



Open Water 101 Open Water 201



**Are you new to open water swimming or experienced?
Pick the clinic that's best for you.**

Date: **Sunday, May 20, 2012**

Time: **Check-in 8 – 8:30 a.m.** Clinics: **8:30 - Noon.**

Location: **Shadow Cliffs Regional Park
2500 Stanley Boulevard, Pleasanton, CA 94566**

Each clinic is limited to 50 swimmers.

Both clinics include:

- Dry land talk. **Lisa Hazen**, USMS/PacMasters OW Champion, Women's Title, 60K Rosaria Marathon; **Suzanne Heim-Bowen**, International Swimming Hall of Fame, 3x English Channel swimmer
- In-water drills. Half-mile course swim.
- Expected water temperature: 66-68 degrees. Wetsuits are encouraged.

Entry requirements

- OW101/OW201 – Must be able to swim ½ mile in 30 minutes or less. Must be a member of USMS/Pacific Masters Swimming. One day USMS membership available.
- OW201 –Must have completed two open water swims of ½ mile or more.

Directions: From I-580 in Pleasanton: take the Santa Rita Road/Tassajara Road Exit and turn south, towards Pleasanton. Continue southward on Santa Rita Road to the intersection of Santa Rita Road and Valley Avenue. Turn Left onto Valley Avenue. At the intersection of Valley Avenue and Stanley Boulevard, turn left onto Stanley Boulevard. Proceed on Stanley Boulevard to the first stop light; the park entrance is on the right. \$6 parking fee.

Clinic Director: Glenda Carroll **Email:** ggcarroll@comcast.net
415-454-6327

Entry Information: No registration on clinic day. Everyone must be pre-registered. Entry fee is non-refundable and non-transferable.

For USMS members: \$45 entry fee for entries postmarked by Friday, May 11. \$55 after May 11.

For non-USMS members:

___ \$45 entry fee

___ \$55 late entry fee

___ \$25 one-day USMS membership (Can be converted to full membership within 30 days.)

--Or--

___ \$42 USMS/PMS membership. Go to www.pacificmasters.org for application.

___ Total fee

Entry Form Mail entry form, signed release, copy of 2012 USMS card, check payable to PMS to: **Open Water Clinics**, c/o Carroll, 21 Windsor Ave., San Rafael, CA 94901. To join USMS, contact Registrar Nancy Ridout at 415-892-0771 or go to PMS website, www.pacificmasters.org.

Name		USMS Number:	
Check one: OW101 _____ OW201 _____		USMS One-Day Registration Yes _____ No _____	
Street		Email	
City	State	Zipcode	
Phone	Age	Male	Female
Club			
1/2 mile estimated OW time:		I have competed in _____ swims. (Fill in number of swims.) Names of swim: _____	
My main concern is:			

PLEASE READ CAREFULLY AND SIGN BELOW:

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name _____ Date _____