



11<sup>th</sup> Annual  
**Betsy Owens Memorial Lake Swims**  
One Mile and Two Miles  
Mirror Lake in Lake Placid, New York  
**Saturday, August 11, 2012**



Sponsored by: Adirondack District Masters & North Elba Park District  
Sanctioned by: ADMS for United States Masters Swimming, Sanction #032-**XXX**

**SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE AT**

[\[New ClubAssistant Link\]](#)

**Events:** 1-mile swim at 9:30 am; check in by 9:15; mandatory pre-race meeting at 9:15  
2-mile swim at 11:00 am; check in by 10:45; mandatory pre-race meeting at 10:45

**Course:** The 1-mile swim will consist of 2 laps around a 1/4-mile, underwater cable marked with buoys; the 2-mile swim will be four laps around the 1/4-mile cable. Times for both races are eligible for USMS long-distance national records. The 1-mile & 2-mile swims will be contested in opposite directions, which will be decided by a coin toss during Friday afternoon course set-up.

**Eligibility:** Open to all swimmers 18 years & over as of August 11, 2012. All swimmers must be registered with USMS (or the equivalent FINA organization for foreign swimmers). You must submit a copy of your 2012 registration card with your paper entry or a completed one-event registration form, which is included with the entry form.

**Rules:** Current USMS rules will govern this event. Category II suits—including wetsuits—are allowed but swimmers wearing other than Category I suits will not be eligible for individual or relay national records.

**Entry fees:** Entry fee is \$45 for one event or \$65 for both. Entry fee includes cap & post-race picnic; guests \$12 each with entry; \$15 on race day.

**Deadline:** Paper entries must be received by **Wed., August 1; online entries close Mon., August 6.**  
Make checks payable to **ADMS** and mail to:

David Dammerman,  
26F Congress St., #301, Saratoga Springs, NY 12866

**No Race-day entries.** LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED except for relays.

**Relays:** Relay forms will be available on race day and emailed with event results. Due August 20, 2012.

**Safety—Our Primary Concern:** Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim caps provided, must have their race number on their arms, and must follow all announced safety rules without exception. **Time Limit:** Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

**Seeding:** Swimmers will be seeded fastest to slowest, using each swimmer's time for a 1650 yd pool swim. "No Time" & wetsuit entries will be seeded last. Races will be seeded before race day, so you must declare if you plan to wear a wetsuit on your entry. There will be no seeding changes once heat sheets are posted.

**Starts:** In both events, each heat will consist of seeded waves of swimmers, starting 30 seconds apart.

**Awards:** Awards will be given to the top men & women finishers in each age group: 18-24, 25-29, 30-34...100+. There will be a separate category for wetsuits. Awards will be given out at the post-race picnic. Results will be posted at [www.adms.org](http://www.adms.org).

**For more information contact:** Ann Svenson ([annb48@earthlink.net](mailto:annb48@earthlink.net)) David Dammerman ([dddammerman@yahoo.com](mailto:dddammerman@yahoo.com))

**Accommodations Info:** Contact Lake Placid Visitors Bureau, 518-523-2445; Saranac Lake Chamber of Commerce, 518-891-1990.

**Directions:** From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid. From North: Northway (1-87) to Exit 34 for Ausable Forks. 9N (south), to Rt 86 (west) in Jay, through Wilmington into Lake Placid. From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Mirror Lake's Village Beach is located near center of Lake Placid on Parkside Dr. between Main St. & Shore Dr. Street parking is available near the venue on day of event. Map: <http://bit.ly/9NTVrU>

# Betsy Owens 1-Mile & 2-Mile Open Water Swims Entry Form

August 11, 2012, Mirror Lake, Lake Placid, New York

**Staple legible copy of registration card & complete the following information**

Eve Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

EVENT (Circle One)	1650 YD TIME (Entries with no time seeded last)	Wetsuit?
1-MILE		<input type="checkbox"/> Yes <input type="checkbox"/> No
2-MILE		<input type="checkbox"/> Yes <input type="checkbox"/> No

		Checklist	√
Entry Fee (must be received by August 1)	\$35.00	Completed entry form	<input type="checkbox"/>
Entry Fee for 2 events	\$55.00	Copy of USMS card or One Event Reg. Form	<input type="checkbox"/>
One-Event Registration Fee, if applicable	\$15.00		
____ # of Picnic Guests (\$12.00 ea)	\$____	Signed Release	<input type="checkbox"/>
<b>Total Enclosed</b> (Check payable to <b>ADMS</b> )	\$____	Check payable to <b>ADMS</b>	<input type="checkbox"/>

**Sign release below & send entry & check payable to ADMS to:**

David Dammerman,  
26F Congress St., #301,  
Saratoga Springs, NY 12866.

***MUST BE RECEIVED BY AUGUST 1, 2012 (Online entries open til midnight 8/6/12!)***

**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 of 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 in open water swimming and agree to assume those risks.

**DATE** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

## 2012 ONE EVENT MEMBERSHIP APPLICATION



### 2012 ONE EVENT MEMBERSHIP APPLICATION

**USMS Fee:**     \$12.00    

**LMSC Fee:**     3.00    

**TOTAL FEE:**     \$15.00    

**Register with same name you will use for competition. Print clearly.**

Last Name		First Name		Init	For Office Use	
Street				Apt		
City		State	Zip	Phone No. (      )      -		
Date of Birth		Age	Sex	Today's Date		
Mo.	Day	Yr		Mo	Day	Yr

**OEVT - One Event Membership**

**Event Date: 8/11/12**

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.

Signature \_\_\_\_\_

# Betsy Owens 1-Mile & 2-Mile Open Water Swims

## Relay Information & Entry Form

August 11, 2012, Mirror Lake, Lake Placid, New York

**Relays:** Times from performance in the individual event are used for calculating relay results (you don't have to swim again). The relay time is the sum of the participants' times. Relays may be organized in each event in the following categories: 3 women, 3 men or 4-person mixed (2 women, 2 men). The age of the youngest swimmer determines the age of the relay: 18+, 25+, 35+, etc. Each relay member must swim the individual event. All relay members must be registered with the same USMS club. Unattached swimmers are not allowed on USMS relays. Swimmers will be allowed to swim on only one same-gender and one mixed-gender relay. Finish times for all swimmers on a relay will be added together, and the relay with the lowest total time in each division will be the winner. Relays are eligible for USMS Long Distance Relay records.

**Fees & Deadlines:** Relay entries may be mailed in before the race by August 1 for \$6/person or after the race for \$10/person when official race results are posted. All relays entries must be received by August 20.

Please complete one form for each relay.

Make checks payable to **ADMS** and mail to:  
David Dammerman,  
26F Congress St., #301,  
Saratoga Springs, NY 12866.

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### RELAY ENTRY FORM

Circle Relay Type: Women (3)   Men (3)   Mixed (2 Women & 2 Men)   Relay Age Group : \_\_\_\_\_

Relay Distance: 1-mile   2-mile

USMS Club Name: \_\_\_\_\_ USMS Club Abbr: \_\_\_\_\_

Swimmer Name (as it appears on Registration Card)	Gender circle	Age	*DOB	*USMS #
#1 _____	W or M	_____	__/__/__	_____
#2 _____	W or M	_____	__/__/__	_____
#3 _____	W or M	_____	__/__/__	_____
#4 _____	W or M	_____	__/__/__	_____

\* Race director will complete this info