

## 2013 U.S. Masters 2.4 Mile Open Water National Championships

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### Nadadores 1.2 Mile Rough Water Swim



Salt Creek Beach in Dana Point, CA  
Sunday, August 4, 2013 8:00am



Hosted by **Mission Viejo Nadadores Masters**

Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc. Sanction #333-W003

**Date/Time:** Sunday, August 4, 2013 8:00am. *Check-in, Body Marking, Warm-ups from- 6:30–7:30am.* Mandatory safety meeting for all swimmers will be at 7:40am. The first wave of the USMS 2.4 Mile National Championship starts at 8:00am followed by other waves (fast to slow). The 1.2 Mile will start approximately at 9:30am.

**Location:** Salt Creek Beach, 33333 S Pacific Coast Hwy, Dana Point, CA 92629. There is a large lot for parking. (Parking is \$1.00 an hour). [Map Directions](#)

**Beach Access:** Access road takes you to the beach area and Bluff Park. The access road is for lifeguards and emergency vehicles only. The road is not for personal vehicles. You must park in the parking lot and walk down the access road to the beach. [North Beach Map](#)

**Course:** 2.4 mile (1.2 mile X 2 loop) course marked with colored buoys. Swimmers will swim in a clockwise direction. The event will start on the beach approximately 20 feet from the water's edge and finish on the beach marked with flags through the chute at the computer-timing chip pad. [Course Map](#)

**Eligibility:** All swimmers (2.4 & 1.2) must be registered with USMS for 2013 or foreign equivalents. You must submit a copy of your 2013 USMS card or foreign equivalent with mail in entries. Wetsuits are allowed for the 1.2 Mile and 2.4 non-championship division and will not be scored and will not be eligible for awards. **Online registration entries for USMS swimmers will be automatically verified with Club Assistant. One-Event (OEVT) registration membership is not available for the 2.4 Mile National Championship race. To renew or join USMS Online, visit <http://www.usms.org/reg/>.**

**Rules:** 2013 USMS open water rules will govern this event. (e.g., [Part 2](#) & [Part 3](#)) and [USMS Open Water Safety Objectives](#) will govern this event. **ALL ENTRANTS MUST BE 18 AND OVER AND A MEMBER OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration is available for the 2.4 and 1.2 Mile USMS non Championship Divisions for a \$15 fee.

**Swimwear:** Only USMS Category I swimwear is allowed for the 2013 USMS 2.4 Mile Open Water National Championship event (*and Relays*) (see <http://www.usms.org/rules/part3.pdf>, Rules 303.7.1 & 303.7.2). Category II swimwear (e.g., Wetsuits) are allowed for the 2.4 and 1.2 mile USMS non-championship divisions.

**Proof of Time/Performance:** 2012 proof of time and race history is required for heat selection (fast to slow) for both 2.4 and 1.2 mile events.

**Chip Timing:** Each swimmer will be given a timing chip to wear under the swim cap during the race to provide accurate times and finish places. Back-up timing will also be in place in case of lost timing chips. Results and awards will be available within 30 minutes of the last swimmer finishing. Timing provided by One Time Racing.

**Entry Fee:** The early on-line and paper entry fee is \$45.00 (paper \$50.00) if received before 6:00 pm (Pacific Time) on Friday, July 12. \$65.00 (paper \$70.00) if received between July 13 and July 20, 6:00pm. \$85.00 (paper \$90.00) if received between July 20 and July 29, 6:00pm. Day-of-Race fee (except 2.4 National Championship) \$100.00. Paper entries must include a copy of your current 2013 USMS membership card and must be post marked by Monday, July 23 or when event is filled. Fee includes T-shirts for registrations received by July 20, 2013, refreshments, electronic timing, caps, and race bags. Swimmers who wish to enter both the 2.4 and 1.2 mile races may do so for an additional \$15.00 fee. **There will be no beach entries allowed for the USMS 2.4 Mile National Championships (limited to the first 400 entries)**

**NO REFUNDS – NO TRANSFERS – NO DEFERRALS – NO WAIT LISTS**

## 2013 U.S. Masters 2.4 Mile Open Water National Championships & Nadadores 1.2 Mile Rough Water Swim

### Timeline

6:30am Check-in opens on beach  
7:00am Deadline new relay entries and for any swimmer substitutions for entered relays  
7:40am Mandatory Safety Meeting  
8:00am 2.4 mile race first wave start  
8:05am 2.4 mile race start all proceeding waves (fast to slow)  
9:30am 1.2 mile race first wave start  
9:35am 1.2 mile race start all proceeding waves

### Pre-Race Safety Meeting

A mandatory safety meeting briefing of all swimmers held prior to the start of the event will include:

1. Course directions/markers/rules
2. Start/finish procedures and signals/cut off times
3. Procedures for getting aid while swimming
4. Participants' obligations if they drop out
5. Opportunities for withdrawal if a swimmer has apprehensions as to the ability to participate
6. Positioning of the swimmers at the start.

**Safety/Time Limit** – Our Primary Concern: For safety reasons, participants should be adequately trained for open water competition. **Previous open water experience is required** and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the required time of 1.5 hours for the 2.4 and 1 hour for the 1.2 mile races will be removed from the course. Swimmers in the water after the time limit will be notified that the race is over and they must leave the water at that time. Results will show their time as Did Not Finish. (DNF) Safety watercrafts (e.g., jet ski.) and lifeguards on paddleboards and marshals will monitor the entire course. Swimmers must wear body-marked race numbers on arms and cap for identification. Medical personnel will be on-site. [Event Safety and Medical Plan](#)

**Conditions:** Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad conditions. The Event Director and OC Lifeguards will make this decision.

**Relays:** Relays for the 2.4 mile event are cumulative. Swimmers may enter one same gender relay (4 swimmers) or mixed gender (2 men + 2 women). **All relays must be registered with the same USMS club and be registered for the individual event.** Substitution of relay swimmers allowed up to 7:00am on race day. Late race day relay PAPER entries only will be accepted until 7:00am with a late relay entry fee of \$25 per relay.

**Awards: Individual:** Special event awards for overall individual Men and Women winners in both the 1.2 and 2.4 races. In the USMS 2.4 Mile Division, USMS Long Distance National Championship medals will be awarded to the top 6 men & women in each age group. USMS Long Distance National Champion patches will be awarded to the winner of each age group. In the 1.2 Mile Division awards will be awarded for top 3 finishers in each age group. Age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+. Awards will be presented within 30 minutes of the last swimmer finishing. **Cumulative Relay Members:** USMS Long Distance National Championship medals to each member of 1st, 2nd, and 3rd place relay teams in each relay age group; USMS championship patches to each member of 1st place relay teams. Results will be posted at USMS.org and nadadoresroughwaterswim.org.

**Accommodations:** Hilton Double Tree Suites at Doheny Beach. 34402 Pacific Coast Hwy. For more information call 949-661-1100. [http://doubletree.hilton.com/en/dt/groups/personalized/S/SNAPEDT-UMS-20130804/index.jhtml?WT.mc\\_id=POG](http://doubletree.hilton.com/en/dt/groups/personalized/S/SNAPEDT-UMS-20130804/index.jhtml?WT.mc_id=POG)

**Event Director:** Mark Moore, email [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org) phone at 949-233-6521.

**On-line registration:** Available at [www.nadadoresroughwaterswim.org](http://www.nadadoresroughwaterswim.org) [www.usms.org](http://www.usms.org)  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2091&smid=4552](https://www.clubassistant.com/club/meet_information.cfm?c=2091&smid=4552)

**Event Merchandise – Official Web Store** <http://www.promoplace.com/ws/ws.dll/Pres?UID=31080&AC=515009>

*A portion of the proceeds to benefit The Fran Crippen Elevation Foundation.*

*To advocate for safety and aid athletes as the journey to elevate themselves.*



**2013 U.S. Masters 2.4 Mile Open Water National Championships**  
**Nadadores 1.2 Mile Rough Water Swim**  
**Sunday, August 4, 2013**

**OFFICIAL ENTRY FORM**

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY JULY 23, 2013.**

Include a copy of your 2013 USMS membership card, signed liability release and make

checks payable: **Mission Viejo Nadadores**  
**33055 Dolphin CT**  
**San Juan Capistrano, CA 92675**

**SAVE TIME. SAVE PAPER. Register online at [www.Club assistant.com](http://www.Club assistant.com) or [www.nadadoresroughwaterswim.org](http://www.nadadoresroughwaterswim.org)**

NAME:	DOB:	AGE:	GENDER: M/F
ADDRESS:	CITY	STATE	
ZIP:	PHONE:		
<b>EMERGENCY CONTACT:</b>		<b>PHONE:</b>	
EMAIL ADDRESS:			
Please enter your membership number and team affiliation: USMS: _____ Club Abb. _____ (a copy of your USMS membership card is required to enter)			
<b>HEALTH CONCERNS:</b> _____			
<b>EVENT CHOICE:</b>	USMS National Championship 2.4 Mile	USMS Non- Championship 2.4 Mile Wetsuit	USMS Non- Championship 1.2 Mile USMS Non- Championship 1.2 Mile Wetsuit
<b>LIST OPEN WATER EXPERIENCE:</b> <b>(2012 events/proof of times/pool mile)</b> _____			
T-SHIRT SIZE:	S   M   L   XL   XXL	NO CHARGE	
Paper entry fee	\$50 (7/12) \$70 (7/20) \$90 (7/29)		
One Day Event Membership Fee (2.4/1.2 Mile Non Championship only)	\$15.00		
Day-of-Race Fee (Non Championship)	\$100.00		
Second Event Fee	\$15.00		
<b>TOTAL COST:</b>			

**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 \_\_\_\_\_

# 2013 U.S. Masters 2.4 Mile Open Water National Championships

## Cumulative Relay Entry From



Salt Creek Beach in Dana Point, CA  
Sunday, August 4, 2013 8:00am



Hosted by *Mission Viejo Nadadores Masters*  
Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. Sanction #333-W002

Relays are cumulative relays (the times of the swimmers will be added together for a total time). All relay members must be registered with the same USMS club and be entered in and have successfully completed the individual 2.4 mile race.

**Relays will be comprised of either 4 women, 4 men, or mixed gender (2 women + 2 men).**

Relay age groups are based on the age of the youngest member of the relay. Ages are as of August 4, 2013.

Awards will be mailed within two weeks of the completion of the event. Please select one swimmer on the team to act as "captain" (Swimmer 1 below) who will act as a contact person for the relay. Any awards for the relay team will be mailed to Swimmer 1, who will distribute the awards to his/her relay teammates, so please be sure mailing address below is correct and is **PRINTED LEGIBLY**.

### EACH RELAY SWIMMER MUST HAVE ENTERED & COMPLETED THE INDIVIDUAL 2.4 MILE

**Please be sure that names below must match those on USMS registration cards.**

**TEAM GENDER** (please circle): MEN WOMEN MIXED      **USMS club initials:** \_\_\_\_\_

Swimmer 1: \_\_\_\_\_ Age \_\_\_\_\_

Street address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone No: \_\_\_\_\_

Swimmer 2: \_\_\_\_\_ Age \_\_\_\_\_

Swimmer 3: \_\_\_\_\_ Age \_\_\_\_\_

Swimmer 4: \_\_\_\_\_ Age \_\_\_\_\_

TOTAL RELAY ENTRY FEE: \$20

Relays must be entered with a **SINGLE CHECK**

**Total team entry fee (\$20)** ..... **TOTAL ENCLOSED** \$ \_\_\_\_\_

**ALL ENTRIES MUST BE POSTMARDED BY JULY 23, 2013. NO LATE ENTRIES (see below for race day entries)**

Substitution of relay swimmers and race day relay entries must be made by 7:00 AM, Sunday, August 4 with a \$25 entry fee for all new race day entries.

Please make your check payable to **MVN**, and mail to:

USMS 2.4 Mile Championship Relays  
33055 Dolphin CT  
San Juan Capistrano, CA 92675

Information: Mark Moore (event director)

(949)233-6521

email: [m.w.moore@cox.net](mailto:m.w.moore@cox.net)