|
| I have a friend or family member who'd like to volunteer: |                     |                      | √<br>below |
| Name _____  | Contact Info: _____ |                      |            |
| Early Entry Fee (must be received <b>by July 15</b> )     | \$45.00             | Completed entry form | _____      |
| Late Entry Fee (due July 16-August 1)                     | \$65.00             |                      |            |
| ____ # of Picnic Guests (\$10.00 ea)                      | \$_____             | Copy of USMS card    | _____      |
| <b>Total Enclosed</b> (Check payable to ADMS)             | \$_____             |                      |            |

**Sign release below & send entry & check to:**

**ADMS**  
c/o David Dammerman  
26F Congress St., #301  
Saratoga Springs, NY 12866

**MUST BE RECEIVED BY AUGUST 1, 2011.**

Online entries close at midnight August 3, 2011

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**RELEASE OF LIABILITY BY PARTICIPANT:** 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 in open water swimming and agree to assume those risks.

**DATE** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_