TRI VALLEY MASTERS SWIMMING

2013 Del Valle 5Km/10Km Open Water Swims

Saturday, June 8, 2013 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction # - and #

Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake. www.ebparks.org/parks/delval.htm

Race Start/Cutoff Times

The 10Km swim starts at 8:00 A.M. and the 5km swim begins at 8:10 A.M. There will be one wave for the 10Km race and one wave for the 5Km race. Category I, Category II and USA swimmers will swim in their wave for their respective race. Race start times are approximate. Cutoff time will be 11:30 A.M. for both races. Registration is from 6:30 to 7:30 A.M. The waves will be denoted by different color caps and start 10 minutes apart.

Course/Feeding: The 10Km race will be four loops of a 2.5 Km course. The 5Km race will be two loops. A feeding station will be provided in the water at the 2.5Km marker (start buoys) with water, electrolyte replacement and energy gel. Individual escort kayaks are not allowed.

Awards

Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc) of each race. ***Wetsuit Division***: Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Finisher medals will be given to all finishers. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 10Km race finishes. Official results will be posted on www.trivalleymasters.com, and www.pacificmasters.org (See USA Swimming Entry Form for Details of USA Swimming Races)

Conditions/Safety

Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only–swimming outside of this area for warm up will result in disqualification.**

ALL SWIMMERS MUST REGISTER AND SIGN WAIVER

Race participant entries limited to 225 total swimmers. Online and race day registration will be closed when this limit is met.

Register Online at www.trivalleymasters.com

Contact Information Race Director: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918

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2013 Del Valle 5Km/10Km Open Water Swims
Saturday, June 8, 2013 Lake Del Valle, Livermore, California
PMS/USMS, Inc., Sanction # - and

Last Name_____ First Name _____ **USMS#** _____

Address_____ E-Mail _____

Club Initials_____Club Name _____Phone _____

Date of Birth_____ Age(on 6/9/13) _____ Circle Sex M W

Emergency Contact:

Name_____ Relationship: _____`Contact # _____

Estimated 1650/1500 (mile) time for waves seeding _____ (A blank time entry will be placed in the 2nd or 3rd wave). We will randomly check the USMS database to validate times. Please be accurate.

Select races: ○ 5Km ○ 10Km

Special: _____No Wet-suit _____Wet-suit

T-shirt – Circle size: **S M L XL**

Pre-race (10K must be pre-entered by 5/23 $75 $_____
(Online processing fee waived prior to 5/23/12)
Race day registration for 5Km only $85 $_____
(if race limit is not filled)
Pre-order: T-shirt $10 $_____

Total $_____

Online processing fee of $4.00 waived on all online entries prior to 11:59PM on 5/24/13.

Online registration closes 11:59PM on 6/6/13 or when race participant limit is reached.

Mail entries must be received by 5/23/13:

Mail form with check to: Tri Valley Masters, P.O. Box 5116, Pleasanton, CA 94566

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website http://www.usms.org/reg. You may also obtain USMS membership on race day.

PLEASE READ CAREFULLY AND SIGN BELOW:

"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., USA-SWIMMING, THE LOCAL MASTERS SWIMMING COMMITTEES, PACIFIC SWIMMING THE CLUBS, HOST FACILITIES, EBRPD, 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 for Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Tri Valley Masters Del Valle 1.0 & 2.5km Open Water Swims
Lake Del Valle, Livermore, California, Saturday, June 8, 2013

_____ ___/____/____
Signature Date

Register Online at www.trivalleymasters.com

Contact Information Race Director: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918

TRI VALLEY MASTERS SWIMMING

2013 Del Valle USMS 1-mile National Championship & 2.5km Open Water Swims

Sunday, June 9, 2013 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction # - and #

Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake. www.ebparks.org/parks/delval.htm

Race Start/Cutoff Times

The 1.0 -mile swim begins at 8:30 A.M. and the 2.5km swim begins at 10:00 A.M. Race start times are approximate. Cutoff times are 50 minutes for the 1.0-mile swim and 90 minutes for the 2.5km swim. Registration is from 6:45 to 9:15 A.M. Registration for the 1.0 mile race will close at 8:00AM. Swimmers will be seeded in waves fast to slow. "No Time" entries will be seeded in the slowest wave. Wetsuits will be seeded in a separate wave. The waves will be denoted by different color caps and start 5-10 minutes apart. **Elite Wave:** There will be an elite wave which will allow the top 20 USA - Age Group swimmers to swim with the first USMS wave creating a more competitive race for all.

Awards:

USMS 1-Mile National Championship - Medals will be given to the first 10 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc). ***2.5km Swim*** - Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc). ***Wetsuit Division***: Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Wetsuits will be allowed in a separate wetsuit division and be given official times. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 2.5km race finishes. Official results will be posted on www.trivalleymasters.com, and www.pacificmasters.org

Conditions/Safety

Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only–swimming outside of this area for warm up will result in disqualification.**

ALL SWIMMERS MUST REGISTER AND SIGN WAIVER

Register Online at www.trivalleymasters.com

Contact Information Race Director: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918

TRI VALLEY MASTERS SWIMMING

2013 Del Valle USMS 1-mile National Championship & 2.5km Open Water Swims

Sunday, June 9, 2013 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction # - and

Last Name_____ First Name _____ **USMS#** _____

Address_____ E-Mail _____

Club Initials_____Club Name _____Phone _____

Date of Birth_____ Age(on 6/9/13) _____ Circle Sex M W

Emergency Contact:

Name_____ Relationship: _____`Contact # _____

Estimated 1650/1500 (mile) time for waves seeding _____ (A blank time entry will be placed in the 2nd or 3rd wave). We will randomly check the USMS database to validate times. Please be accurate.

Select races: ○ Both ○ 1.0 ○ 2.5km	*Pre-race* (Online processing fee waived prior to 5/24/13)	$35 for one; $45 for both $_____
Special: _____No Wet-suit _____Wet-suit	*Race day registration*:	$50 for one; $60 for both $_____
T-shirt – Circle size: **S M L XL**	*Pre-order*:	T-shirt $10 $_____
		Total $_____

Online processing fee of $4.00 waived on all online entries prior to 11:59PM on 5/24/13.

Online registration closes 11:59PM on 6/7/13

Mail entries must be received by 5/31/13:

Mail form with check to: Tri Valley Masters, P.O. Box 5116, Pleasanton, CA 94566

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website http://www.usms.org/reg. You may also obtain USMS membership on race day.

PLEASE READ CAREFULLY AND SIGN BELOW:

"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., USA-SWIMMING, THE LOCAL MASTERS SWIMMING COMMITTEES, PACIFIC SWIMMING THE CLUBS, HOST FACILITIES, EBRPD, 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 for Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Tri Valley Masters Del Valle 1.0 & 2.5km Open Water Swims
Lake Del Valle, Livermore, California, Sunday, June 9, 2013

_____ ___/____/____
Signature Date

Register Online at www.trivalleymasters.com

Contact Information Race Director: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918