



Saturday, July 28, 2012 Fire Island 10K & 5K Ocean Swims Charity Fundraising Event for Open Water Swimming

Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-10

EVENT DESCRIPTION: The 10K & 5K Ocean Swims hosted by Open Water Swim LLC, is a four-hour open water swim event that will start/finish at Atlantique, Fire Island, ocean side. The race course is a loop between Atlantique and Kismet with another loop from Atlantique to Fair Harbor and back. 5K race is from Atlantique to Fair Harbor and back to Atlantique. Start/finish will be on the beach to the east of Atlantique lifeguard stand. Swim course will be clearly marked with buoys. Lifeguards, stand-up paddlers and kayaks will monitor the entire course. There will also be a safety boat, Harbor Police and Coast Guard to keep non-event boat traffic away. There will be designated water breaks for both distance swims. Swimmers will be required to adhere to U. S. Masters Swimming Rules governing conduct and attire. Race director reserves the right to modify race or cancel swim if severe dangerous conditions arise.

COURSE INFORMATION: The 10K race is one full loop between Atlantique and Kismet and a 2.5K loop back around Fair Harbor's double-buoy markers. The 5K race is from Atlantique to Fair Harbor and back to Atlantique marking two buoys at turnaround. The race course is in the ocean approximately 30 feet off shore swimming parallel to the shore line. Start/finish will be on the beach to the East of Atlantique lifeguard stand. Swim course will be clearly marked with many brightly marked buoys. Left shoulder turns on buoys. Race Director may modify course if dangerous conditions arise. Wave designations and swim direction will be determined closer to race date subject to number of race entrants and weather conditions. Expected water temperature range is 66-70°F with some chop and currents due to wind, and the possibility of flotsam, jetsam and jellyfish.

EVENT LOCATION: Race headquarters will be located at Atlantique Beach on ocean front. There are restroom facilities, showers, and changing areas available. There is also a food market area for drinks, food (breakfast, lunch, dinner). For more information, go to Session Stands on FACEBOOK. Race check-in and the awards ceremony will both be held on the beach to the east (left) of the lifeguard stand at Atlantique Beach.

DIRECTIONS: BY FERRY: Take the ferry from the Bay Shore ferry terminal at the end of Maple Avenue in Bay Shore. BY PRIVATE BOAT: Atlantique docking is available on a first-come first-served basis. The dock master monitors VHF Ch. 9 or you can call the dock master's office (631-767-0234). There is anchorage on either side of the marina so you can anchor out if you like. This will save on fees and give you more privacy. Directions to Fire Island Ferry at <http://www.fireislandferries.com/> with info about Fire Island at <http://www.theislips.com/atlantique.php> *NOTE: You can take an earlier Ferry to Dune Wood with a two-minute walk to Atlantique. There will be signs for the OWS and where to go from the Dune Wood Ferry. This is highly recommended....it will give you more time to relax and prepare for the event.*

ELIGIBILITY: Must be 18 years of age or older and registered with U. S. Masters Swimming ("USMS"). Age determination date is July 28, 2012. A legible copy of 2012 USMS registration card must be included with mail-in entry form. For annual USMS registration/renewal go to <http://www.usms.org/reg/>. One-day single-event ("OEVT") discounted fee USMS registration available for non-annual USMS members (online event registration system MUST be used to exercise this OEVT option).

FIELD LIMIT: Maximum number of swimmers 200 on a first-received basis.

ACCEPTANCE: Each swimmer will need to provide information about their long distance swimming history and pace per mile, provide 2012 USMS registration card number, and sign a waiver. Once race organizers review and accept the application, swimmer must pay entry fee either online or by check. 10K SWIMMERS MUST HAVE COMPETED IN AN OPEN WATER SWIM DISTANCE OF FOUR MILES OR LONGER. All applicable 2012 USMS rules, regulations and safety requirements will be enforced.

ACCEPTABLE SWIM ATTIRE: Wet suits ARE permitted but will be timed under a separate "wetsuit" category. All swim suits and equipment for non-wetsuit swimmers must conform to current USMS open water rules.* Use of MP3 players and other electrical audio/communication devices by the swimmer during event is not permitted.

**In September 2010, the USMS House of Delegates voted to follow new regulations regarding swimsuits for open water competition, effective January 1, 2011. For all open water national championships events, swimwear shall be made of textile material. For men, the swim suit shall not extend above the navel or below the knee. For women, the swim suit shall not cover the neck, extend past the shoulders nor extend below the knees. There are no "fastener" specifications.*

SWIMMER ESCORTS: Safety and escort craft will be provided and will accompany swimmers throughout the event. Support craft other than designated race craft are not permitted. Optional water breaks will be provided for swimmers throughout the swim.

AGE GROUPS 18-24, 25-29, 30-34, and so on in five-year increments, as high as necessary for men and women.

AWARDS Awards for the top three (3) finishers in each age group, gender and division (non-wetsuit and wetsuit). Special prizes awarded to the overall male and female finishers. Award ceremony will be held at the start/finish line on the beach 15 minutes after the last swimmer has exited the water.

GOODIES Commemorative event shirt, generous goodie bag, and pre- and post-race refreshments.

RESULTS Results will be posted online at www.metroswim.org and www.openwaterswimli.com

SCHEDULE

9:00AM	Check-In begins
10:30AM	Check-In ends
10:45AM	Mandatory race briefing at course start for all swimmers
11:00AM	10K Swimmers begin
11:15AM	5K Swimmers begin
3:00PM	Race ends
3:30PM	Awards ceremony

ENTRY FEES & DEADLINE: \$50.00 for 5K swimmers and \$75.00 for 10K swimmers. Entry fees are non-refundable and non-transferable. Final mail-in entry deadline is RECEIVED (not postmarked) by 5:00PM on Friday July 6, 2012.

ONLINE REGISTRATION: Race organizers strongly urge swimmers to register online for speed and accuracy. Online registration (with VISA or M/C only) will remain open until 11:59PM Saturday July 7, 2012. Entry fees are non-refundable and non-transferable. Your credit card statement will reflect a charge from ClubAssistantBilling.com.

Secure online event registration at: https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=3817

To comply with safety plan, **race day registration will NOT be available.** NO EXCEPTIONS.

[Note: \$10 of your entry fee will be donated to Fire Island Ocean Rescue Lifeguard Nationals Team and Regional Team

Mail fully executed entry form with legible copy of 2012 USMS registration card and applicable payment (check or money order payable to: **Open Water Swim LLC c/o Bryan Krut, 53 Degnon Boulevard, Bay Shore, NY 11706**

FUNDRAISING: Please make every attempt to fundraise as we have lined up a number of great charitable causes that need your financial support! Donations are at swimmers discretion, from \$5.00 to \$500+. We are raising funds for the following organizations. Nathan Tessman (aka "McWheels"), HOSPICE Care Network and Fire Island Ocean Rescue. **Make donation checks payable to St. Frances Sports Inc. 501C(3) NON PROFIT Organization.**

ABOUT THE CHARITIES & CAUSES:

Nathan Tessman is 17 years old and was born with an extremely rare degenerative nerve disease called axonal neuropathy. With limited control over his physical self, Nathan is confined to a wheelchair. There is very little knowledge relating to Nathan's disease and as a result the condition has yet to be properly diagnosed and treated. Against all the odds, Nathan is facing his challenges head on, following his dream to become Australia's first disabled Hip Hop artist, a voice for the disabled community and an inspiration to his fellow man. His sister Chloe Tessman lives with Coach Bryan Krut, race developer and is an au pair to his two children. Chloe's brother is truly an inspiration and we would like to raise money to help him pursue his dream and demonstrate to the world that anything is possible no matter what obstacles are in your path! You can view Nathan at www.mcwheels.com.au

www.hospicecarenetwork.com - child bereavement programs

www.fireislandoceanrescue.com Best Lifeguards on the east coast! Helping them to continue their love for saving lives and competing on The National Lifeguard Team Level!

PAPER MAIL-IN ENTRY FORM

>>Event organizers strongly recommend using the online event registration service for speed and accuracy<<

Online application/event registration at: https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=3817

Print Full Name _____ T-Shirt Size (free): S M L X-L

2012 USMS Reg # _____ - _____ USMS Club Affiliation _____

Gender (circle): **Male** **Female** DOB (mm/dd/yy) _____/_____/_____ Age (on 07/28/12) _____

Indicate (check off) race distance & wetsuit or non-wetsuit participation category: 10K 5K WETSUIT NO wetsuit

Street Address _____

City _____ State _____ Zip _____

Phone (_____) _____ - _____ E-Mail _____

Indicate prior open water swim history (10K participants must have successfully competed in four mile race distance or longer for eligibility):

INDICATE EMERGENCY CONTACT PERSON & MEDICAL INFORMATION (mandatory):

Contact Person Name _____ Relationship _____

Emergency Contact Phone (_____) _____ - _____

Important medical information and/or conditions: _____

As a condition of being accepted in the Fire Island Ocean Swim 10K/5K Charity Swim, I agree to make timely payment of the registration fee. I will attend the mandatory briefing meeting at 10:45AM on July 28, 2012 (race day) and abide by event rules and regulations including water safety determinations. I agree to hold harmless by acknowledging and assuming the risks involved in an endurance activity of this nature and for myself and heirs waive all claims for damages or injury arising during the event against any individual, group, association, agency or government body involved with this activity's organization, conduct, and/or support.

USMS Liability Release: "I, the undersigned participant, intending to be legally bound, hereby certify that I have adequately trained for the swim and am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Open Water Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, HOST FACILITIES, CIBBOWS, EVENT SPONSORS, EVENT COMMITTEES, VOLUNTEERS, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING THIS EVENT. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water Swimming and agree to assume those risks."

Print Full Name _____

Signature _____ Date _____

Direct inquiries to Race Director Bryan Krut via email bkrut1@verizon.net or mobile 516-356-5306
Online event info updates at www.openwaterswimi.com

For MAIL-IN entries, remember to include entry fee payment and a LEGIBLE COPY of your 2012 USMS REGISTRATION CARD



2012 Metropolitan LMSC
One Event ("OEVT") Registration
Form for Open Water Swim Events



STOP! Before using this form to process one day, single-event USMS registration for insurance coverage and event participation eligibility....THINK about your option to spend just a bit more money to register with USMS for the full year. Annual USMS registration fee is \$45 and provides eligibility to participate in ALL USMS-sanctioned pool & open water swim events, postal & fitness activities, clinics, and bona fide masters swim programs, activates a subscription to SWIMMER magazine, entitles you to discounts on goods and services, and much more! The USMS community is a vibrant, active, member-friendly organization with many benefits that are more than worth the \$45 annual membership fee. Joining is quick and easy. Process online with a credit card (VISA or M/C only) at www.usms.org/reg/

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For OEVT (one-day, one-event) USMS registration, fully execute the following and pay \$20 fee

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
DOB (mm/dd/yy)	Age	Sex (circle one) M F	E-Mail Address	
Event Name			Event Date	

WAIVER: "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, OR 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."

Signature _____

Date _____