



LV10K

2013 10K USMS Open Water National Championships May 18 2013, Lake Mead • Boulder City NV Sanctioned by SPMA for USMS Inc. Sanction #331-W001 hosted by SWIM LAS VEGAS

SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE

LOCATION: Boulder Beach Swim Beach inside Lake Mead NRA, Boulder City Nevada. 21 Miles south of Las Vegas NV. There is a \$10 fee to enter the park. Visit www.LV10K.com for directions and accommodations.

EVENTS: 10K, 5K, & 1 Mile. 10k will complete 4 full "T" loops. 5K will complete 2 full "T" loops. The 1 mile will complete 1 "L" loop, respectively. Average water temperature at Lake Mead will be approximately 74°. Average Air temperature is 89° Elevation: 1,204 ft. Start/Finish: ankle deep run-in and out on a paved ramp.

ELIGIBILITY: Current USMS open water rules will govern this event. Open to all 2013 USMS Registered swimmers 18 years of age as of May 18, 2013. All entrants must bring a copy of their USMS registration card to check in. FINA equivalent will be accepted for international swimmers. One-event USMS registration will be available for \$15. **USMS 10K Open Water National Championship swimmers must be an annual member of USMS and may not use the one day option.**

SAFETY OUR PRIMARY CONCERN: Safety boats, kayakers, jet skis, turn judges and lifeguards will monitor the course and medical personnel will be on-site. Swimmers must wear the swim cap provided for their distance until they exit the water via the finish shoot, must display their race number and follow all announced safety rules without exception or will be banned from future events. A feed table will be set up for 10K swimmers at the shore line. Swimmers to provide their own hydration and nutrition.

TIME LIMIT:

The course closes at 12 pm. Those not finished within the time limit will be removed from the course and scored as DNF (Did Not Finish).

WARNING

Participants should be adequately trained for competition. Experience swimming in windy, choppy conditions and cooler water is strongly recommended, as is the ability to complete the distance.

RULES: Current 2013 USMS rules will govern this event. Only Category I swimwear is allowed in the 10K.(See Rules 303.7.1 & 303.7.2). Wetsuits may **not** be worn in the 10K. Category I & II are allowed in the 5k, and 1 mile events. For a full list of rules visit: www.usms.org/rules/part3.pdf

REGISTRATION & FEES: 10K-\$75, 5K,-\$59, 1M -\$46 Prices increase on 3/31. & 4/10. Entry fee includes a swim cap, custom event tee-shirt, permits for government agencies and a \$6 surcharge from SPMA for sanctioning on the 5k & 1M distances. Participants registering after April 1, 2013 are not guaranteed a

shirt in their requested size. Please register early and online. Paper entries will only be accepted through April 1, 2013. Mail check, reg form and copy of your USMS card to: Swim Las Vegas, PO Box 231253, Las Vegas NV 89105 or email to: LV10Kswim@gmail.com. **a service fee of \$6.25 will be charged for any changes to registration 24 hours after it has been submitted.*

RESULTS: Preliminary results will available and awards presented per the posted schedule. Official results will be posted on usms.org and www.LV10k.com in a timely manner.

AWARDS: 10K USMS National Championship medals will be awarded to the top ten finishers in each men/women age group (18-24, 25-29, 30-34, etc.) and USMS Long Distance National Championship patches will be awarded to the first USMS male/female finishers in each age group. 5k & 1M Top 1-3 in age groups.

REFUNDS

50% refund will be given for cancellations received in writing by April 1. There will be no transfers or refunds after that date. No exceptions. In the event of cancellation due to inclement weather (high winds/lightening) or conditions beyond our control no refunds will be given.

SCHEDULE:

Packet Pick up: May 17 from 4-7:30 p.m. Mandatory for all participants to alleviate race day congestion. Please plan your trip accordingly. There will be no exceptions. Location TBA.

Please note: Check In closes at 7:45 a.m. for ALL events. No race day entries will be permitted. Visit www.LV10K.com for updates.

QUESTIONS: Contact Kara Miller, LV10Kswim@gmail.com.

May 18	LV10K Race Day Timeline
6:30 a.m.	Check In Opens
6:45-7:15 a.m.	Warm Up
7:50 a.m.	Mandatory Safety Briefing Lakeside
8:00 a.m.	10k Race Begins, 5k move forward
8:05 a.m.	5K Race Begins, 1 mile moves forward
8:10 a.m.	1 Mile Race Begins
12 p.m.	Course Closes for All Distances



LV10K 2013 USMS 10K OPEN WATER NATIONAL CHAMPIONSHIPS

Sanctioned by SPMA for USMS Inc. Sanction #331-W001

hosted by SWIM LAS VEGAS

Please include a copy of your USMS card with entry.

Mail to: Swim Las Vegas-LV10K, PO BOX 231253, Las Vegas NV 89105



First Name:	Initial:	Last Name:	DOB:	Age: (on 5/18/13)
Address:		City:	State:	Zip:
Email:		Phone:	USMS # _____ - _____	
USMS Club Name		USMS Club Abbreviation		
Non Members: circle ONE DAY and add \$ 15			<i>required for all USMS participants. use UNAT for unattached.</i>	
Distance: 10K 5K 1 MILE		choose one: Wetsuit	Non Wetsuit	
		<small>Not allowed for 10k</small>		
Open Water Experience:			Estimated Finish Time:	
Gender: M/F	T-Shirt Size (unisex):	XS S M L XL XXL	(unisex sizes)	
Emergency Contact Name & Phone Number:				



Distance	Fee: to 3/30	Fee: 3/31 to 5/9	Fee: 5/10 to 5/15	REGISTRATION TOTALS
10K National Championships	\$75	\$90	\$115	
5K	\$59	\$79	\$105	
1 Mile	\$46	\$66	\$85	

Online registration will close on May 12th at 12 am. No on site registration will be permitted.



ITEM	Size (circle 1)	QTY	Unit	Total
EVENT Hoodie-TechFabric	XS S M L XL		\$42.00	
EVENT Hoodie-Tech Fabric	2 XL		\$46.00	

Pre Orders will be taken through April 10. Items will be available at packet pickup or race morning. Separate fees apply for shipping and handling. No refunds.

Liability Release

*******A signature and date are required*******

PLEASE READ CAREFULLY BEFORE SIGNING ACKNOWLEDGMENT, WAIVER and RELEASE FROM LIABILITY (AWRL)

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, 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. (rule book article 203.1)

PRINTED NAME _____ Age _____

SIGNATURE _____ Date _____