

2012 USMS 5K Open Water National Championship & PASS 5K

June 23, 2012

Morse Reservoir, South Harbour Club House Beach, Noblesville, IN

Hosted by: Noblesville Adult Swim Team (NASTI) & the Friends of Central Pool (FOCP)

Sanctioned by: GRIN for USMS, Sanction # 162-OW05



SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE

EVENTS: 2012 USMS 5K OPEN WATER NATIONAL CHAMPIONSHIP AND PASS 5K: The course is a 5K loop marked with buoys. Swimmers will swim one lap. To view the course, visit <http://www.grinswim.org/2012USMS5K/>

LOCATION/FACILITY: South Harbour Clubhouse & Beach, 1156 South Harbour Drive, Noblesville, IN 46062. Lake temperature in late June is near 78 F, but may vary +/- 5 degrees.

TIME LIMIT: ~2¼ hours. Those not finished within the time limit will be asked to exit the water.

CHECK-IN: Race Day CHECK-IN: 6:00-7:30 AM; Race Day Meeting 7:30 AM. Start: 8 AM. Championship and Elite heats will be seeded at the discretion of the Event Director.

ELIGIBILITY: This is a USMS sanctioned event. All participants must be 18 years or older and registered for 2012 with USMS or the equivalent FINA organization for foreign swimmers. Foreign swimmers are not eligible for All American status. "One-Event" registration is available only for the non-championship Planet Adventure Swim Series 5K ('PASS 5K'). Please use separate registration form for PASS 5K.

RULES: Current USMS rules will govern this event.

ENTRY FEES: Online Entry is preferred. Early Registration is \$60 and must be received by May 19, 2012. Late Registration is \$70 and must be received by June 9, 2012. **No race-day entries.** Event registration will close when 300 entries have been received. Fee includes: T-shirts, swim caps, goody bags and snacks. Proceeds benefit the not-for-profit, Friends of Central Pool, Inc. (FOCP). There will be no refunds.

TIMING: Electronic chip timing will be used. Each swimmer will wear an electronic ankle or wrist band. The timing chip must be returned or a \$30 fee will be assessed. Manual backup timing will also be conducted.

SAFETY: Our Primary Concern: Safety boats and life guards will monitor the entire course. A water stop will be available on the course at the halfway mark (2.5K). Swimmers must wear race cap and numbers on arms and back for identification. Medical personnel will be on-site. Athletes will enter the water only after being identified and recorded by race number by a race official. In case of severe weather or other safety issue, the race may be postponed, cancelled or abandoned.

SEEDING: Swimmers in the national championship event may be seeded by time. Those wishing to swim in the first 'Elite' heat, must provide a verifiable time to qualify for Elite seeding. Qualifying time for the Elite heat will be determined by the ~40

fastest seed times. **All swimmers must provide a real or estimated seed time.** The non-championship event will follow the championship heats. The Event Director reserves the right to change seeding.

AWARDS: USMS National Championship medals will be awarded to the top 8 finishers by age group and gender. Standard USMS age groups will apply. USMS Long Distance Championship patches will be awarded to gold medalists in each age group. Merchandise may be awarded to age group medalists.

LODGING: Several Noblesville hotels are within 6 mi. of the venue: **Fairfield Inn**, 17960 Foundation Dr., 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. Click on 'Lodging' on our website <http://www.grinswim.org/2012USMS5K/> "Home-stays" with local USMS families may be available. Contact Event Director.

AIRPORT: Indianapolis, approx. 60 min. by car from venue.

SCHEDULE OF EVENTS

If you arrive days early, swimming opportunities at FPAC pool and in Morse reservoir are available. **Contact Event Director.**

SATURDAY (6/23/2012): RACE DAY

6:00 – 7:30 AM: All Swimmers Check-In and numbered.

7:00-7:30 Warm-up.

7:30 AM: Mandatory pre-race instructions

7:50 Elite heat staging; 7:55 other heats staged.

8:00 AM: Start Elite heat

8:05, 8:10, 8:15 etc. Subsequent heats start; PASS 5K start.

10:15 to 10:30 AM: Course closes. Awards ASAP

SUNDAY (6/24/2012): 8:30 AM - Noon. For those staying overnight after the race, we will have a complimentary swim practice, recreation and brunch at The Forest Park Aquatic Center, provided by NASTI & FOCP for swimmers and their families. Please RSVP when you check in for the race.

RACE DIRECTOR: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062. dsidner@gmail.com Ph (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, *Friends of Central Pool, Inc.* For tourist information, call the Hamilton County Convention & Visitors Bureau (317) 848-3181 or visit <http://8greattowns.com/>

Entry Form

USMS 5K Open Water National Championship, June 23, 2012

Online entry is preferred. Clicking the "Register Online" link at our website, <http://www.grinswim.org/2012USMS5K/>
Paper entries have a \$5 service charge. Non-USMS members may enter the 'PASS 5K' non-championship event by visiting the web site above and clicking on 'PASS 5K Registration.'

Name _____
Street Address _____
City _____ State _____ Zip _____
DOB _____ Age _____ Gender M F (circle)
Email: _____ Phone: _____ USMS # _____ CLUB _____

Attach copy of USMS card with paper entry.

Emergency Contact Person: _____: Emergency Phone: _____

CHECKS PAYABLE TO: FOCP

Early Entry Fee received by May 19, 2012:	\$60	\$ _____
Late Entry Fee received by June 9, 2012	\$70	\$ _____
Paper Entry Service Charge:	\$5	\$ <u>5</u>

T-Shirt Size (1 T-shirt included in entry fee - Adult sizes only: S M L XL XXL

Extra T-Shirts: Indicate size & quantity S ____ M ____ L ____ XL ____ XXL ____ x \$18 ea. = \$ _____

TOTAL \$ _____

I want to swim in the Elite Heat: Verifiable 5K Time: _____ Year _____ which event? _____

I will swim in a non-Elite heat. Estimated time: _____.

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 RELEASE (Media Release)

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:** _____

Attach check Payable to: FOCP and a copy of your current USMS card
Mail to: USMS 5K, c/o Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062.