**TWELFTH ANNUAL**



 **TEAM ST. LOUIS/**

 **ST. LOUIS AREA MASTERS**

 **ONE-MILE AND TWO-MILE**

 **OPEN WATER SWIM**

 **at Sunnen Lake (YMCA of the Ozarks), Potosi, Missouri**

**DATE**: Sunday, June 9, 2013, Sanctioned by: Ozark LMSC for USMS Inc., Sanction #\_\_\_\_\_\_\_\_\_\_\_\_

**TIME:**  9:00 am start. Check in for both events begins at 7:45 am; pre-race instructions will be given at 8:45 am.

**LOCATION:** Sunnen Lake is part of the YMCA of the Ozarks, Trout Lodge, located approximately 75-90 minutes southwest of St. Louis in the Mark Twain National Forest. For driving directions, see below.

**EVENT:** Triangular course; marked by buoys, and lifeguards in kayaks. One lap around course is one mile, twice around is two miles. **Brand New 7’ foot buoys** will be used!

**ELIGIBILITY:** Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer’s age on June 9, 2013. Participants must be 2013 USMS members or register for one-event USMS membership (OEVT), which we prefer you do online, prior to the meet, at the USMS website http://www.usms.org/reg. We are in the Ozark LMSC. The OEVT fee is $17, and is good only at this event. You may also apply for OEVT membership at the meet.

**FEES:** $50 if received up to and including June 6, 2013 ($45 Online); $60 if received from June 7, 2013, until day of race. **Make checks payable to St. Louis Masters Swimming**. Fee includes a swim cap, and the post-event lunch buffet social. Sorry fees are non-refundable. Online registration is available! For more information, click here or go to www.ozarklmsc.org.

**DEADLINE**: Race day entries will be permitted as will one-event registration. You must bring your USMS registration card and pay the $60.00 LATE ENTRY FEE.

**SAFETY:**  Swimmers must wear the fluorescent swim cap provided at check-in. Prior to the race, all swimmers are required to leave at the registration table a valid form of identification, which can be retrieved after exiting the water. This is done to insure all swimmers are out of the water at the conclusion of the race. The water temperature is expected to be about 75-82F.

**RULES:**  Current USMS rules will apply for the Masters’ Division.

**WETSUITS:** Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but will not be eligible for official placing in the results due to the competitive advantage wet suits provide.

**RESULTS:** Results will be sent to each participant who provides an email address and posted on the internet at [www.ozarklmsc.org](http://www.ozarklmsc.org).

**SOCIAL:** Your registration fee entitles you to eat at the buffet at the Trout Lodge. Spouses and/or

guests may also purchase a day pass at the price of $15 that entitles him or her to use of the facility along with the lunch buffet at the Trout Lodge. (There are no longer just “meal charges”). When you’re done eating, why not spend the day? By registering you receive a day pass that will allow you to partake in any of the many activities the camp has to offer. It is important, however, that if you do bring guests, they be registered and paid for. Check out their website at [www.ymcaoftheozarks.org](http://www.ymcaoftheozarks.com).

**ACCOMMODATIONS:**  The YMCA does have limited number of rooms for $149 for first adult and second adult is an additional $69; children 6-17 are an additional $49 and children five and under are free. The rate includes three meals a day, but you must stay at least two nights (Fri.-Sat. or Sun.-Mon.) There is no Saturday check in or checkout. Rooms can be reserved directly on line at the web site above or by calling 314-241-YMCA (9622). Other hotels can be found along I-255/I-270 and I-55 (approximately 70 miles from Lake).

**DIRECTIONS:** On line at <http://www.ymcaoftheozarks.org/Default/Maps_1.cfm>

 ***Do Not Depend on GPS for Directions – Rural Location***

**From St. Louis Area**: (Approximately 75 miles from the Arch) I-55 for 22 miles from I-270, until you reach Festus and Hwy. 67 south (at exit 174B). 6 miles on Hwy. 67, until you reach Hwy. 110 (west), go for approx. 10 miles to Hwy. 21 (south). Make a left onto Hwy. 21 and go for 27 miles - until you reach Potosi. Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles.

**OR** I-270 to Tesson Ferry Road (Hwy. 21). Hwy. 21 (south) to Potosi (approx. 55 miles). Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles

**Columbia**: (Approximately 140 miles) take US 63 S. to Jefferson City, to Hwy. 68 S., to I-44 E., to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

**Rolla**: (approximately 50 miles) take I-44 E. to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

**Kansas City**: (approximately 250 miles) take I-70 E. to Hwy. 19 S. to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

**From the East (Indianapolis and Louisville)**: (approximately 300 miles for Indianapolis and 350 miles for Louisville) Once in St. Louis, take I-55 S. for 22 miles to Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. Turn right at AA and go 2 miles to YMCA.

**Memphis**: (approximately 325 miles) take I-55 N. to Cape Girardeau. Take Hwy. 72 W. to US 67 N. Take US 67 N. to Flat River. Take Hwy. 8 W. thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

**Chicago**: (approximately 350 miles) take I-55 S. thru St. Louis to Hwy. 67 S. Go for 28 miles on Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

**RACE DIRECTORS:** Bruce E. Hopson aquaticlawyer@yahoo.com, (314) 952-3394

 Dan Honious, OHS\_78@hotmail.com, (314) 413-2144

**MAIL COMPLETED ENTRY FORM TO:**

Dan Honious, SLAM Open Water Swim, 6731 Neosho Street, St. Louis, MO 63109







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ATTACH COPY OF USMS CARD HERE Proof of USMS Registration is required

 OR. . . purchase One Day Registration

**USMS 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 COMMITTEE ; THE CLUB; THE HOST FACILITIES; MEET SPONSORS; MEET COMMITTEES; OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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.”

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_STATE: \_\_\_\_\_\_\_ ZIP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTH DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GENDER: \_\_\_\_\_\_\_\_ USMS#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CLUB NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLUB CODE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ONE MILE \_\_\_\_\_ TWO MILE \_\_\_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMERGENCY CONTACT #\_\_\_\_\_\_\_\_\_\_

ENTRY FEE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ $50 ($60 if received after June 6, 2012)

ONE-DAY FEE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ $17 enclosed for One-Day USMS Registration fee

Additional Party: \_\_\_\_\_\_\_\_ x $15

TOTAL ENTRY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **MAIL COMPLETED ENTRY FORM AND FEES TO:**

 Dan Honious, SLAM Open Water Swim, 6731 Neosho Street, St. Louis, MO 63109