



Inaugural Nadadores Rough Water Swim at Salt Creek

Saturday, August 4, 2012 -- 8:00am

**** *Course of the 2013 USMS 2.4 Mile Open Water National Championship*****
Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #332-W005

Hosted by the Mission Viejo Nadadores • www.mastersmvnswim.org
A Southern Pacific Masters Open Water Series Event

LOCATION

Salt Creek Beach
33333 S Pacific Coast Hwy
Dana Point, CA 92629
(Parking is \$1.00 an hour)

COURSE

2.4 mile (1.2 mile X 2 loop) course marked with colored buoys. Swimmers will swim in a clockwise direction. The average water temperature for this time of year has been between 62 to 68 degrees F.

FEES

The early on-line entry fee is \$35.00 if received before 6:00 pm (Pacific Time) on Friday, July 13. \$50.00 if received after July 13, 6:00pm. On-line registration closes at 6:00 pm (Pacific time) on Friday, July 27. Paper entry fee is \$40.00 and must include a copy of your current 2012 USMS membership card and must be post marked by Monday, July 23. Incomplete entries will not be processed. **The race will be limited to the first 200 entries. They will be no beach entries. Be sure to register early!**

RULES

USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND A MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration is available for a \$15 fee.

STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

ATTIRE

No fins, buoys or other devices allowed. Wetsuits are permitted, but not eligible for awards and **SPMS Open Water Series** points.

SAFETY (Our Primary Concern)

Each swimmer must wear the provided swim cap on their head during the duration of the swim. For safety reasons, swimmers unable to complete 2.4 miles in the minimum required time of 2 hours **SHOULD NOT** enter.

WARNING

Participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the minimum required time of 2 hours will be removed from the course.

DIVISIONS

Masters divisions 18-24, 25-29, 30-34 etc., male and female, swimsuit and wetsuit.

AWARDS

All entrants will receive an official race cap. An official event shirt will be earned after completing the course in the minimum required time of 2 hours. Top finishers in each age group and top 3 male and female overall finishers will receive a special award. No awards for wetsuit divisions.

POST SWIM

The Nadadores will provide post race recovery drinks and refreshments for all participants.

REFUNDS

No refunds will be given.

RACE DAY TIMELINE

6:45am Check-in opens on beach
7:30am Mandatory Safety Meeting
8:00am Race start all 18-49 participants
8:15am Race start all 50 and over participants

RESULTS

Results will be posted and awards will be available within 30 minutes of the last swimmer finishing and posted at www.spma.net

ON LINE REGISTRATION

On line registration is preferred. To register for the event go to www.nadadoresroughwaterswim.org

EVENT DIRECTOR

Mark Moore, m.w.moore@cox.net 949-233-6521



Nadadores Inaugural 2.4 Mile Rough Water Swim at Salt Creek

ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY JULY 23, 2012.**

Include a copy of your 2012 USMS membership card, signed liability release and make checks payable to:

Mission Viejo Nadadores
25108-A Marguerite Pkwy #391
Mission Viejo, CA 92692

To register online: www.nadadoresroughwaterswim.org

Saturday, August 4, 2012

NAME:	DOB:	AGE:	GENDER: M/F
ADDRESS:	CITY	STATE	
ZIP:	PHONE:		
EMERGENCY CONTACT:		PHONE:	
EMAIL ADDRESS:			
Please enter your membership number and team affiliation:			
USMS: _____			
Team Abb. _____			
HEALTH CONCERNS: _____			
OPEN WATER EXPERIENCE: _____			
T-SHIRT SIZE:	S M L XL XXL	NO CHARGE	
Paper entry fee	\$40.00		
One day event membership fee	\$15.00		
Day-of-race fee	\$60.00		
TOTAL COST:			

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, 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.

PRINTED NAME _____ AGE _____

SIGNATURE _____ DATE _____