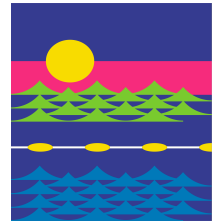




12th Annual
Betsy Owens Memorial Lake Swim
2013 USMS Two-Mile Cable
National Championship
Mirror Lake in Lake Placid, New York
Saturday, August 17, 2013, 9:30 am



Sponsored by: Adirondack Masters & North Elba Park District

Sanctioned by: ADLMSC for United States Masters Swimming, Sanction #033-XXX

SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE AT
https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=4423

Event: This will be a 2-mile swim, consisting of four laps around a quarter-mile underwater cable marked with buoys. There will be two heats swum in the same direction (clockwise or counter-clockwise), which will be determined by the toss of a coin (national championship medal) at 8:00 am.

Eligibility: Open to all swimmers 18 years & over as of August 17, 2013. All swimmers must be registered with USMS (or the equivalent FINA organization for foreign swimmers). Paper entrants **must submit a copy of their 2013 registration card with your entry.** One-event membership is not available for this race.

Rules: 2013 USMS rules will govern this race. Only Category I swimwear is allowed ([www.usms.org/rules/part 3.pdf](http://www.usms.org/rules/part%203.pdf), Rules 303.6.1 & 303.6.2). **Wetsuits** may **not** be worn in this race. Swimmers must wear the swim cap provided, have their race numbers on their arms, and follow all announced safety rules without exception.

Seeding: Swimmers will be seeded fastest to slowest using 1650-yard times. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times! Heat sheets will be posted at www.betsyowensswim.com by Tuesday, August 13, 2013. An email notification will be sent to all entrants.

Starts: There will be two heats. Each heat will consist of seeded waves (8-10 swimmers each) starting 30 seconds apart. Faster swimmers will be in the first heat.

Safety—our primary concern: **Warm-up:** After the course direction has been determined, warm-up **MUST** be swum in that direction only! Heat 2 will start as soon as possible after Heat 1 has finished. There will no warm-up allowed on the course after the start of Heat 1. **Time Limit:** For safety reasons, swimmers who cannot complete 2 miles in 1hr 45mins are advised not to enter; swimmers on the course after 1hr 45mins may be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the swim. Entry fee includes a swim cap that must be worn during the swim. No motorized craft are allowed on the lake. Safety boats and paddlers will monitor the course and medical personnel will be on-site.

Water temperature: 70-80°F.

Schedule (subject to change due to conditions)

- 8:00 Check-in opens; coin toss to determine course direction; warmup opens
- 9:00 Check-in closes for Heat 1
- 9:15 Mandatory pre-race meeting for Heat 1; warmup on course ends
- 9:30 **Start of Heat 1**
- 10:15 Check-in closes for Heat 2
- 10:15 Mandatory pre-race meeting for Heat 2
- 10:30 (or immediately following finish of Heat 1) **Start of Heat 2**



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Entries: NO RACE DAY ENTRIES. Early registration fee is \$50.00 for entries received by Friday, July 12; \$70.00 for late entries received between July 13 and August 5. All paper entries must be received by **Friday, August 2. Online entries close at midnight on Monday, August 5.** Due to organizational and seeding needs, LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED (except for relays). Don't ask! Submit your entry on time. Fee includes a swim cap, post race picnic and a 100% cotton T-shirt. Indicate size on entry form. (For T-shirts larger than XL, please add \$3.00 and indicate size.)
Net proceeds will be donated to women's breast health services in memory of event founder and former Adirondack Chair Betsy Owens.

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But if you must submit a paper entry, **make checks payable to ADMS** and mail to:

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

Awards: The top 6 individuals in each gender/age group and the top 3 relays in each category will be awarded USMS Long Distance National Championship medals. USMS Long Distance National Championship patches will be awarded to first individual finisher in each age group: 18-24, 25-29, 30-34...100+ and each member of the winning relays in the relay age groups (18+, 25+, 35+...95+). In addition, the first place USMS swimmers in each age group and first USMS relay teams in each age category will be designated Long Distance All American. Results will be posted at www.usms.org and www.adms.org.

Records: The course will be surveyed and certified and qualify for national cable swim records if they occur.

Post-race Picnic & Awards Ceremony: Catered by Chair 6 Restaurant! Free for all entrants and volunteers; guests \$12.00 with entry; a limited number of picnic tickets may be sold on race day for \$15.00 (but please order in advance to ensure enough food is ordered).

Accommodations:

Lake Placid Visitors Bureau, 518-523-2445

Saranac Lake Chamber of Commerce, 518-891-1990

Quick links to Lake Placid websites at <http://www.betsyowensswim.com>.

Directions: Approximately 2:45 from Albany Airport. From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid. From North: Northway (1-87) to exit for Keeseville and Ausable Forks, Rt 9N, to Rt 86 in Jay, through Wilmington into Lake Placid. From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Village beach on Mirror Lake in town of Lake Placid is located near center of village and Main St. Street parking is available near the venue on day of event. Map: <http://bit.ly/9NTVrU>

For more information, contact:

David Dammerman david@betsyowensswim.com

Ann Svenson annb48@earthlink.net

Relays: See relay entry form.

Betsy Owens Memorial Lake Swim

2013 USMS Two-Mile Cable National Championship Entry Form

Staple legible copy of USMS/MSC card & complete the following information:

Eve Phone (____) _____

Email _____

Emergency Contact

Name _____

Phone _____

Significant medical conditions to be shared with Rescue/EMT service (i.e. seizures, diabetes, asthma, etc.): _____

1650-yd Seed Time:

____:____.____
min sec 10ths

"No Time" entries not allowed

I have a friend or family member who'd like to volunteer (and enjoy the picnic for free!):

Name _____ Contact Info: _____

Early Entry Fee (must be received by July 12)	\$50.00
Late Entry Fee (due July 13-August 5)	or \$70.00
Long sleeve T-Shirt (free with entry ORDER MUST BE RECEIVED by 8/1 to ensure size ; additional shirts \$15.00 each Circle Size: S M L XL / XXL or XXXL (\$3.00 add'l) # Addl shirts: _____	\$_____
# Picnic Guests @ \$12.00 each _____	\$_____
Total Enclosed	\$_____

✓ below

Completed entry form	_____
Signed Waiver (below)	_____
Copy of USMS card	_____
Check payable to ADMS	_____

Sign release below & send entry & check to:

ADMS

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

MUST BE RECEIVED BY AUGUST 2, 2013.

Online entries close at midnight August 5, 2013

https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=4423

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** _____