

Manatee Aquatic Masters and Pacific Masters Swimming

Official 2013 Entry Form 2x1 Open Water Relay Saturday, September 21, 2013



LOCATION: The Del Valle Regional Park, Livermore, CA. Located on Del Valle Road off Mines Road. From I- 580 take the North Livermore Ave. exit and head south 3.9 mi (North Livermore Ave. will become South Livermore Ave.) 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 of \$6. Exact change and carpooling is highly encouraged.) After the entrance go right and park near the lake. See http://www.ebparks.org/parks/del_valle for more information.

ENTRY FEE: \$90 per team for mail-in registration (received by 9/10/13); \$90 per team for online registration (by 9/18/13); \$100 per team on race day. All entry fees are non-refundable.

DESCRIPTION: Following a tag-and-go format, each member of a two-person relay team will swim a 1-mile course for a total of 2 miles per team. The total team time will be the sum of the completion times of the two team members plus the out-of-water transition time between swimmers.

RACE START/ CUTOFF TIMES: 6:10 A.M. Check-in and race-day registration 7:00 A.M. Lake open for warm-up 7:30 A.M. Registration closes 7:45 A.M. Pre-race instructions 8:00 A.M. Begin race, first heat of first swimmer 10:05 A.M. All racers complete swim 10:30 A.M. Post race results and distribute awards

ELIGIBILITY: To participate in this event a swimmer must be a member of a two-person team. This event is open to all USMS (18 and up) and USA-S (11 and up) registered swimmers. Registration is limited to 200 teams. A swimmer may belong to two teams. A swimmer can swim the first leg for one team and the second leg for another team. Teams may consist of both a USMS and a USA-S swimmer (for example, a Mother-Daughter team.) Two suit categories are allowed: Category 1 (Non-wetsuit), and Category 2 (wetsuit, tech suits and non-category 1 suits, see <http://www.openwaterpacific.org/swimsuit.html>). If a team has a swimmer wearing a Category 2 suit (i.e., wetsuit) then the entire team is registered as a Category 2 team. Otherwise, the team is Category 1.

Team members must check in together on the day of the race. (A swimmer that belongs to two teams will check in with two different teams.) Swimmer order must be stated at entry time, but may be changed at check-in time. Swimmer order must be obeyed or the team will be disqualified.

RELAY AWARDS: Awards will be given only for relay teams competing as Category 1 (non-wetsuit) teams. Awards will be given for first through third place in each of the following 9 gender/age groups:

Male Only-Combined Team Age <= 75	Female Only-Combined Team Age <= 75	Mixed Gender-Combined Team Age <= 75
Male Only-Combined Team Age 76-100	Female Only-Combined Team Age 76-100	Mixed Gender-Combined Team Age 76-100
Male Only-Combined Team Age > 100	Female Only-Combined Team Age > 100	Mixed Gender-Combined Team Age > 100

In addition, recognition and results will be posted for teams in the following classes: mother/daughter, mother/son, father/ daughter, father/ son, sibling/sibling.

INDIVIDUAL AWARDS: To honor the relay tradition of this event, individual awards will not be given. Pacific Masters open water points will be awarded to the top ten finishers of each one mile leg in each age/ gender/ suit category division.

COURSE: A counter-clockwise 1-mile loop in front of the East public beach at Del Valle Regional Park. The first leg will be a group water start and the second leg will be a (time-based, staggered) beach start through a chute. Both will have a chute finish on the beach.

SAFETY: Water temperature is expected to be approximately 65° – 70°. Mandatory pre-registration safety briefing immediately prior to the first leg of the event. Instant disqualification for use of fins, pull buoys, or other swimming devices. Soft hand paddles for prosthesis only, provided Race Directors determine no safety hazard to other swimmers. The course will be patrolled by safety boats and paddle boards. No individual escorts permitted. A total team race time of 2 hours will be strictly enforced. Swimmers must wear provided swim caps and racing chips. Color of the swim cap will designate the leg and heat of the relay. **WARNING:** You must be in good health to participate in this event.

INFORMATION: <http://www.manateeswimming.org> (click the 2013 2x1 relay tab), or email Race Directors Bob Upshaw and Rebecca Perry at MAM2X1@manateeswimming.org



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Official 2013 Entry Form 2x1 Open Water Relay Saturday, September 21, 2013

Lake Del Valle, Livermore, California Home of the 2013 USMS 1 Mile National Championship

Sanctioned by PMS for USMS Inc., Sanction (Pending), and with participation of USA-S/PC

Check-in and race-day registration 6:10-7:30 A.M.



Relay Team Name _____

Check if team is: ☐ Mother/Daughter; ☐ Mother/Son; ☐ Father/ Daughter; ☐ Father/ Son; ☐ Sibling/Sibling

Swimmer #1 (Must Swim First Relay Leg) **Suit category:** ☐ Cat 1 (No wetsuit) **Registration#** _____
☐ Cat 2 (Wetsuit, tech suit) (Circle: USMS or USA-S)

Gender: M F **Last Name:** _____ **First Name:** _____ **Middle Initial:** _____
 (Circle one)

E-Mail: _____ **Phone:** _____
☐ (Check box if individualized results desired via email)

Club Name: _____ **Club Initials:** _____ **Date of Birth:** _____
 (Month Day Year)

*** **

Swimmer #2 (Must Swim Second Relay Leg) **Suit category:** ☐ Cat 1 (No wetsuit) **Registration#** _____
☐ Cat 2 (Wetsuit, tech suit) (Circle: USMS or USA-S)

Gender: M F **Last Name:** _____ **First Name:** _____ **Middle Initial:** _____
 (Circle one)

E-Mail: _____ **Phone:** _____
☐ (Check box if individualized results desired via email)

Club Name: _____ **Club Initials:** _____ **Date of Birth:** _____
 (Month Day Year)

Registration Type - A photocopy of BOTH swimmer's current USMS/USA Swimming registration card must accompany mailed entries. Online and race day entrants must present registration cards race day.

Mail completed entry form with check payable to: Manatee Aquatic Masters 2x1 Relay, 4131 Gregory St., Oakland, CA 94619.

Online registration available at
https://www.clubassistant.com/club/meet_information.cfm?c=1915&smid=4676.
 Your credit card will be charged by 'ClubAssistant.com Event Billing' for this event.

Race Day 6:10-7:30 A.M. 9/21/13 \$100

ENTRY FEE IS NON-REFUNDABLE

BOTH SWIMMERS PLEASE READ CAREFULLY AND SIGN BELOW

All swimmers must be registered with USA Swimming (USA-S) or United States Masters Swimming (USMS) for liability insurance purposes. A copy of your 2013 registration card must accompany your entry form or be shown at check-in on race day. To register with USMS, see the USMS website: <http://www.usms.org/reg>. You may also obtain USMS membership on race day. To register with USA Swimming you must join a USA-S sanctioned team. See <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1577> for details. **Under no circumstances will a swimmer under the age of 18 be allowed to participate without signed waiver of Parent/Guardian.** For all swimmers, wearing the provided cap is mandatory. Fins, pull buoys or other swimming devices are not allowed.

WAIVER: 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, USA-SWIMMING, PACIFIC SWIMMING, EBRPD 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.

(If you are under 18 you must also have a Parent/Guardian sign this form.)

MAM 2x1 Open Water Relay

_____/_____/_____
 Swimmer #1 Signature Date
 _____/_____/_____
 Guardian Date

_____/_____/_____
 Swimmer #2 Signature Date
 _____/_____/_____
 Guardian Date