



2012 USMS 10-Mile Open Water National Championship

Saturday, July 28, 2012

Lake Minnetonka, Excelsior/Wayzata, MN

Hosted by: Hopkins Masters/Genesis Aquatics
Sanction # 302 – ow001



(ONLINE REGISTRATION IS PREFERRED)

EVENT: 2012 USMS 10-MI OPEN WATER NATIONAL CHAMPIONSHIP:

The course is a straight swim across the lake and back (“two lengths”). The straight-line distance between two beaches on Lake Minnetonka (Excelsior Beach & Wayzata Beach) is 5-miles. Individual swimmers will swim “one length” from Excelsior Beach to Wayzata Beach, and back to Excelsior Beach. Relays of two swimmers will have each relay member swim “one length” (5-miles). To view the course, visit:

<https://sites.google.com/site/minnetonkachallenge/>

LOCATION/FACILITY: Excelsior Beach, corner of West Lake Street and 1st Street, Excelsior, MN 55331. Lake temperature in late July is usually between 75-80 F.

TIME LIMIT: Must be at the 5-mile (half-way/turn-around) by 10:30AM or you will be disqualified and asked to stop.

CHECK-IN & START TIMES (CST)

- Mandatory Technical Meeting: Friday, July 27, 2012 at 5:00 PM, at Excelsior Beach.
- Race Day CHECK-IN: 5:30-6:00 AM
- Race Day Meeting: 6:05 AM
- First wave start (6 hr+ seed times): 6:30 AM
- Second wave start (5.5 - 6 hr seed times): 6:40 AM
- Third wave start (5 - 5.5 hr seed times): 6:50 AM
- Fourth/Final wave start (< 5 hr seed times): 7:00 AM

ELIGIBILITY:

- This is a USMS-sanctioned event. All participants must be 18-years or older as of July 28, 2012 and be a 2012 registered member of USMS or equivalent FINA organization for foreign swimmers.
- Foreign swimmers are not eligible for USMS All-American status.
- USMS “One-Event” registration is NOT allowed for USMS Open Water National Championship events, but is available for USMS Open Water Non-Championship events or races
- Swimmers who cannot complete the 5-Miles or 10-Miles within the established TIME LIMIT are recommended not to enter the open water event.

RULES: Current USMS rules will govern this event.

ENTRY FEES (Online Entry is preferred)

Four registration deadlines:

- \$45; received by May 31, 2012
- \$55; received by June 30, 2012
- \$65; received by July 15, 2012
- **\$75; up to day of race**

Event registration will close when 100 entries have been received. Fee includes: T-shirts, swim caps, goody bags & snacks. **NO REFUNDS FOR ANY REASON!**

START/FINISH: All swims start and finish on Excelsior Beach (water’s edge) with finish about 5-10 feet from water’s edge.

TIMING: Manual timing with three back-ups. All finish times recorded and matched to finish order (by race number).

RESULTS

Results will post within 48-hours www.USMS.org and <https://sites.google.com/site/minnetonkachallenge/>

SAFETY: There are boats on this lake (boaters, skiers, fishers, etc.). Every swimmer must have an escort (canoe/kayak and paddler). Those coming from outside of MN may rent a canoe/kayak and request a paddler. Contact the race director for more information (minnetonkachallenge@gmail.com). Safety boats and lifeguards will monitor the entire course. A water stop will be available on the course at the halfway mark (5-miles). Swimmers must wear race cap and numbers on arms and back for identification. Medical personnel will be at start and 5-mi. 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 without refund. Safety info: <https://sites.google.com/site/minnetonkachallenge/safety>.

SEEDING

Swimmers will self-seed in heats according to estimated time. **All swimmers must provide a real or estimated seedtime.** The Event Director reserves the right to change seeding.

AWARDS

USMS National Championship medals will be awarded to the top six 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/CAMPING/PLACES OF INTEREST:

- Holiday Inn Express Hotel & Suites, 952.401.8850
- Country Inn & Suites by Carlson, 952.937.2424
- AmericInn of Chanhassen, 800.396.5007
- Chanhassen Inn, 952.934.7373
- “Home-stays” with local USMS families may be available. Contact Event Director.

AIRPORT

Minneapolis-St. Paul (MSP), about 30-min. by car from venue.

DIRECTIONS: (Google Map: Excelsior Beach, Excelsior, MN)
From MSP Airport: Follow 5W/494 south to 494 West. Follow 15 miles to Exit 16B (Hwy 7 west). Follow 5.5 miles to 2nd Street exit. Follow to Lake Street and turn right. Follow along lake to West Lake Street. Turn left on West Lake Street and right on 1st Street. Driving time from MSP Airport is about 30-minutes.

PARKING: Off-street in residential area; or meters.

SCHEDULE OF EVENTS

Contact Event Director or go to

<https://sites.google.com/site/minnetonkachallenge/>



Entry Form

USMS 10-mile Open Water National Championship

Saturday, July 28, 2012



Online entry is preferred: <https://sites.google.com/site/minnetonkachallenge/> Paper entries have a \$5 service charge.

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

Attach copy of USMS card with paper entry.

CHECKS PAYABLE TO: Genesis Aquatics, PO Box 31, Wayzata MN 55391

\$45 Entry Fee received by May 31, 2012 **\$65 Entry Fee** received by July 15, 2012
\$55 Entry Fee received by June 30, 2012 **\$75 Entry Fee** received after July 16, 2012; up to race day \$ _____

Paper Entry Service Charge \$ 5.00

One T-Shirt included with entry fee (adult sizes; please select): XS S M L XL XXL

Extra T-Shirts: Indicate size & quantity S ____ M ____ L ____ XL ____ XXL ____ x \$20 ea. = \$ _____

TOTAL \$ _____

Please check the appropriate wave number and start time:

- _____ **I want to swim in the Wave 1 (6:30am; estimated time of 6+ hours)**
- _____ **I want to swim in the Wave 2 (6:40am; estimated time of 5-1/2 to 6 hours)**
- _____ **I want to swim in the Wave 3 (6:50am; estimated time of 5 to 5-1/2 hours)**
- _____ **I want to swim in the Wave 4 (7:00am; estimated time of under 5 hours)**

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: *Genesis Aquatics* and a copy of your current USMS card
 Mail to: Genesis Aquatics, PO Box 31, Wayzata MN 55391