

# 2012 Search for Monongy 1.2 & 2.4-Mile Open Water Swim

Saturday, July 14, 2012 9:00 am

Allegheny River, North Side Riverfront Park, North Shore Drive, Pittsburgh, PA 15212

Sponsored by: Allegheny Mountain Masters (AMAM)

Sanctioned by Allegheny Mountain LMSC for USMS

Sanction # **#112-W001**

Part of the USMS GLOWS Series

## EVENTS:

- 1.2 Mile
- 2.4 Mile
- White Knuckle

**COURSE:** Leave from the shore, swim cross-current upstream 592 yds, turn and swim cross-current upstream 592 yds, turn and swim downstream 926 yds to finish/start line. Δ One lap = 1.2 miles, Two laps = 2.4 miles

**CHECK-IN:** Registration/Check in 9:00 – 9:30 am

Warm-up: 9:15 – 9:45 am

Pre-race briefing: 9:45 am

## START TIMES:

Wave 1: 10:00 Men 39 & Under 2.4 mile = green caps

Wave 2: 10:05 Men 40 & Over 2.4 mile = orange caps

Wave 3: 10:10 All Women & 2.4 Mile = yellow caps

Wave 4: 10:15 Men 39 & Under 1.2 mile = red caps

Wave 5: 10:20 Men 40 & Over 1.2 mile = blue caps

Wave 6: 10:25 All Women 1.2 mile = pink caps

Wave 7: 10:30 White Knuckle 1.2 mile = white caps

**ELIGIBILITY:** All swimmers must be registered with USMS and be at least 18 years & over as of Saturday, July 14, 2012 You must submit a copy of your 2012 USMS registration card. Entries without a copy of the 2012 USMS card or a completed registration form will not be accepted. The Search for Monongy event is open to all annually registered USMS swimmers. The registration forms are available by email request: [kathlongwell@gmail.com](mailto:kathlongwell@gmail.com)

## ENTRIES & FEES:

All Entries = \$50

Late Fee Surcharge AFTER July 7, 2012 = \$20

On-line entries accepted at [www.clubassistant.com](http://www.clubassistant.com)

**Make checks payable to: Allegheny Mountain  
and mail with your paper entry to:**

Katherine Longwell, PO Box 393, Sewickley, PA 15143

**RULES:** Current USMS Rules will govern this race.

**TIME LIMIT:** The course cut-off time will be 2:20 for the 2.4 mile and 1:10 for the 1.2 mile. Any swimmers on the course after the cut-off will be escorted off the course and will be disqualified.

**TIMING:** Electronic timing will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

**SAFETY:** Swimmers unable to complete 1.2 mile in 1hour 10 min. or 2.4 miles in 2 hours 20 mins are advised not to enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In case of inclement weather, the race director may close the course and prevent swimmers from completing the swim. Entry fee includes a highly visible swim cap that must be worn during the swim and all swimmers must have their race number on their arm. Lifeguard, kayaks, canoes, and paddle boards will monitor the race course. Motor boats will be stationed outside of the course to aid in the removal of swimmers and define to the course and local EMTs, river rescue, coast guard will be present.

**SWIM CAPS:** Entry fee includes a swim cap that must be worn as the top cap for all competitors.

**WETSUITS** may be worn however times will be posted in a separate category and are not eligible for USMS records, All-American or All Star consideration. To wear a wetsuit, you must declare it on your entry. Changes may not be made on race day.

**WHITE KNUCKLE** The use of fins, snorkels, wetsuits, hand paddles, floaties, etc. will be permitted in this category. The meet director shall have the final say on aids permitted on the course. This is a non-competitive category all participant finishers will receive completion awards.

**AWARDS:** Ribbons will be awarded to the top 6 men & 6 women in each age group in each Non-wetsuit category, and to the top 6 men & 6 women in each age group in each Wetsuit Swimmers category. **Wetsuit swimmers** will not be eligible for USMS rankings.

**START & FINISH LOCATION:** North Side Riverfront Park, North Shore & Art Rooney Drive, Pittsburgh PA 15212. There are 25 hotels within 3.5 miles of the start/finish line. The park is located on the Allegheny River between PNC Park & Heinz Stadium.

**REFUNDS:** Absolutely no refunds will be made for any reason.

This applies to as "Entry Fees" above and includes entry fees, participant shirts, any other amenities, and online administrative fees. In cases of inclement weather, natural disaster, acts of God, acts of war or other unforeseen extraordinary circumstances, management reserves the right to cancel the event and/or modify the race course for safety concerns. Under such circumstances, there will be absolutely no refunds or transfer of entries to future events. Each participant must accept any such risk of their entry fee paid including other amenities paid for such as participant shirts, upgrade products, and online administrative fees. All monies collected are used to develop and produce the event, including all race supplies, permits, insurance, and administration. We pledge to make every effort to produce a fair, safe, and exciting event for all. By signing up for this race, you acknowledge that you have read and agree to the terms listed herein.

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 Saturday, July 14, 2012 9:00 am  
 Allegheny River, North Side Riverfront Park, Pittsburgh, PA

Place Copy of 2012 USMS Card Here (Trimmed and stapled, please)		
USMS Number	CLUB Name	
Name and Address (Name as it appears on your USMS card)		
Date of Birth	Age (as of 07/14/2012)	Gender

EVENT	Will you wear A Wetsuit?
2.4 Mile	__ Yes
	__ No
1.2 Mile	__ Yes
	__ No
White Knuckle	

**Sign release below. Make check payable to "Allegheny Mountain" and send to: Search for Monongy, c/o Katherine Longwell, PO Box 393, Sewickley, PA 15143**

\$ _____	Entry Fee \$50		
\$ _____	Late Fee Surcharge after July 7, 2012 \$20	_____	Completed entry form
\$ _____	Additional T-Shirt (\$15 each) Circle Size: S M L XL / XXL or XXXL (\$3.00 add'l)	_____	Copy of USMS card
\$ _____	USMS 2012 Registration if not a member is required (\$40)	_____	USMS Annual Registration form (\$40)
\$ _____	USMS Donation		
\$ _____	<b>Total Enclosed</b> (Make Check payable to Allegheny Mountain Masters)		

***Please send your entry ASAP***

**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 the risks inherent in Masters swimming (training and competition), including, possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., Allegheny Mountain LMSC, Allegheny Mountain Association Masters, Sports & Exhibition Authority of Pittsburgh and Allegheny County, Stadium Authority of the City of Pittsburgh, City of Pittsburgh, Commonwealth of Pennsylvania, Alco Parking Corporation, PSSI Stadium Corp., Pittsburgh Associates, 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.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
 USMS annual registration paper form available by request [kathlongwell@gmail.com](mailto:kathlongwell@gmail.com) or register with USMS electronically at [www.usms.org](http://www.usms.org)

On-line registration available here: <https://www.ClubAssistant.com>